



Squad Training Pack

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2hr Session

3hr Session

Stamina Session

Warm Up Section

Stretch/Flexibility

Strength

Daily/Weekly Diary



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

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

SCOTTISH BATON TWIRLING ASSOCIATION

"First and Foremost"



Training Session

Section 1 Warm Up- Upper Body

Head Circles - Circle head to side, circle to other side x 4.

Shoulder Shrugs - Lift right shoulders up and down x 4.
Lift left shoulders up and down x 4.
Push shoulders forward and back x 4.
Circle Shoulders round,
Backwards x 4. Forwards x 4.

Arms - Circle right arm backwards/forwards x 4.
Circle left arm backwards/forwards x 4.
Circle both arms backwards/forwards x 4.
Circle both arms in opposition x 4.

Wrist circles - Clasp fingers together, rotate wrists clockwise/anti-clockwise x 4.

Section 2 -Mid and Lower Body

Side Stretch - Stand feet apart (2nd position). Stretch up - over to toes.
Repeat to other side x 8.

Hip Circles - Push hips to right and circle x 4.
Push hips to left and circle x 4.

Leg Stretch - (Gentle) 4th position lunge to right. Repeat to left x 8.

Leg Stretch - (Deep) 4th position lunge to right, lower hips and hold 10secs.
Repeat to left x 8.

Inner Thigh - Sit - pull heels in/soles together.
Hold ankles not feet!
Hold x 10secs. Press x 10secs. x 4.

Inner Thigh Sit - Straddle legs, stretch up - over to right toes.
Repeat to left x 8.
Stretch forward and hold x 10secs.

Training Session

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"First and Foremost"



Lower Body - Gymnastics - continued

Body Stretch -

Sit - Straddle legs, place one hand on floor beside left hip.
Circle other arm across body to back hold x 10secs.
Repeat other arm to other side x 8.

Achilles - (Ankles)

Circle right foot - both ways. Repeat left foot x 4.

Wrists -

Lean on wrists - circle body to right and left x 4.

Hips -

Kneel on hands and knees.
Extend right leg back, swing to side (maintain height) x 4.
Repeat left leg x 4.

Back stretch -

Kneel, reach up high push hips forward and stretch arms back.
Hold x 10secs. Relax x 10secs. Repeat x 8

SKILLS -

Splits R & L, Box. Bridge. Cartwheel.



Training Session

STRETCH/ FLEXIBILITY

Back Stretch	x 5
Bridge [Pushing to shoulders-hold 10secs]	x 5
Bridge - hold	x 1min
Bridge - Kick over	x 3
Splits warm up [30secs each leg x 4]	x 2min
Splits Rt & Lt [hold 30secs]	x 4
Box Splits [hold 30secs]	x 5

Training Session



STENGTH

Handstand	x 5
Handstand against wall	x 1min
Press ups	x 10
Sit Ups	x 10
Seal lifts [lie on front]	x 10
Leg raise [lie on back both legs together]	x 10
Leg hold [Stand against wall - 30secs each leg]	x 1min

Daily/Weekly Diary

Section 1

	Reps/Time	Sun	Mon	Tues	Wed	Thur	Frid	Sat
Jog	x 30 secs							
Skip	x 30 secs							
Side step R & L	x 30 secs							

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"First and Foremost"



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

Section 2

Head Circles	x 4
Shoulder Shrugs	x 4 R x 4 L
Arms	x 4 R x 4 L
Wrist circles	x 4 R x 4 L
Side Stretch	x 4 R x 4 L
Hip Circles	x 4 R x 4 L
Leg Stretch	(Gentle)
Leg Stretch	(Deep)
Inner Thigh	x 30 secs
Body Stretch	x 4 R x 4 L
Achilles	(Ankles)
Wrists	x 4 R x 4 L
Hips	x 4 R x 4 L
Back stretch	x 4 R x 4 L

Section 3

Back Stretch	x 5
Bridge	x 5
Bridge	Hold x 1min
Bridge	Kick Over x 3
Splits warm up	30secs x 4
Splits Rt & Lt	30secs x 4
Box Splits	30secs x 4

Section 4

Handstand	x 5
Handstand - wall	x 1min
Press ups	x 10
Sit Ups	x 10
Seal lifts	x 10
Leg raise	x 10
Leg hold	x 30secs RL
SKILLS	Splits R L
	Box
	Bridge
	C/Wheel