

**GOALS: Shoulders & Core**

 Shoulder Strength & Stability  
 Body Awareness  
 Core Strength

You'll need: a ball (small or medium-sized)

Skill Development	Instructions	Exercise
<p><b>Plank Technique</b> (an exercise that involves your core muscles, improving your strength, balance and endurance)</p> <p><b>Hand-eye Coordination</b></p> <p><b>Crossing Midline</b></p>	<p><u>Starting Position:</u></p> <ul style="list-style-type: none"> <li>• Place your hands inside the hands shapes.</li> <li>• Go on your hands and knees in the table position.</li> <li>• Table: Hands under shoulders, knees under hips, back straight.</li> <li>• Keep your head level with your spine (look down at your hands).</li> </ul>	<p>(1) Rock forwards &amp; backwards</p> <ul style="list-style-type: none"> <li>• Stay in the table position.</li> <li>• Leave your knees on the mat.</li> <li>• Slowly rock forwards and backwards.</li> </ul> <p>(2) Plank Technique</p> <ul style="list-style-type: none"> <li>• Stay in the table position but bring your knees back a little. Turn your feet in / toes down onto the mat.</li> <li>• Look down at your hands.</li> <li>• Lift your knees off the mat.</li> <li>• Now you are PLANKING!</li> </ul> <p>(3) Shoulder touches</p> <ul style="list-style-type: none"> <li>• Stay in the plank position and touch opposite shoulders.</li> <li>• Do this for 5 shoulder touches (crossing midline).</li> <li>• Count aloud while you are touching each shoulder.</li> </ul> <p>(4) Use a ball</p> <ul style="list-style-type: none"> <li>• Place your hands next to the hand shapes.</li> <li>• Go into the plank position.</li> <li>• Roll the ball from side-to-side / hand-to-hand.</li> </ul>

**Feedback/Notes**