



**CAN YOU IMPROVE YOUR AGILITY, BALANCE, COORDINATION AND SPEED CAN IMPROVE OVER AN 8 WEEK PERIOD?**

**GOAL:** Improved physical literacy and fundamental movement skills

**PLAN:** Develop physical literacy skills using age-appropriate exercises

**WEEKLY GOAL:** 3-5 days per week, 30-100 minutes per week

**DAILY GOAL:** 10-20 minutes per day



**Make sure to post any pictures or videos to the DT Coaching Facebook page or email them in at dtcoachingltd@gmail.com**

**1X / DAY**

**2X / DAY**

**WEEK 1**

DAY 1											▶
DAY 2											▶
DAY 3											▶

**WEEK 2**

DAY 1											▶
DAY 2											▶
DAY 3											▶

**WEEK 3**

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DAY 2											▶
DAY 3											▶

**WEEK 4**

DAY 1											▶
DAY 2											▶
DAY 3											▶

**WEEK 5**

DAY 1	/	/	/	/	/	/	/	/	/	/	▶
DAY 2	/	/	/	/	/	/	/	/	/	/	▶
DAY 3	/	/	/	/	/	/	/	/	/	/	▶

**WEEK 6**

DAY 1	/	/	/	/	/	/	/	/	/	/	▶
DAY 2	/	/	/	/	/	/	/	/	/	/	▶
DAY 3	/	/	/	/	/	/	/	/	/	/	▶

**WEEK 7**

DAY 1	/	/	/	/	/	/	/	/	/	/	▶
DAY 2	/	/	/	/	/	/	/	/	/	/	▶
DAY 3	/	/	/	/	/	/	/	/	/	/	▶

**WEEK 8**

DAY 1	/	/	/	/	/	/	/	/	/	/	▶
DAY 2	/	/	/	/	/	/	/	/	/	/	▶
DAY 3	/	/	/	/	/	/	/	/	/	/	▶

**BONUS**

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**BONUS**

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NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

TEAM: \_\_\_\_\_

POSITION: \_\_\_\_\_

**TOTAL REPS COMPLETED**

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**CONTACT:**  
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 DT Coaching Facebook Page