

CBA U18 Outdoor Training—April 29th, 2021

Edworthy Park, Calgary

A few highlights from our outdoor training session at Edworthy Park on Thursday, April 29th include:

1. Kiara had a word or two to utter after a slight ladder let-down (semi-rated)
2. Katie leading the pack on the hill climb—great climb, Katie
3. Bella & Kiara coming in a close 2nd and 3rd on the hill climb
4. Sadie & Tessa helping Janelle up the hill by keeping her company along the way 😊
5. Jillian was able to do several activities during the hill climb as she defended our valuables

The videos below include:

1. Warm-up for 10:31 minutes
2. Ladder Training for 11:31 minutes
3. The tough hill-climb which took close to 2:30 minutes to accomplish
4. The hill descent which was uneventful other than a few waves:
at the top of the hill the players did 30 push-ups, 30 squats & 30 sit-ups
5. A quick de-brief which included:
Monday's training session will again be at Edworthy Park at 6:45pm

The videos below are posted for a couple of reasons:

1. For the players in the videos, check out your form during warm-up and ladder training—Is your form, speed and quickness the best you can do?
2. For the players who were absent—you can use the activities in the video (especially the ladder training) to put in a workout on your own

Enjoy!

U18 Warm-up (10:31)

<https://www.youtube.com/watch?v=e8WG8br8rLM>

U18 Ladder Training (11:31)

<https://www.youtube.com/watch?v=nZ1iRbH7ouo>

U18 Hill Climb (2:49)

<https://www.youtube.com/watch?v=XpSQnTYOqNM>

U18 Hill Descent (2:46)

https://www.youtube.com/watch?v=g5hLzNdu_Vo

U18 De-brief (1:13)

<https://www.youtube.com/watch?v=4CnVkqq52QQ>