



Junior Pool Training Session

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TRAINING - STAMINA SECTION

WARM UP PROGRAMME - JUNIOR

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Junior Pool Training Session

SCOTTISH BATON TWIRLING ASSOCIATION

"First and Foremost"



Junior Pool Training Session Personal - Yearly Training Schedule

<u>Aerials</u>	Date	<u>Hand Positions</u>	Date
12 O'Clock		Lead In	
Right		Follow Through	
Left		Wrap	
Backhand		Hips	
Lunge		Hold Down	
Step Kick		Push Down	
Rev. ill		Push Up	
Fwd. III			
Behind Back			
Blind			
Toss rev. ill			

<u>Rolls</u>	Date	<u>Bodywork</u>	Date
Single Elbow		Spins	
Double Elbow		Illusions (4)	
Layout		Leaps	
4 Elbow		hops	
4 Elbow Layout		Chasse	
Fish Tails		Posture	
Angel		Free Arm	
Back Neck		Legs	
Pops			
Front Neck		Presentation	
Cutbacks (Fugimi's)		Hair/Make Up/Costume	

	Date
Compulsories	
Short Programme	
Basic/Fancy Strut	
Solo	
2 Baton/3 Baton	
Dance Twirl	
Freestyle	
Team	

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Junior Pool Training Session Personal - Monthly Schedule

Month:

Warm Up:

Body Technique: Level 1/Level 2/Level 3

Baton Technique: Level 1/Level 2/Level 3

Cool down:

Notes/comments:



2hr Session

Warm Up - 15min

Compulsories - 45min
(Set A & Set B)

Aerials - 15min
Rolls - 15min
Contact - 15min

Routines x 3 - 10min

Cool Down 5min



3hr Session

Warm Up - 20min

Compulsories - 1hr
(Set A & Set B)

Aerials - 20min

Rolls - 30min

Contact - 15min

Freestyle Sections x 3 - 20min

Routines x 3 - 10min

Cool Down 5min

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Training Session STAMINA

Jog	x 30 secs
Skip	x 30 secs
Side step R & L	x 30 secs
Heel Lifts	x 30 secs
Sprint	x 30 secs
High Knees	x 30 secs
Shuttle	x 30 secs
Star Jumps X/ I	x 30 secs
Tuck Jumps	x 30 secs
Squat Thrusts	x 30 secs
Jog	x 30 secs
Skip	x 30 secs

Total 6 min

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Training Session - Junior WARM UP - Section 1 - Upper Body

Head - Turn head to side, front other side and front x 4.

Shoulders - Lift shoulders up and down x 4.

Push shoulders forward and back x 4.

Circle Shoulders round, Backwards x 4. Forwards x 4.

Elbows - Clasp fingers together, raise elbows, wrists and fingers.

Wrists/ Fingers - Clasp fingers together at shoulder level and down (like a roller coaster!) x 4.

Shoulders - Clasp hands together, push arms straight out in front, feel stretch in shoulders and back. Raise arms above head, pull arms back, feel stretch in front of shoulders.

Shoulders - Pull hands to right shoulder behind head.
Pull hands to left shoulder behind head.



Training Session - Junior

WARM UP - Section 2 - Mid and Lower Body

Arms - Circle right arm backwards x 4. Circle left arm backwards x 4.

Circle both arms backwards x 4. Circle both arms in opposition x 4.

Sides, knees bent - Stand feet apart (2nd position), hands on waist, Bend to right side, bend to left side x 4.

Back of legs, knees bent (hamstrings)- Stand feet apart (2nd position), hands on knees, Walk fingers down to ankles, walk fingers back to knees, hold x 10secs x 4.

Thighs (Quads)- Stand on one foot, bend supporting knee, bend other foot back and hold at ankle, hold x 10secs. Repeat other leg x 4.

Ankles (Achilles)-Stand one foot forward, one foot back. Bend back knee, keep front knee straight, hold 10secs. Repeat other leg x 4.