

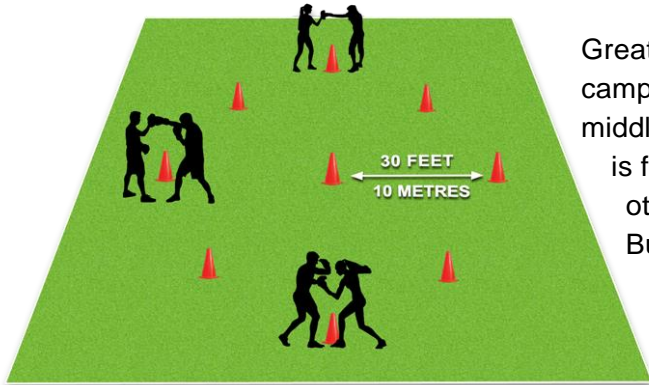


**Focus:** *Boxing*

**EQUIPMENT:** *Cones and large area or oval*

**Warm-up:** *Game: British Bulldog 5-7min*

Great game to release a lot of energy in the group. Place campers at one end of oval and have 2-4 campers stand in middle and they are the bulldogs. The object of this game is for the campers to get from one end of the oval to the other without being captured. The bulldogs yell "British Bulldog" and the campers run to the opposite side of oval as this is happening the Bulldogs try to tag them. The game ends when everyone has been tagged.



**Exercise one:** Pad holders and boxers start in centre of large area. Each boxer grabs a cone and walks out 10 metres to form a large outer circle. Set up Pad Holders in centre of circle (Pads facing out) with enough cones for each camper around outside of circle to shuttle run to.

**Set 1.** Boxers start with 10 Cross Jabs then **Side Shuffle** around inner circle to the next Pad Holder and do 20 Jabs etc. until they have gone up to 100 Jabs. Can change direction if you like.

Changeover.

**Set 2.** Do the same as above with Hooks but this time Boxers sprint around the entire inner circle until they return back to their original Partner and then move on to next Partner.

Changeover.

**Set 3.** Upper Cuts and **Boxer Sit up Jab Combo** - drop to the ground and perform 10 Cross Jabs and 1 Sit up, then do 20 Cross Jabs and 2 Sit ups, up to 100 Cross Jabs and 10 Sit ups.

Changeover

**Set 4.** 30 second Jab Sprint – Boxers do jabs on pads for 30 seconds and then turn and Low **Side Shuttle** out to their cone and back to pads. Repeat for 3 sets. Changeover.

**Exercise two:** *Lunge Combo*

**Boxing Progressive Lunge Kick** – Start at outer cones and move in clock wise direction, Boxer does 1 knee into pad – 1 lunge (full Lunge both legs) – 2 knees – 2 Lunges – 3 knees – 3 lunges etc. (ensure that they are kneeling on one side only) continue up to 8 knees and turn and repeat on other knee.

C/over



**Exercise three:** *Kick Drill 20 min – Pad holders complete runs with them*

Keep the same set up but have Boxers and Pad Holders to start on outside cones to give a bigger run area.

Start with Jabs run with Pad Holder to the middle of circle and complete kicks – run back to start point complete next set of Jabs etc. and run back the middle again. Keep going until down to 10 Jabs and 4 Kicks.

60 Cross Jabs – run – 14 Right Kicks – 14 Left Kicks – run

50 Cross Jabs – run – 12 Right Kicks – 12 Left Kicks – run

40 Cross Jabs – run – 10 Right Kicks – 10 Left Kicks – run

30 Cross Jabs – run – 8 Right Kicks – 8 Left Kicks – run

20 Cross Jabs – run – 6 Right Kicks – 6 Left Kicks – run

10 Cross Jabs – run – 4 Right Kicks – 4 Left Kicks – run

Continue workings down in tens for jabs and twos for kicks until you reach 4 kicks.

**Exercise four:** *Abs*

Abs set of choice if time or do the following

Boxers down on ground facing toward Pad Holder who is kneeling holding pads, 30 seconds V sit position, knees bent – punching up double punch (both arms together & elbows tight) – then 30 seconds Cross Jab and repeat x3.

**Recover and Stretch**