

**runjumpthrow**  
HERSHEY / USATF™



**CORE  
PLAN**

WINTER 2016 / EDITION 1



## STATION 2

### LOOSEN-UP FROM HEAD-TO-TOE

#### GETTING LOOSE IS A SKILL

Warm-up the body for the demands of running, jumping and throwing in a fun and safe way. The routine is a low-intensity version of the more advanced “Dynamic Warm-up.”

#### HOW TO TEACH IT:

- The routine is done standing in place, with children spread out facing the instructor
- After the posture and breathing lesson, begin at the top of the body and work down, demonstrating and describing how to take each joint carefully through its range of motion



#### NECK ROTATIONS

1. While standing tall, gently rotate the head in a circular motion
2. Ensure that rotations are slow and easy and there is no strain
3. The movement is done slowly and in control
4. Five rotations each direction

#### ARM CIRCLES FORWARD AND BACK, SINGLE AND DOUBLE ARMS

1. Stand tall and rotate arms like big wheels around the body
2. At the top of the rotation the arm will be straight up in the air. Reach up and gently challenge the range of motion
3. Start with one arm and then the other, forward and back 10 x each arm, each direction
4. Double arms forward and back together and opposite, 10 repetitions

#### Notes:

- Many children are tight in their shoulders and this will be noticeable
- Challenge the range of motion with no stress or strain
- This movement can be done slow, medium speed and medium fast

#### SHOULDER ROTATIONS AND SHRUGS WITH ISOMETRIC HOLD

1. Using the muscles of the upper back and shoulders, lift and rotate forward and back
2. 5 times forward, 5 times backward
3. Hold your shoulder up to your ears like your stressed-out for five seconds (isometric hold) and then shake it out for five seconds. This move can be done once or twice



#### TRUNK TWISTS WITH FEET FIXED AND WITH FULL RANGE OF MOTION

1. Start with feet slightly wider than shoulder width
2. Leaving feet strong on the floor with toes spread out, arches up, and pressure on the sweet spot, twist the hips and spine and look behind
3. Twist back and forth in a steady rhythm
4. After 10 repetitions (5 each way), allow the back heel to come off the ground and twist even farther for 10 more repetitions

#### ROTARY GOOD MORNINGS

1. Start with a base wider than shoulder width and feet strong on the floor
2. Reach up and then slowly and carefully reach to the side, and then between the feet, the other side and then back up



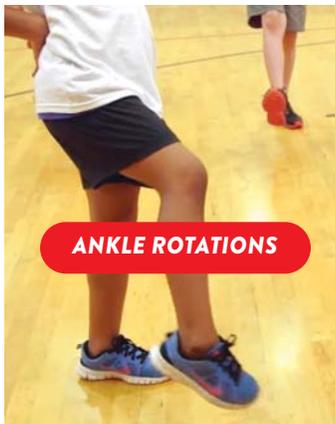
3. Repeat this motion three times

### HIP ROTATIONS

1. With feet under shoulder and strong feet rotate hips in a big circle
2. The stretch should be without strain and felt in the sides and front of the body
3. Rotate 5 times each direction

### KNEE ROTATIONS

1. Feet together, knees together, hands on knees
2. Make small, controlled rotations
3. Rotate 5 times each direction



### ANKLE BALANCE AND ROTATIONS

1. Stand on one foot with the other raised in front
2. Reinforce foot posture, including spreading out the toes and keeping all the weight over the sweet spot
3. Rotate the foot being held up in big circles
4. Rotate 5 times each direction, each foot

### ADVANCED VARIATION

Combine with easy side skips. Children skip sideways in a large circle for a few seconds, pause and loosen-up their necks with head rotations. More side-skips, then arm rotations and shoulder shrugs, more skips, trunk twists and so on. The routine concludes with tracing letters and numbers with the toes while balancing like a stork to loosen and

strengthen the ankle.

### CUES:

- Loosen-up and shake it out!
- Pay attention to your body and explore your range of motion without any stress or strain

### GETTING IT RIGHT! WHAT TO LOOK FOR:

- Apply posture and breathing skills while loosening up.
- Leaders should carefully listen and observe children at this time to pick up important information about limitations or previous injuries.



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