



# SuperTots

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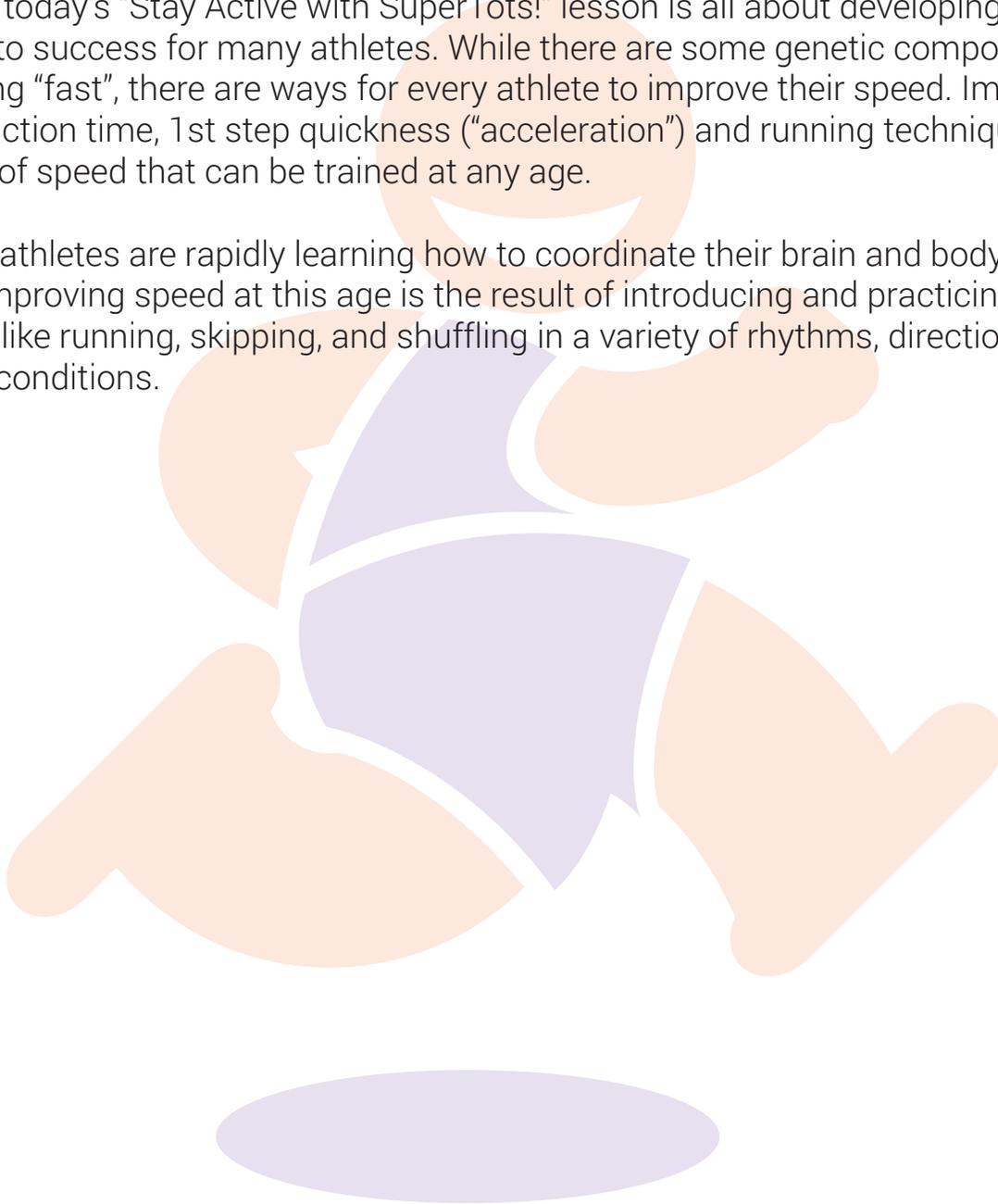
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Lesson #5: Speed

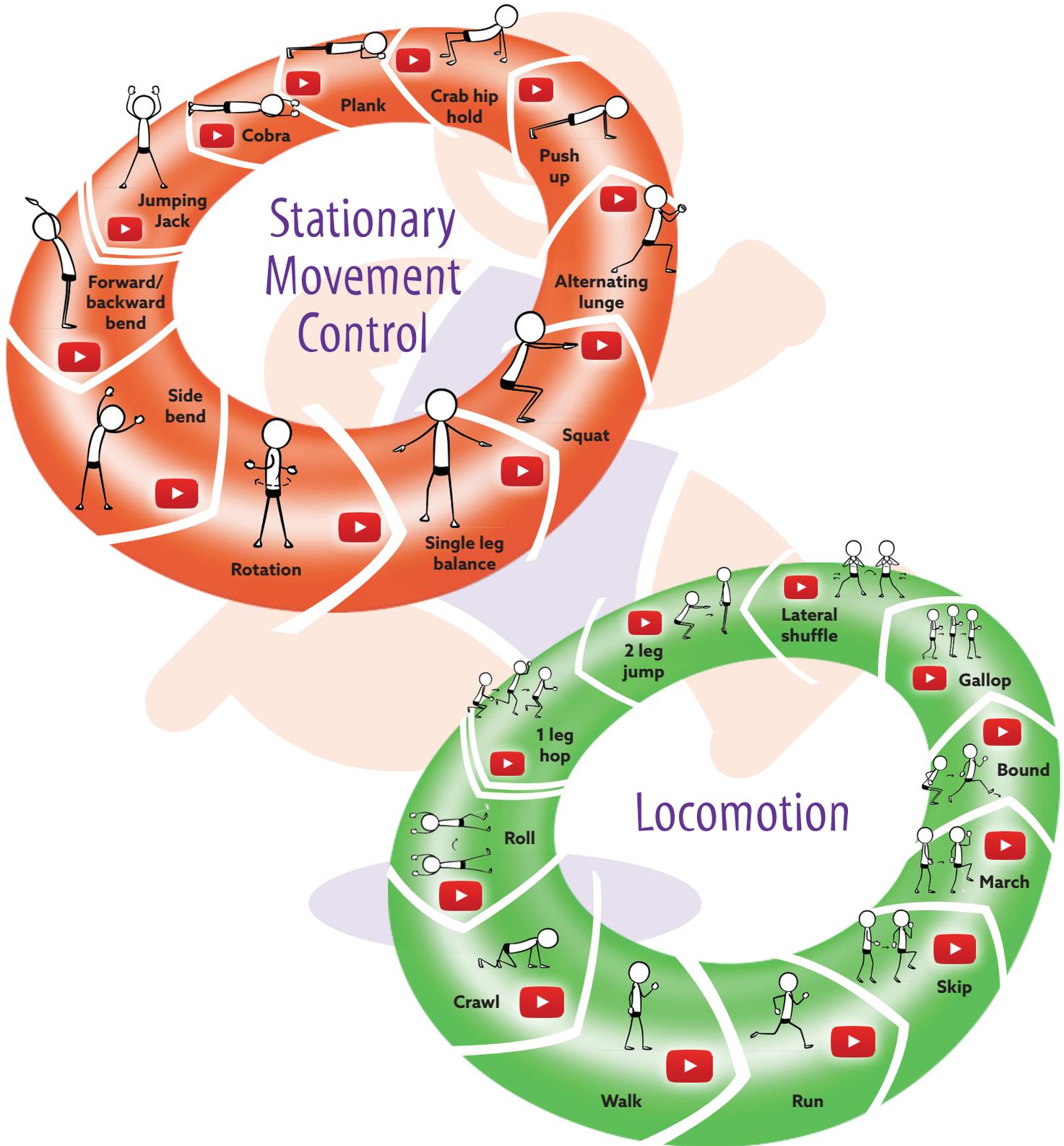
# Introduction to Speed for 3-5-Year-Olds

Our focus in today's "Stay Active with SuperTots!" lesson is all about developing speed. Speed is the ticket to success for many athletes. While there are some genetic components to athletes being "fast", there are ways for every athlete to improve their speed. Improving overall strength, reaction time, 1st step quickness ("acceleration") and running technique are some of the aspects of speed that can be trained at any age.

3-5-year-old athletes are rapidly learning how to coordinate their brain and body to move efficiently. Improving speed at this age is the result of introducing and practicing fundamental movements like running, skipping, and shuffling in a variety of rhythms, directions, and other challenging conditions.



# FUNDAMENTAL MOVEMENT SKILLS



# Dynamic Warm Up (5 Minutes)

<h2>Creative Movement Challenges</h2> <p>Young children enjoy using their imagination. This vivid imagination can be used to create fun and effective movement challenges.</p>	<p><b>Prompt the movements below combined with the associated imaginative movement conditions:</b></p> <ul style="list-style-type: none"><li>• March in the mud (10 seconds)</li><li>• Crawl up a hill (10 seconds)</li><li>• Run under the ocean (10 seconds)</li><li>• Jump like a tiger is chasing you (10 seconds)</li><li>• Gallop like you are standing on the sun (10 seconds)</li><li>• Hop on one leg like you are jumping rock to rock across a river (10 seconds each leg)</li></ul>
<h2>Movement Variable</h2> <p>Start by having children perform a fundamental movement skill for 5 seconds. After that, add an extra “movement variable” to that movement. Provide just enough instruction for children to understand how to perform the movement and what the added variable looks like.</p>	<p><b>Here are some suggested movement sentences:</b></p> <ul style="list-style-type: none"><li>• <u>Skip</u> (5 seconds), High (5 seconds), Low (5 seconds), Skip (5 seconds)</li><li>• <u>Jump</u> (5 seconds), Forward (5 seconds), Backward (5 seconds), Jump (5 seconds)</li><li>• <u>Push up</u> (5 seconds), Body Wide (5 seconds), Body Narrow (5 seconds), Push Up (5 seconds)</li><li>• <u>Gallop</u> (5 seconds), Fast (5 seconds), Slow (5 seconds), Gallop (5 seconds)</li></ul>
<h2><u>3-Way Line Jumps</u></h2> <p>An important component of speed is the ability to quickly rebound off the ground in different directions.</p>	<p><b>Perform the following movements:</b></p> <ul style="list-style-type: none"><li>• Forward and back (3 sets of 10 seconds)</li><li>• Side to side (3 sets of 10 seconds)</li><li>• Twisting (3 sets of 10 seconds)</li></ul>

## Body Awareness Activity: The Twister

To challenge coordination, this week we are combining your child's knowledge of body part vocabulary with actions and relationships.

### Here are your callouts:

- Take 10 steps with your hands on your toes
- Jump up and down 10 times with your hands on your knees
- Hop 10 times on each leg with your foot on your knee (Switch legs)
- Sit down on the ground and stand up with your hands above your head

## Skill Development Activity: Skipping

The rhythm and coordination of skipping helps create a foundation for improving speed mechanics. While it's not important young athletes at this age are able to skip with perfect technique, it's critical that young athletes learn the basic "step/hop" movement pattern integrated with their arms.

### Do the following activities to reinforce the coordination necessary for skipping:

#### March (4 sets of 10 seconds)

- Fast
- Slow
- In a zigzag
- In a circle
- In a circle

#### Skip (4 sets of 10 seconds)

- Fast
- Slow
- In a zigzag
- In a circle
- In a square

## Speed Activity #1: Moon Meter

**Perform 4 sets of 15-20 yards**

## Speed Activity #2: Cone Jumps

Rebounding off the ground with a high amount of force is an important component of speed for young kids to learn and develop.

**Equipment needed:**  
**6-8 cones or similar barriers**

## Speed Activity #3: Multi-Direction Get Up and Go

The ability to go from stop to start, or acceleration, is an important component of speed. To lay a foundation for acceleration, it's important young athletes experience the challenge of creating movement quickly from a stopped position.

**Start in the following body orientations and have the athletes run roughly 20 yards each time.**

- From seated
- From their stomach
- From their back
- From their side (both sides)
- From their knees
- From a roll-up

## Today's Challenge: Jumping Jacks Challenge

**Do 50 jumping jacks before you go to bed tonight!**

Thank you for playing today! Next week, our lesson is all about developing hand/eye coordination to improve catching skills. Until then, let's stay active, eat healthy, and sleep well so we can succeed in sports and in life!