



SACQER-Movement Curriculum  
 Speed Acceleration Coordination Quickness Endurance Recovery  
 Dynamic Warm-Up: Essential Skills by Ages

**Level One                      Theme: Footwork, Speed, & Mechanics      Age Group: U8-U9**

ACTIVITY	COACHING POINTS	COMMON MISTAKES
Arm Action	<ul style="list-style-type: none"> <li>➤ Linear Movement</li> <li>➤ Hands as Fins</li> <li>➤ Elbow Drive</li> <li>➤ Elbows Locked at 90°</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms Across Body</li> <li>➤ Fists or Gloves</li> <li>➤ No ROM backward</li> <li>➤ Karate Chop Hands</li> </ul>
Knees Up	<ul style="list-style-type: none"> <li>➤ Knees to Hip Height+</li> <li>➤ Opposite Arm and Knee</li> <li>➤ Run on Toes</li> <li>➤ Feet Silent</li> <li>➤ Ankles Locked Down</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knee Drag, Choppy Step</li> <li>➤ Same Arm with Knee</li> <li>➤ Midfoot/Heel Running</li> <li>➤ Stamping</li> <li>➤ Loose Ankles</li> </ul>
Heels Up	<ul style="list-style-type: none"> <li>➤ Knees perpendicular to ground</li> <li>➤ Heels “snap” to glutes</li> <li>➤ Arm Drive and Fixed</li> <li>➤ Posture up tall</li> </ul>	<ul style="list-style-type: none"> <li>➤ Slow, lazy action</li> <li>➤ Not full ROM to glutes</li> <li>➤ Arms limp or back</li> <li>➤ Trunk leans forward</li> </ul>
Running Backwards	<ul style="list-style-type: none"> <li>➤ Push/Drive on toes</li> <li>➤ Heels up</li> <li>➤ Drive arms</li> <li>➤ Lean slightly forward</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs flat-footed</li> <li>➤ Loss of balance/falls BW</li> <li>➤ Head is back</li> <li>➤ Constantly looks behind (checking vs running into something)</li> </ul>
Skipping Forward	<ul style="list-style-type: none"> <li>➤ “Little hop, knee up, switch”</li> <li>➤ Arm Action in Opposite</li> <li>➤ Good rhythm or cadence</li> <li>➤ Lean FW slightly</li> <li>➤ Shoulders back</li> <li>➤ Eyes forward, chin up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs flat-footed</li> <li>➤ Loose Ankles</li> <li>➤ Poor rhythm or coordination</li> <li>➤ Dead arms</li> <li>➤ Eyes down</li> <li>➤ Concentration poor</li> </ul>
Side Shuffle	<ul style="list-style-type: none"> <li>➤ Toes, hips, knees, torso point 90 degrees to movement</li> <li>➤ Arms open/close across body</li> <li>➤ High posture (standing up for rhythm) – “Height”</li> <li>➤ Low posture (knees/torso bent for speed)- “Slide”</li> </ul>	<ul style="list-style-type: none"> <li>➤ Heels click together</li> <li>➤ Arms stay out and extended</li> <li>➤ Choppy coordination</li> <li>➤ Feet drag on ground</li> <li>➤ Long contact time</li> </ul>



**Level Two**

**Theme: Coordination**

**Age Group: U10**

ACTIVITY	COACHING POINTS	COMMON MISTAKES
Skipping Arms Forward	<ul style="list-style-type: none"> <li>➤ “Little hop, knee up, switch”</li> <li>➤ Arm Action in Big Circles forward, moving at shoulder- “Elbows to Ears”</li> <li>➤ Good rhythm or cadence of arms with legs</li> <li>➤ Lean FW slightly</li> <li>➤ Shoulders back</li> <li>➤ Eyes forward, chin up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs flat-footed</li> <li>➤ Loose Ankles</li> <li>➤ Poor rhythm or coordination</li> <li>➤ Arms move at elbows or less than full ROM</li> <li>➤ Eyes down</li> <li>➤ Concentration poor</li> </ul>
Skipping Arms Backward	<ul style="list-style-type: none"> <li>➤ “Little hop, knee up, switch”</li> <li>➤ Arm Action in Big Circles backward, moving at shoulder- “Elbows to Ears”</li> <li>➤ Good rhythm or cadence of arms with legs</li> <li>➤ Lean FW slightly</li> <li>➤ Shoulders back</li> <li>➤ Eyes forward, chin up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs flat-footed</li> <li>➤ Loose Ankles</li> <li>➤ Poor rhythm or coordination</li> <li>➤ Arms move at elbows or less than full ROM</li> <li>➤ Eyes down</li> <li>➤ Concentration poor</li> </ul>
Skipping Backward	<ul style="list-style-type: none"> <li>➤ Run on Toes</li> <li>➤ Push Back Hard</li> <li>➤ Drive Arms</li> <li>➤ Forward Lean</li> </ul>	<ul style="list-style-type: none"> <li>➤ Midfoot/Heel Running</li> <li>➤ Small Steps</li> <li>➤ Dead Arms</li> <li>➤ Leaning Back/Falling</li> </ul>
Carioca	<ul style="list-style-type: none"> <li>➤ Cross Over and Back</li> <li>➤ Hip Rotation</li> <li>➤ Elbows Bent/Arms Tight</li> <li>➤ Head Fixed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet Contact</li> <li>➤ Feet Move Only</li> <li>➤ Arms Extended</li> <li>➤ Head Moves All Over</li> </ul>
Tapioca	<ul style="list-style-type: none"> <li>➤ Small , Light Steps</li> <li>➤ Quick Hip Rotation</li> <li>➤ Arms Tight to Body</li> <li>➤ Head Fixed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Heavy Feet</li> <li>➤ Feet Faster than Hips</li> <li>➤ Arms Extended</li> <li>➤ Head Moves All Over</li> </ul>
Sheparding or Defensive Tracking	<ul style="list-style-type: none"> <li>➤ Toes, hips, knees, torso point 45 degrees to movement and at angle</li> <li>➤ Arms out for balance but bent and waist high</li> <li>➤ Low posture (knees/torso bent for speed)- “Slide”</li> <li>➤ Head and eyes fixed on forward target (hips, feet, or ball)</li> <li>➤ Feet don’t touch or crossover</li> </ul>	<ul style="list-style-type: none"> <li>➤ Heels click together</li> <li>➤ Arms stay out and extended</li> <li>➤ Choppy coordination</li> <li>➤ Feet drag on ground or cross</li> <li>➤ Long contact time or non-explosive movement</li> </ul>
High Knees + Heels	<ul style="list-style-type: none"> <li>➤ Combo of “High Knees” and “High Heels”</li> <li>➤ Knees hip height</li> <li>➤ “Leg Compact”- Heels to glutes</li> <li>➤ Slight forward lean</li> <li>➤ Arms drive</li> <li>➤ Rhythmic movement</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not able to both at once</li> <li>➤ Choppy movement- “Gallop”</li> <li>➤ Arms dead or motionless</li> <li>➤ Start at a walk to begin</li> </ul>



**Level Three**

**Theme: Agility**

**Age Group: U11**

ACTIVITY	COACHING POINTS	COMMON MISTAKES
Skipping with Trunk Twists	<ul style="list-style-type: none"> <li>➤ “Little hop, knee up, switch”</li> <li>➤ Elbows up at shoulder height</li> <li>➤ Rotational abdominal twist with stretch through the spine</li> <li>➤ Good rhythm or cadence of arms/torso with legs</li> <li>➤ Torso is erect</li> <li>➤ Shoulders back</li> <li>➤ Eyes forward, chin up, head is fixed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs flat-footed</li> <li>➤ Arms tight to body around midsection</li> <li>➤ Moves arms only</li> <li>➤ Head moves side to side</li> <li>➤ Poor rhythm or coordination</li> <li>➤ Jerking or bouncing movements</li> <li>➤ Eyes down</li> <li>➤ Concentration poor</li> </ul>
A-Skip	<ul style="list-style-type: none"> <li>➤ “Little hop, knee up, kick out, switch”</li> <li>➤ Toe up to sky, pushing through the heel- “Toe up and kick down the door”</li> <li>➤ Arm Action in Opposite</li> <li>➤ Good rhythm or cadence</li> <li>➤ Shoulders back</li> <li>➤ Eyes forward, chin up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs flat-footed</li> <li>➤ Loose Ankles</li> <li>➤ Kicks forward without full hamstring extension</li> <li>➤ Poor rhythm or coordination</li> <li>➤ Dead arms</li> <li>➤ Eyes down</li> <li>➤ Concentration poor</li> </ul>
B-Skip	<ul style="list-style-type: none"> <li>➤ “Little hop, knee up, kick out, pull hard, switch”</li> <li>➤ Leg snaps to ground with toe down and drags to create friction- “Grip with Toes”</li> <li>➤ “Feel it in Hammies”</li> <li>➤ Arm Action Opposite</li> <li>➤ Good rhythm or cadence, slightly bouncing look</li> <li>➤ Shoulders back</li> <li>➤ Eyes forward, chin up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs flat-footed</li> <li>➤ Loose Ankles</li> <li>➤ Poor rhythm or coordination</li> <li>➤ Dead arms</li> <li>➤ Eyes down</li> <li>➤ Concentration poor</li> </ul>
Skipping with Straight Leg Kick	<ul style="list-style-type: none"> <li>➤ Kick straight ahead with knee almost locked</li> <li>➤ Toe up and Kick Out with Hop in between</li> <li>➤ “Feel it in Hammies”</li> <li>➤ Arm Action Opposite</li> <li>➤ Good rhythm or cadence, slightly bouncing look</li> <li>➤ Shoulders back</li> <li>➤ Eyes forward, chin up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs flat-footed</li> <li>➤ Loose Ankles</li> <li>➤ Poor rhythm or coordination</li> <li>➤ No full ROM</li> <li>➤ Dead arms</li> <li>➤ Eyes down</li> <li>➤ Concentration poor</li> </ul>
Forward Hip Outs	<ul style="list-style-type: none"> <li>➤ Inside Leg Full ROM</li> <li>➤ Stable Standing Leg</li> <li>➤ Rhythmic Movement</li> <li>➤ Body Under Control</li> </ul>	<ul style="list-style-type: none"> <li>➤ Lack ROM</li> <li>➤ Leg Lifts off Ground</li> <li>➤ Too Fast, Too Slow</li> <li>➤ Choppy Movement</li> </ul>
Changing Direction	<ul style="list-style-type: none"> <li>➤ Wide Lateral Step</li> <li>➤ Inside Leg Lift on Plant</li> <li>➤ Shift Weight to New Direction</li> <li>➤ Drop Hips, Bend Knees</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot Under Body</li> <li>➤ Feet Together While Turning</li> <li>➤ Trunk Gets Outside Feet</li> <li>➤ Standing Upright</li> </ul>



**Level Four**

**Theme: Flexibility**

**Age Group: U12**

ACTIVITY	COACHING POINTS	COMMON MISTAKES
Skip with Kick Inside	<ul style="list-style-type: none"> <li>➤ Kick up and across body</li> <li>➤ “Flick ball with inside”</li> <li>➤ “Feel it in hips”</li> <li>➤ Foot hip height or more</li> <li>➤ Torso twists opposite</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick out and not across</li> <li>➤ Leads with toes not heels</li> <li>➤ Choppy movement</li> <li>➤ Not full ROM</li> <li>➤ Concentration poor</li> </ul>
Skip with Kick Outside	<ul style="list-style-type: none"> <li>➤ Kick out to side</li> <li>➤ “Flick ball with outside of foot”</li> <li>➤ Open at hip and lift knee</li> <li>➤ Open gait slightly</li> <li>➤ Lean away from kicking foot</li> </ul>	<ul style="list-style-type: none"> <li>➤ Twists?rotates at knee or hip</li> <li>➤ Outer foot faces forward</li> <li>➤ Leans into kick</li> <li>➤ Knee drags</li> <li>➤ Arrhythmic movement</li> </ul>
Jumping Full Volley Forward	<ul style="list-style-type: none"> <li>➤ Two foot jump</li> <li>➤ Knee up with one foot, kick forward with other</li> <li>➤ Extend leg out</li> <li>➤ Ankle locked &amp; arms out</li> <li>➤ Lean Forward</li> </ul>	<ul style="list-style-type: none"> <li>➤ Ankle loose</li> <li>➤ Leans back</li> <li>➤ Arms at side</li> <li>➤ Doesn’t switch legs</li> </ul>
Header Forward	<ul style="list-style-type: none"> <li>➤ Two or one foot jumps</li> <li>➤ “The Cobra Jumps then Strikes”</li> <li>➤ Slight countermovement</li> <li>➤ Arms up, snap thru torso</li> <li>➤ Head, neck, eyes fixed and mouth closed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms at side</li> <li>➤ Snaps at neck</li> <li>➤ One movement, not two separate movements</li> <li>➤ Rigid torso, legs</li> </ul>
Header Left and Right	<ul style="list-style-type: none"> <li>➤ Two or one foot jumps</li> <li>➤ “The Dragon Jumps then Attacks”</li> <li>➤ Slight countermovement</li> <li>➤ Arms up shoulder height</li> <li>➤ Snap and twist torso</li> <li>➤ Head, neck, eyes fixed and mouth closed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms at side</li> <li>➤ Snaps and twists at neck</li> <li>➤ One movement, not two separate movements</li> <li>➤ Rigid torso, legs</li> </ul>
Sideways High Knees	<ul style="list-style-type: none"> <li>➤ Toes, hips, knees, torso point 90 degrees to movement</li> <li>➤ Drive knees and arms up</li> <li>➤ Slightly bent torso</li> <li>➤ Head and back rigid/flat</li> </ul>	<ul style="list-style-type: none"> <li>➤ Body turns</li> <li>➤ Feet crossover</li> <li>➤ Arms dead at sides</li> <li>➤ Choppy coordination</li> <li>➤ Long contact time</li> </ul>
Sideways Hip Ins	<ul style="list-style-type: none"> <li>➤ Stand sideways and lift foot and knee above hip height</li> <li>➤ Lead with foot</li> <li>➤ Stand erect</li> <li>➤ Arms out for balance</li> <li>➤ Ankle up and locked</li> <li>➤ Twist &amp; follow through</li> </ul>	<ul style="list-style-type: none"> <li>➤ Doesn’t stand sideways</li> <li>➤ Arms flat</li> <li>➤ Jerky movement, leads with knee</li> <li>➤ No full ROM at hip</li> <li>➤ No pivot on plant foot</li> </ul>
Side Volley Forward	<ul style="list-style-type: none"> <li>➤ Stand sideways and lift leg to hip height+</li> <li>➤ Lean away from leg</li> <li>➤ Arms out for balance</li> <li>➤ Ankle down and locked</li> <li>➤ Kick high to low, knee leads</li> <li>➤ Twist &amp; follow through</li> </ul>	<ul style="list-style-type: none"> <li>➤ Doesn’t stand sideways</li> <li>➤ No body lean</li> <li>➤ Arms flat</li> <li>➤ Foot in front of knee</li> <li>➤ Snaps knee</li> <li>➤ Kicks with leg, not whole body</li> <li>➤ No pivot on plant foot</li> </ul>



Backwards Hip Outs	<ul style="list-style-type: none"> <li>➤ Inside Leg Full ROM</li> <li>➤ Stable Standing Leg</li> <li>➤ Rhythmic Movement</li> <li>➤ Body Under Control</li> </ul>	<ul style="list-style-type: none"> <li>➤ Lack ROM</li> <li>➤ Leg Lifts off Ground</li> <li>➤ Too Fast, Too Slow</li> <li>➤ Choppy Movement</li> </ul>
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ACTIVITY	COACHING POINTS	COMMON MISTAKES
Static Stretching Routine (Hamstrings, Quads, Calves, Hip Flexors, Gluteals, Low Back, Groin)	<ul style="list-style-type: none"> <li>➤ Proper Individual Technique</li> <li>➤ Going to End Points</li> <li>➤ 20 second hold each</li> </ul>	<ul style="list-style-type: none"> <li>➤ Poor /Inconsistent Technique</li> <li>➤ Not to End</li> <li>➤ Less than 20s</li> </ul>



**Level Five**

**Theme: Coordination + Flexibility**

**Age Group: U13**

ACTIVITY	COACHING POINTS	COMMON MISTAKES
Bushwhackers	<ul style="list-style-type: none"> <li>➤ Skipping with arms swinging FW/BW</li> <li>➤ Palm forward</li> <li>➤ Push chest out</li> <li>➤ Roll shoulders back</li> <li>➤ Elbows near ears, arms with slight bend</li> </ul>	<ul style="list-style-type: none"> <li>➤ Don't roll shoulders back</li> <li>➤ No full ROM</li> <li>➤ Poor coordination</li> <li>➤ Unfocused</li> </ul>
Trunk Side Bends	<ul style="list-style-type: none"> <li>➤ Skipping- arms and elbows bent and fixed- "Stick Up Position"</li> <li>➤ Lean left/right into plant leg- "Feel it in ribs"</li> <li>➤ Good rhythm and coordination</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms move only- no trunk bend</li> <li>➤ Arms come forward in front of shoulders</li> <li>➤ Arrhythmic movement</li> </ul>
Horizontal Extensions	<ul style="list-style-type: none"> <li>➤ Skip with opening arms to self hug or clap</li> <li>➤ Hands shoulder height</li> <li>➤ Palms always facing out</li> <li>➤ Arms crossover each other</li> <li>➤ Force arms as far back as possible</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms at a downward angle</li> <li>➤ Elbows bent</li> <li>➤ No full range of motion</li> </ul>
Overhead Claps	<ul style="list-style-type: none"> <li>➤ Skip with clap overhead</li> <li>➤ Arms straight from thighs to overhead</li> <li>➤ Team claps in unison with a leader</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bent arms</li> <li>➤ Lack of coordination</li> <li>➤ No cooperation</li> </ul>
Crossover Skipping Forward	<ul style="list-style-type: none"> <li>➤ Footwork is Clean</li> <li>➤ Lateral Movement</li> <li>➤ Arm Action</li> <li>➤ Hip Rotation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet Out of Control</li> <li>➤ Feet Under Body</li> <li>➤ Arms Dead</li> <li>➤ Feet Movement Only</li> </ul>
Crossover Skipping Backward	<ul style="list-style-type: none"> <li>➤ Footwork/Lateral Mvmt</li> <li>➤ Trunk Forward Lean</li> <li>➤ Arm Action</li> <li>➤ Hip Rotation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leg Mvmt is Arrhythmic</li> <li>➤ Balance Over Heels</li> <li>➤ Dead Arms</li> <li>➤ Feet Movement Only</li> </ul>
Sideways Skipping	<ul style="list-style-type: none"> <li>➤ Back Knee Drive Up</li> <li>➤ Arm Action</li> <li>➤ Power Steps</li> <li>➤ Rhythmic Movement</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knee drag/circular mvmt</li> <li>➤ Arms dead, inconsistent</li> <li>➤ No power</li> <li>➤ Movement is choppy</li> </ul>
Dynamic Stretching Warm-Up Routine (Low Back Stretch, Quad Stretch, Groin Stretch, Gluteal Stretch, Lunge with Hip Flexion, Leg Swings FW-BW, Leg Swings Side to Side)	<ul style="list-style-type: none"> <li>➤ Proper Individual Technique</li> <li>➤ Going to End Point</li> <li>➤ Balanced/Under Control</li> <li>➤ Hold 2-3 seconds</li> </ul>	<ul style="list-style-type: none"> <li>➤ Poor/Inconsistent Technique</li> <li>➤ Not Full ROM</li> <li>➤ Balance Unstable</li> <li>➤ Not Long Enough</li> </ul>



**Level Six**

**Theme: Speed**

**Age Group: U14**

ACTIVITY	COACHING POINTS	COMMON MISTAKES
High Fast Knees	<ul style="list-style-type: none"> <li>➤ Knees to Hip Height</li> <li>➤ Opposite Arm and Knee</li> <li>➤ Run on Toes</li> <li>➤ Feet Silent</li> <li>➤ Ankles Locked Down</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knee Drag, Choppy Step</li> <li>➤ Same Arm with Knee</li> <li>➤ Midfoot/Heel Running</li> <li>➤ Stamping</li> <li>➤ Loose Ankles</li> </ul>
Wide Diagonal Steps	<ul style="list-style-type: none"> <li>➤ Take wide steps outside of shoulders</li> <li>➤ Upper body leans into new direction and shifts mid-flight to center and then new direction</li> <li>➤ Push on inside of toes and across body</li> <li>➤ Drive knee inside and across body</li> <li>➤ Angle heel out and away</li> </ul>	<ul style="list-style-type: none"> <li>➤ Narrow stepping</li> <li>➤ Upper body not in control</li> <li>➤ Flat-footed landing</li> <li>➤ Knees/legs not tensed and controlled (knee instability)</li> <li>➤ Hips don't move</li> <li>➤ Ankle instability</li> </ul>
Wide to Narrow Steps Forward	<ul style="list-style-type: none"> <li>➤ Take wide steps outside of shoulders</li> <li>➤ Upper body leans into new direction and shifts mid-flight to center and then new direction</li> <li>➤ Push on inside of toes and across body</li> <li>➤ Drive knee inside and across body</li> <li>➤ Angle heel out and away</li> <li>➤ Gets progressively smaller and ends in sprint</li> </ul>	<ul style="list-style-type: none"> <li>➤ Player gets too narrow too early</li> <li>➤ Upper body not in control</li> <li>➤ Drive arms in sprint</li> <li>➤ Flat-footed landing</li> <li>➤ Knees/legs not tensed and controlled (knee instability)</li> <li>➤ Hips don't move and transition properly</li> <li>➤ Ankle instability</li> </ul>
One-Footed Hops	<ul style="list-style-type: none"> <li>➤ Run on Toes</li> <li>➤ Opposite Knee Drive</li> <li>➤ Soft Feet</li> <li>➤ Arm Action</li> </ul>	<ul style="list-style-type: none"> <li>➤ Midfoot/Heel Running</li> <li>➤ No motion</li> <li>➤ Heavy Feet</li> <li>➤ Dead Arms</li> </ul>
Lunge with Trunk Twist	<ul style="list-style-type: none"> <li>➤ Long step</li> <li>➤ Knee not over toes</li> <li>➤ Body control</li> <li>➤ Elbows up at shoulder height</li> <li>➤ Twisting at trunk</li> <li>➤ Knee almost to ground</li> </ul>	<ul style="list-style-type: none"> <li>➤ Short Steps</li> <li>➤ Knees over toes</li> <li>➤ Imbalanced</li> <li>➤ Need touches, off ground</li> </ul>
Lunge with Lateral Trunk Twist	<ul style="list-style-type: none"> <li>➤ Long step</li> <li>➤ Knee not over toes</li> <li>➤ Body control</li> <li>➤ Elbows up at shoulder height</li> <li>➤ Dipping shoulders left and right</li> <li>➤ Knee almost to ground</li> </ul>	<ul style="list-style-type: none"> <li>➤ Short Steps</li> <li>➤ Knees over toes</li> <li>➤ Imbalanced</li> <li>➤ Knee touches, off ground</li> </ul>



**Level Seven**

**Theme: Introduction to Power**

**Age Group: U15**

ACTIVITY	COACHING POINTS	COMMON MISTAKES
Power Skips	<ul style="list-style-type: none"> <li>➤ Arm and Knee Drive</li> <li>➤ Feet In Line</li> <li>➤ Slight Trunk Lean</li> <li>➤ Powerful Movements</li> </ul>	<ul style="list-style-type: none"> <li>➤ Choppy Feet, No ROM</li> <li>➤ Feet Staggered</li> <li>➤ Upright, Overbent</li> <li>➤ Low Intensity</li> </ul>
Skipping for Height	<ul style="list-style-type: none"> <li>➤ Arm and Knee Drive</li> <li>➤ Push on Ground Hard</li> <li>➤ Rhythmic Movement</li> <li>➤ Focus on Height</li> </ul>	<ul style="list-style-type: none"> <li>➤ Moving Different Limbs</li> <li>➤ Weak Push Off</li> <li>➤ Choppy, Aymthmic</li> <li>➤ Too Far, Too Fast</li> </ul>
Skipping for Distance	<ul style="list-style-type: none"> <li>➤ Arm and Knee Drive</li> <li>➤ Push on Ground Hard</li> <li>➤ Rhythmic Movement</li> <li>➤ Focus on Distance</li> </ul>	<ul style="list-style-type: none"> <li>➤ No movement</li> <li>➤ Weak Push Off</li> <li>➤ Focus on each step</li> <li>➤ No distance</li> </ul>
Bounding	<ul style="list-style-type: none"> <li>➤ Arm and Knee Drive</li> <li>➤ Push on Ground Hard</li> <li>➤ Rhythmic Movement</li> <li>➤ Body Under Control</li> </ul>	<ul style="list-style-type: none"> <li>➤ No symmetry</li> <li>➤ No drive</li> <li>➤ Inconsistent limb mvmt</li> <li>➤ Limbs all over</li> </ul>
Tuck Jumps	<ul style="list-style-type: none"> <li>➤ Knees to Chest</li> <li>➤ Jump Off, Land on Toes</li> <li>➤ Powerful Upper Body</li> <li>➤ Rhythmic Movement</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knees not High Enough</li> <li>➤ Landing Flat</li> <li>➤ No Upper Body Mvmt</li> <li>➤ Extra Steps, Loss of Balance</li> </ul>



**Level Eight**

**Theme: Progressive Power Development**

**Age Group: U16-19**

ACTIVITY	COACHING POINTS	COMMON MISTAKES
Scissor Jumps	<ul style="list-style-type: none"> <li>➤ Opposing Arms/Legs</li> <li>➤ Drop Down, Shoot Up</li> <li>➤ Push on Toes</li> <li>➤ Go for Height</li> </ul>	<ul style="list-style-type: none"> <li>➤ Dead Arms</li> <li>➤ No drop, no power</li> <li>➤ Landing flat-footed</li> <li>➤ No height</li> </ul>
Squat Jumps	<ul style="list-style-type: none"> <li>➤ Full ROM, all Joints</li> <li>➤ Drop Down, Shoot Up</li> <li>➤ Push on Toes</li> <li>➤ Go for Height</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bent back, No extension</li> <li>➤ No drop, No power</li> <li>➤ Landing Flat</li> <li>➤ No height</li> </ul>
180 degree Squat Jumps	<ul style="list-style-type: none"> <li>➤ Full ROM, all Joints</li> <li>➤ Drop Down, Shoot Up</li> <li>➤ Push on Toes</li> <li>➤ Go for Height</li> <li>➤ Twist and Rotate</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bent back, No extension</li> <li>➤ No drop, No power</li> <li>➤ Landing Flat</li> <li>➤ No height</li> <li>➤ Slow, no rotation</li> </ul>
One-Legged Tuck Jumps	<ul style="list-style-type: none"> <li>➤ Knee to Chest</li> <li>➤ Jump Off, Land on Toes</li> <li>➤ Powerful Upper Body</li> <li>➤ Rhythmic Movement</li> <li>➤ Shallow Bend</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knees not High Enough</li> <li>➤ Landing Flat</li> <li>➤ No Upper Body Mvmt</li> <li>➤ Loss of Balance</li> <li>➤ Too much, no bend</li> </ul>
Change of Direction Series	<ul style="list-style-type: none"> <li>➤ Wide Lateral Step</li> <li>➤ Inside Leg Lift on Plant</li> <li>➤ Shift Weight to New Direction</li> <li>➤ Drop Hips, Bend Knees</li> <li>➤ HI Speed Change</li> <li>➤ First Step Explosion</li> <li>➤ Drive Out</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot Under Body</li> <li>➤ Feet Together While Turning</li> <li>➤ Trunk Gets Outside Feet</li> <li>➤ Standing Upright</li> <li>➤ Slow Turn</li> <li>➤ Soft Step</li> <li>➤ Get Out Early</li> </ul>