

# ● HOME TASKS – GROUP 3

## Advanced | approx. ages 12–17

---

**Goal:** 30min-1hr per session

**How often:** 2–4 times per week

**Mission:** Complete All Tasks through the week

---

**Always do a quick stretch before you start, and after each exercise** 🌟

- Touch your toes → hold 10 seconds
  - Shake out those legs → 10 seconds
  - Big arm circles → 10 each way
- 

### 1. Running/Jogging 🏃

**2-3× per week**

- 1-5km each run (10-40 minutes)
- **Make it easier:** go at a comfortable pace
- **Tips:** START SLOW, listen to music, go with a friend, use Strava to track

**Want a challenge?**

Aim to get to 5-10km per week

Aim to get to a pace of between 4:30–5:30 min/km

---

### 2. Skipping (Jumprope Magic!) 🏃

**2-3× per week**

- Do **150 skips (repeat 2 times) or 3-4 minutes** (take quick 10–20 second breaks if needed)
- **Tips:** Keep jumps low (feet < 8 cm off ground), land lightly

**Want a challenge?**

Aim for 50/75/100 skips in a row

Single-leg skipping (10 left, 10 right)

Fast feet (alternate left to right each step)

---

### 3. Coordination

**2-3× per week**

- 2-5km each run (10-30 minutes)
- **Juggling 3 balls**
- **Juggling 2 balls in one hand (alternate)**
- Try to go 30 seconds without dropping

**Want a challenge?**

Move around while juggling (sideskip, walk, crossover)

---

---

## 4. Plank (Superhero Hold!) 💪

3-4x per week

- Hold **1-2 minute**, repeat ×2
- **Tips:** Body straight like a pencil! Engage abs and glutes for stability

### Want a challenge?

Switch smoothly from hands → forearms (hand version)

Shoulder taps (hand version)

---

## 5. Balance (Flamingo Stand!) 🦩

3-4x per week

- **Single-leg balance**
- **1 minute each leg, repeat ×2**
- **Tips:** Soft knee, eyes forward, small hops to recover

### Want a challenge?

Toss & catch a ball against the wall while balancing!

Slowly reach down to touch your toe while balancing

---

## 6. Push-Ups (Super Strong Mode!) 🦍

3-4x per week

- **10-15 push-ups**, repeat ×3 (20–30 sec rest)
- **Tips:** Body straight like a pencil
- **Easier version:** On knees, or start with hands on a table

### Want a challenge?

Hold for 1 second at the bottom (go 10 max for this)

Shoulder taps each time you are at the top

---

---

## 7. Footwork Practice (racket is not compulsory)

3× per week

- **1-5 minutes**
- You can do it while you are brushing your teeth watching TV/Netflix
- Use your hands to pretend like you are hitting
- **Tips:** Feel SMOOTH, don't over rotate on mogul, don't bring the come around foot to early
- Make it harder by doing a fake point (serve, return, varying footwork)

Start with a wide split step

→ Crossover into a forehand footwork (initially load that right leg - lunge)

→ Mogul (stay low) / step down + come around

Crossover sideskip back to the middle and flowsplit

→ Crossover into a backhand footwork (initially load that left leg - lunge)

→ Mogul (stay low) / step down + come around

**Make it harder?**

Pretend like you are in a point. Serving, returning, etc

---

## 8. Shadow Swing / Practice Swing!

Stay relaxed through the swing

IMPORTANT:

→ Breathe in as you take the racket back and out when you "hit" the ball

→ Choose a footwork (open stance, semi open, neutral, closed)

→ Be aware of stability and weight transfer from one leg to the other

→ Don't rush the swings: go slow, and work towards accelerating

---