

Region 1 Weekly Challenge for April 2021

This 240 kick drill will help you improve kicking strength and endurance. The drill consist of three kicks, The Hook, Round and side kick

Using a chair, counter top or other stable item for balance, you perform each kick separately 10 times without putting your foot down, you will then perform the same kicks on the other side. This will complete one set of 60 kicks

Do **THREE SETS** of these kicks totaling 180 kicks per day

****Be sure to stretch between sets****

Optional finishing set #4:

When you complete the three sets, you then perform all three kicks, Hook, Round and Side kick in a combination 10 times (30 kicks) without putting your foot down, you then perform the same three kick combination on the other side (30 kicks)

This will give you a total of 240 kicks

Do this drill Monday – Friday (240 x 5 = 1,200 kicks per week)

Over a 4 week month you will have done 4,800 kicks

Student Name: _____

Date	240 Kick Drill	# of Times Repeated
Week 1		
April 5		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 6		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 7		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 8		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 9		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Week 2		
April 12		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 13		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 14		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 15		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 16		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Week 3		
April 19		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 20		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 21		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 22		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 23		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Week 4		
April 26		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 27		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 28		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 29		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
April 30		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

You Can Do This!