

Team Workout Videos: U18 vs. U16

Monday, May 3rd, 2021

Warm-up—SpikeBall Games

- Great activity to kick-off today's training session
- It was great to include the CBA U16 team
- Athletes are having FUN while working on agility, quickness, teamwork, etc.
- Observing players engaged in human interaction was inspiring and an important requirement in their current locked-down lives

SpikeBall videos:

- 1. <https://www.youtube.com/watch?v=jPz8lm3uuVc>
- 2. <https://www.youtube.com/watch?v=ZUTh3OAPQ9w>
- 3. <https://www.youtube.com/watch?v=LzmooJoiV08>
- 4. <https://www.youtube.com/watch?v=uREoDyFDpm0>
- 5. <https://www.youtube.com/watch?v=vOWi1ecf3U8>
- 6. https://www.youtube.com/watch?v=leZJ_o5vql4
- 7. <https://www.youtube.com/watch?v=1sWN3qO9l1Y>

SEC Training Videos:

- 1. <https://www.youtube.com/watch?v=wu522uO5Wlw>
- 2. <https://www.youtube.com/watch?v=sp7r0TpyAqY>
- 3. <https://www.youtube.com/watch?v=gfRjK5IGN8>

Group Abs Training

- 1. <https://www.youtube.com/watch?v=Imkn6sHp2NE>