



PCYC LAKE MACQUARIE

The 10 week Junior Program is focused on developing the essential basic boxing skills and is broken into two phases.

In phase one, each week will focus on one skill area and will progressively build each week to cover the foundational skills as outlined below.

Phase two will consolidate all the skills into targeted 'drills' to build competence and confidence

<p>Week 1</p> <p>Boxing Stance – Hands, Feet, Balance & Movement (Intro to “the Jab”)</p>	<p>Week 2</p> <p>Punches – ‘the Jab’ and Back Hand punch technique (1-2 Combo)</p>	<p>Week 3</p> <p>Punches – ‘Left & Right’ Hook Technique (1,2,3 Combo)</p>	<p>Week 4</p> <p>Mobility – moving & striking: Left Hand, Back Hand and Hooks</p>	<p>Week 5</p> <p>Defence: intro to Blocks Ducks, Slips and Layback</p>
<p>Week 6</p> <p>Skills Practice:</p> <p>Defence skills</p>	<p>Week 7</p> <p>Skills Practise</p> <p>‘Killer’ Combinations</p>	<p>Week 8</p> <p>Skills Practice:</p> <p>Footwork, offense and defence</p>	<p>Week 9</p> <p>Consolidation of Skills</p>	<p>Week 10</p> <p>Consolidation of Skills</p>

“With great power comes great responsibility” (*Spiderman*)

What to bring each week

-  Towel
-  Boxing Gloves (club can supply)
-  Skipping Rope (club can supply)
-  Drink Bottle

Example of what we will be doing

