

Cheshire Cricket 8-13: Session 1



Session 1 - Once Per Week

Main Component	Sub Component	Exercise	Week 1-2	Week 2-3	Week 3-4
			Duration		
Warm Up	Raise	Jog/Skip (on the spot/ around garden/ up stairs and walk down)	1 minute	1 minute	1 minute
	Activation	Double Leg Hip Bridge Dead Bugs Supermans Inch Worm	10 10 10 10m	10 10 10 10m	10 10 10 10m
	Mobilisation	Eagles	10	10	10
		Scorpions	10	10	10
		Leg Swings Forward and Backward	5 each leg	5 each leg	5 each leg
		Leg Swings Side to Side	5 each leg	5 each leg	5 each leg
		Arm Swings Up and Down	10	10	10
		Arm Swings Side to Side	10	10	10
Circuit	<p style="text-align: center;">Complete Circuit three times</p> <p style="text-align: center;">Rest for 3 mins between Circuits</p>	Overhead Squat to Chair	30s on 15 off	40s on 20s off	60s on 30s off
		Bear Crawl forward and backwards	30s on 15 off	40s on 20s off	60s on 30s off
		Incline Press Up	30s on 15 off	40s on 20s off	60s on 30s off
		Lunge Clock	30s on 15 off	40s on 20s off	60s on 30s off
		Single Leg Good Morning	30s on 15 off	40s on 20s off	60s on 30s off
		Tricep Dips	30s on 15 off	40s on 20s off	60s on 30s off
		Single Leg Hop and Stick	30s on 15 off	40s on 20s off	60s on 30s off
		Side Plank	30s on 15 off	40s on 20s off	60s on 30s off
		Burpee	30s on 15 off	40s on 20s off	60s on 30s off
		Recovery		Single Leg Balance Clock	3 rounds each leg
Single Leg Ball Catch Left leg	30 Seconds			45 seconds	60 seconds
Single Leg Ball Catch Right leg	30 Seconds			45 seconds	60 seconds
Hip Sways	30 Seconds			45 seconds	60 seconds
Plank Hold	30 Seconds			45 seconds	60 seconds

Cheshire Cricket 8-13 yrs: Session 2



Session 2 - Once Per Week

Main Component	Sub Component	Exercise	Week 1-2	Week 3-4	Week 5-6
			Duration		
Warm Up	Raise	Jog/Skip (on the spot/ around garden/ up stairs and walk down)	1 minute	1 minute	1 minute
	Activation	Walking Lunge Dead Bugs Supermans Inch Worm	10m 10 10 10m	10m 10 10 10m	10m 10 10 10m
	Mobilisation	Eagles Scorpions Leg Swings Forward and Backward Leg Swings Side to Side Arm Swings Up and Down Arm Swings Side to Side	10 10 5 each leg 5 each leg 10 10	10 10 5 each leg 5 each leg 10 10	10 10 5 each leg 5 each leg 10 10
Circuit	<p style="text-align: center;">Complete Circuit three times</p> <p style="text-align: center;">Rest for 3 mins between Circuits</p>	Wall Sit Hold	30s on 15 off	40s on 20s off	60s on 30s off
		Lizard crawls forward and backwards	30s on 15 off	40s on 20s off	60s on 30s off
		Press Up with Twist	30s on 15 off	40s on 20s off	60s on 30s off
		Cossack Squat	30s on 15 off	40s on 20s off	60s on 30s off
		Good Morning	30s on 15 off	40s on 20s off	60s on 30s off
		Double Leg Hip Bridge	30s on 15 off	40s on 20s off	60s on 30s off
		Double Leg Hop and Stick	30s on 15 off	40s on 20s off	60s on 30s off
		Front Plank	30s on 15 off	40s on 20s off	60s on 30s off
		Burpee	30s on 15 off	40s on 20s off	60s on 30s off
Recovery		Pidgeon Stretch	30 seconds each side	45 seconds each side	60 seconds each side
		Shoulder Extension Stretch	30 seconds	45 seconds	60 seconds
		Hip Flexor Stretch	30 seconds each side	45 seconds each side	60 seconds each side
		Pec Stretch	30 seconds each side	45 seconds each side	60 seconds each side
		Single Leg Back Rotation	30 seconds	45 seconds	60 seconds