

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe

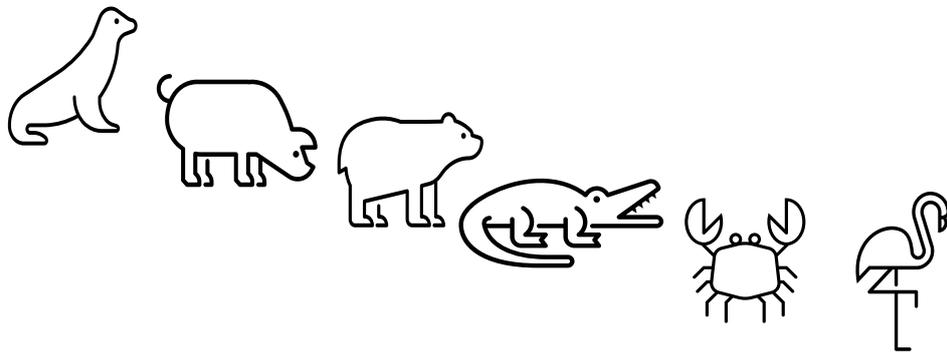
Animal Movement Mobility Maintenance session

What to do?

- Perform each movement in order 6 times.
- Execute slowly, for movement accuracy
- Two-minute rest
- Repeat this circuit twice (three times in total)
- Move slowly and try to feel the spirit of the animal you are becoming, noises optional but encouraged!
- Take deep breaths and try to ease into the correct positions.

Circuit Order

1. Seal
2. Pig
3. Bear
4. Alligator
5. Crab
6. Flamingo



Self-assessment

Ask someone to watch or record yourself and compare to technical model in the images, make note of mismatches and follow suggested correction/regression tips.

If you are still unable to execute the movement consider incorporating some of the supporting bodyweight and mobility exercises in the table 1 to try and improve range of movement in joints/ muscles or develop strength depending on the restriction or limitation.

Challenge

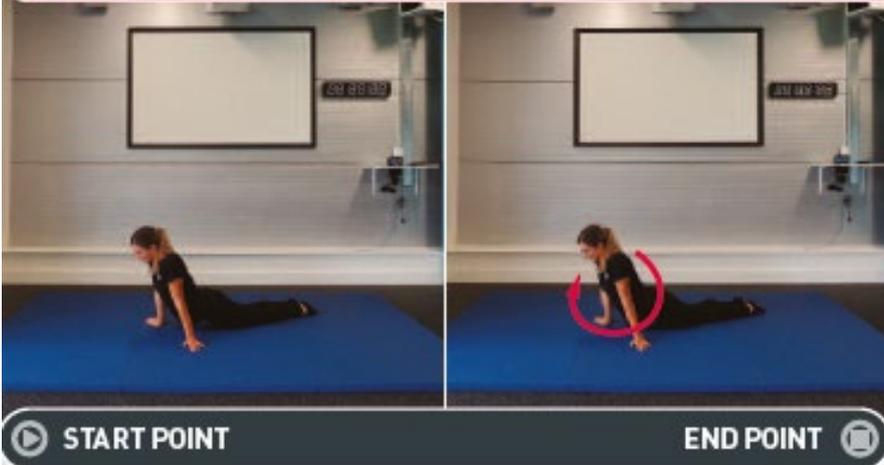
Finally, can think of an animal whose movement you could recreate? Why not perform and add a progression and upload to social media. Make sure to tag us in so we can share with everyone to try! #stayinvolved #beactivecymru #stayhome

- **Watch demos of all the activities on YouTube**



The Exercises

SEAL



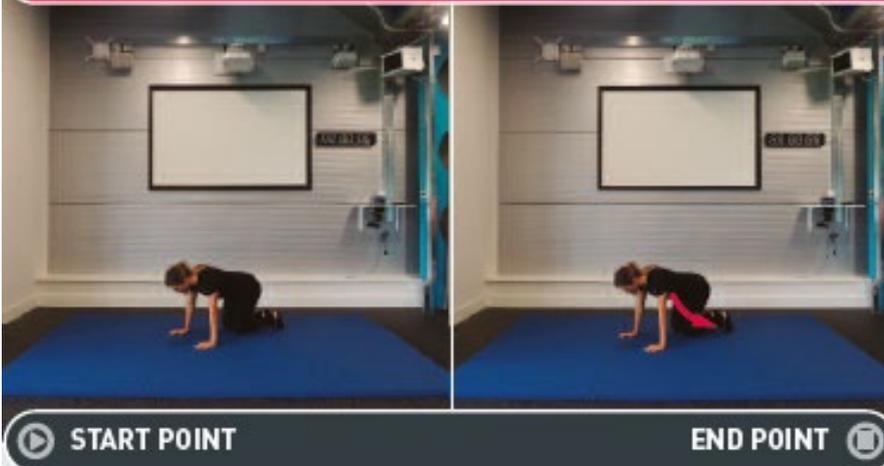
Technical Points

- ✓ Hands facing out
- ✓ Chest up
- ✓ Rotate around hands and feet

Common errors

- ✗ Hands facing forward
- ✗ Arms not straight
- ✗ Rounded upper back

PIG



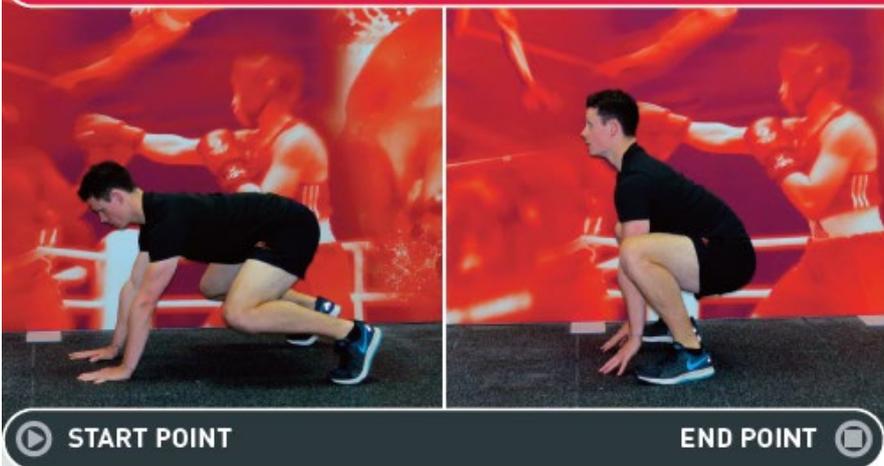
Technical Points

- ✓ Flat back
- ✓ Arms straight
- ✓ Close to floor before you roll

Common errors

- ✗ Rounded back
- ✗ Pelvis moving side to side
- ✗ Unsynchronized movement

BEAR



Technical Points

- ✓ Walk feet forward until knees are outside of elbows
- ✓ Chest up
- ✓ Feet flat

Common Errors

- ✗ Heels off the floor
- ✗ Feet rolling in
- ✗ Rounded back

ALLIGATOR



START POINT



END POINT

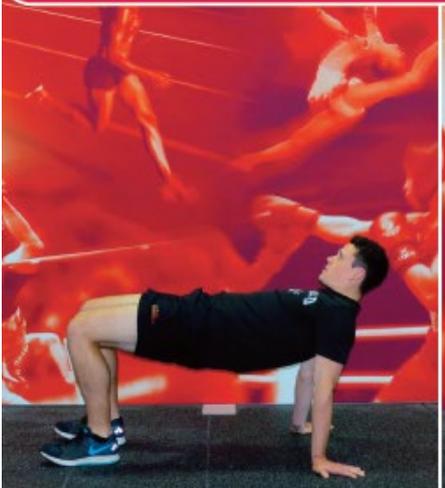
Technical Points

- ✓ Body close to the floor
- ✓ Move opposite arm and leg
- ✓ Stay on toes

Common Errors

- ✗ Hips higher than shoulders
- ✗ Knee inside of elbow
- ✗ Body too far from the floor

CRAB



START POINT



END POINT

Technical Points

- ✓ Start - heels under knees, wrists under shoulders
- ✓ Hips up, chest high
- ✓ Move opposite arm and leg

Common Errors

- ✗ Hips dropping
- ✗ Pelvis moving side to side
- ✗ Body too close to the floor

FLAMINGO



START POINT



END POINT

Technical Points

- ✓ Heel-to-toe walking
- ✓ Bend at hips
- ✓ Flat back

Common errors

- ✗ Bending at lower back
- ✗ Rounded back
- ✗ Loss of balance

PHYSICAL PREPARATION: MOVEMENT COMPETENCY

“Central to the philosophy of long-term athletic development is the early mastery of fundamental motor skills and the development of base levels of muscular strength. The rationale for this emphasis is that, irrespective of the sport or event an individual participates in, they will be required to both produce force and absorb force. To do this safely and effectively, the individual requires a strong and robust system (muscle strength) which moves in a technically correct and fluent manner (fundamental motor skills) when faced with any physical challenge.”

[Lloyd et al., 2014a]

If movement competency should be a priority when coaching fundamental movement skill, what exactly constitutes movement competency?

Movement competency is described as the ability to move well without pain or dysfunction. Several variables influence an athlete’s movement competency: range of movement at a joint or muscle, strength or sometimes skill acquisition. It is important to create opportunities to observe how an athlete moves outside the fast paced demands of their sport to ensure movement patterns are healthy and dysfunction hasn’t crept in which may accumulatively result in injury.

ANIMAL SHAPES

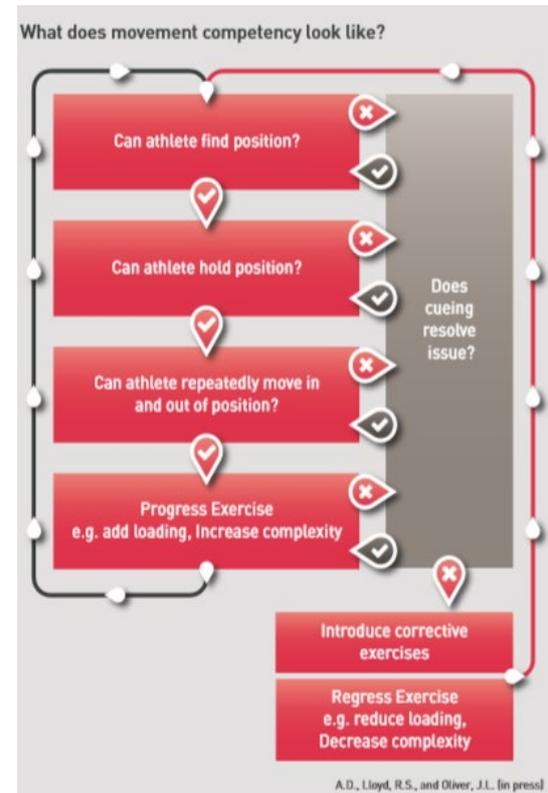
Assessment: The animal shapes (movements) below used alongside the flowchart can provide a platform to explore and assess the movement capabilities of athletes. It may highlight weaknesses which can be solved by cuing or coaching depending on the limitation.

Warm-up: Animal shapes can be packaged for dynamic warm-up purposes, to prepare the body for exercise by increasing heart rate, blood flow, body temperature and mental alertness.

If using animal shapes as the basis for your warmup athletes and coaches should adopt the RAMP principle which will complement main activity of the session;

- **R** Raise (temperature, heart rate, respiration rate, blood flow)
- **A** Activate (key muscle groups)
- **M** mobilise (key joints)
- **P** Potentiate (excite the neuromuscular system)

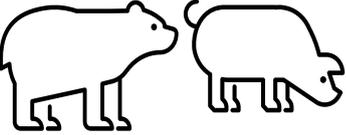
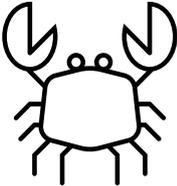
Mobility/ Strength Session: These could also form the basis for a standalone mobility or body weight session to alleviate tightness in the body, improve the range of motion of joints and muscles and develop trunk stability, and strength throughout arms, shoulders, back, legs and feet.



The Full Physical Preparation Book One can be viewed [here](#).

CORRECTIVE EXERCISES OR REGRESSION

(if cueing and practice not effective in solving)

<p>Crocodile</p> 	<p>Common faults: Body too far from floor, Arching at lower back, unsynchronised movements. Possible upper body/core strength limitations and lower body mobility restrictions.</p> <p>Corrective/ regression suggestions: Perform movement more slowly and higher to ensure correct coordination. Perform still press up in left and right position, gradually increase movement and depth.</p> <p>Supporting exercises: Press up variations, Plank variations, other animal movements</p>
<p>Pig and Bear</p> 	<p>Common faults: <i>Rounded Back, Pelvis side to side, forward lean when squatting.</i> Possible Hip/ core stability and ankle mobility limitations.</p> <p>Corrective/regression suggestions: Knees on floor initially ensuring flat back, move to half squat (higher squat) position, gradually add depth as movement improves</p> <p>Supporting exercises: Squat with hands in front, to hands on chest, to hands on head. Ankle dorsiflexion release movements (see Adams material)</p>
<p>Crab</p> 	<p>Common faults: <i>Hips dropping, arms not straight, feet too wide.</i> Possible hip flexor mobility/ glute hamstring strength limitations. Possible shoulder mobility / upper body strength limitations.</p> <p>Corrective/regression suggestions: Start with hands raised to try to achieve correct body shape.</p> <p>Supporting exercises: lower body/ hip release and mobilisations. Glute bridge exercise variations. Shoulder/ Thoracic mobilisation/ release. Press ups, bench dips.</p>
<p>Flamingo</p> 	<p>Common faults: <i>Bending at lower back, rounded back, loss of balance</i> Possible core/ glute/ hamstring/ foot strength/stability issues. Possible hamstring mobility limitations. Thoracic spine/ posture.</p> <p>Corrective/regression suggestion: Perform to less depth, ensuring balance initially, gradually add depth as other factors improve.</p> <p>Supporting exercises: single leg hops and balance work. Squats with correct form. Single leg squats. Double leg forward bend/ good morning. Thoracic and shoulder release. Hamstring raise variations.</p>
<p>Seal</p> 	<p>Common faults: Hands facing forwards, arms not straight, rounded upper back Thoracic spine mobility issues, shoulder external rotation limitations, arm/ shoulder strength limitations.</p> <p>Corrective/regression suggestion: Perform arm positions with hands raised, between two chairs, until shoulder external rotation improves, gradually use lower platforms as movement improves.</p> <p>Supporting exercises: Thoracic spine release, single arm fixed shoulder external rotations, supported hanging shoulder rotations. Press ups, dips. slow Downward dog to seal movement.</p>