

Class 11 - Versatility

Dynamic warm-up – 7-minutes

- Arms: Triangle push-ups
- Legs: Jump squat scissor kicks
- Abs: V-sit ups
- Core: Half windmill

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on VERSATILITY.
- VERSATILITY means being capable of transitioning through various patterns of combinations.
- This is important because you need to be able to perform your moves more than one way to build proper muscle memory.
- Here are the three ways that we are going to improve your VERSATILITY skills today:
 1. Having VERSATILITY to remember out of sequence.
 2. Having VERSATILITY by leading.
 3. Have the VERSATILITY to adapt to your environment.

Skill-building drills – 15-minutes

1. **Balance Form:** In this drill the students will perform their form while balancing a cone on their head.
 - **Teaching SKILLZ: EXTRINSIC MOTIVATION** – On the second time the students come up, the instructor can set a rule that gives the students five pushups if the cone falls off their head.
 - **Brain SKILLZ: DIVIDED ATTENTION** – The student must be able to do their form with the cone on their head the whole time. The student must focus on the technique in their form, while focusing on their head position as well.
2. **Freestyle:** In this drill the students will build their versatility by applying changeability in their forms.
 - **Teaching SKILLZ: INTRINSIC MOTIVATION** – If the student can make their freestyle with some pauses, they did a good job. If they did their freestyle with one or two pauses, then they did a great job. If they can do their freestyle with no pauses and have confidence, then they did an amazing job and they will make themselves proud.strong>
 - **Brain SKILLZ: LONG TERM MEMORY** – The student must be able to remember the form that they are doing, and when the instructor says freestyle, they must remember their basic moves and quickly string them together in a combination, and hop back into their form where they left off.

Skill stripe test – 10-minutes

- See testing charts

Dynamic stretches: 5-minutes

- Calf push up stretch
- Hacky sack
- Jogging kicks
- Toy soldier

Game –3-minutes

- Capture the flag

End of class announcements – 2-minutes