



## Sportwall Training Stations Personal Training Mini Workout

### I. Warm-up

- A. Start using Game 3-2.
  - This game is Chase the Target.
  - Use medium sized rubber balls.
  - Depending on the age place your clients a certain distance from the wall. Enough to give them a bit of a warm-up.
  - Set time of game to 30 seconds.
  - Have them throw and catch by chasing the target to warm-up.
- B. Optional - Repeat using an air filled medicine ball (2lbs max).



### II. Core Strength

- A. Change the game to 1-1.
  - Using the medicine ball, have one person sit 6-10' in front of each station in a sit up ready position. Option: sit on Bosu Ball or Stability ball.
  - Set the time of game to 30 seconds or 60 sec. (depending on the endurance you want to achieve)
  - Have each person sit up, toss the ball against the station, catch the ball in the sit up position, then repeat
  - Play until time runs out.
- B. Remember on this game they can hit anywhere on the station and will receive points. This is not about skill but more about core strength.
- C. Repeat this game if time permits

### III. Skill, Speed/Agility & Cardio combined

- A. Set the game to 3-3
- B. Use Bean Bags
  - Place people in teams OR they can play individually against one another. This will depend on your group size. If you have 12 people and 4 stations split them into teams of 3.
  - Set the teams in a line behind the station at the 12' or 20' mark.
  - Each person will throw the bean bag at the targets that are lit up (there will be three), they will then run up and retrieve the ball, and run back to the line and hand off to the next player.
- C. Set the time of the game to 60-120 seconds (again depending on the size of the team)
- D. Repeat this game twice if time permits.

- E. Optional – have them navigate a speed agility ladder, or floor dots, to and from the training station: running, hopping, sideways, etc.



#### IV. Cardiovascular

- A. Set the game to 3-2
- B. Using the noodles
- C. Place people in same teams or individuals.
  - Each person will run up to the station and strike the lit target, run back to the line, and hand off the noodle to the next player.
  - Repeat until the time runs out.
- D. Set the time of this game to 30 or 60 seconds.

#### V. Cool Down

- A. Set the game to 3-2
- B. Using hands and feet
  - Have each person play one at a time
  - The player will need to chase the target around the board using only their hands and feet.
- C. Set the game to 30 seconds.
- D. Repeat with each player on the team.



#### NOTES:

You can repeat any of these exercises if time permits. Or vary the exercises using Bosu balls, stability balls, noodles, balls, medicine balls, etc. You can also have the players in teams or individually. Competitions are also fun. If two teams or individuals tie have them play a tie breaking game. This gets the energy level up throughout the training.