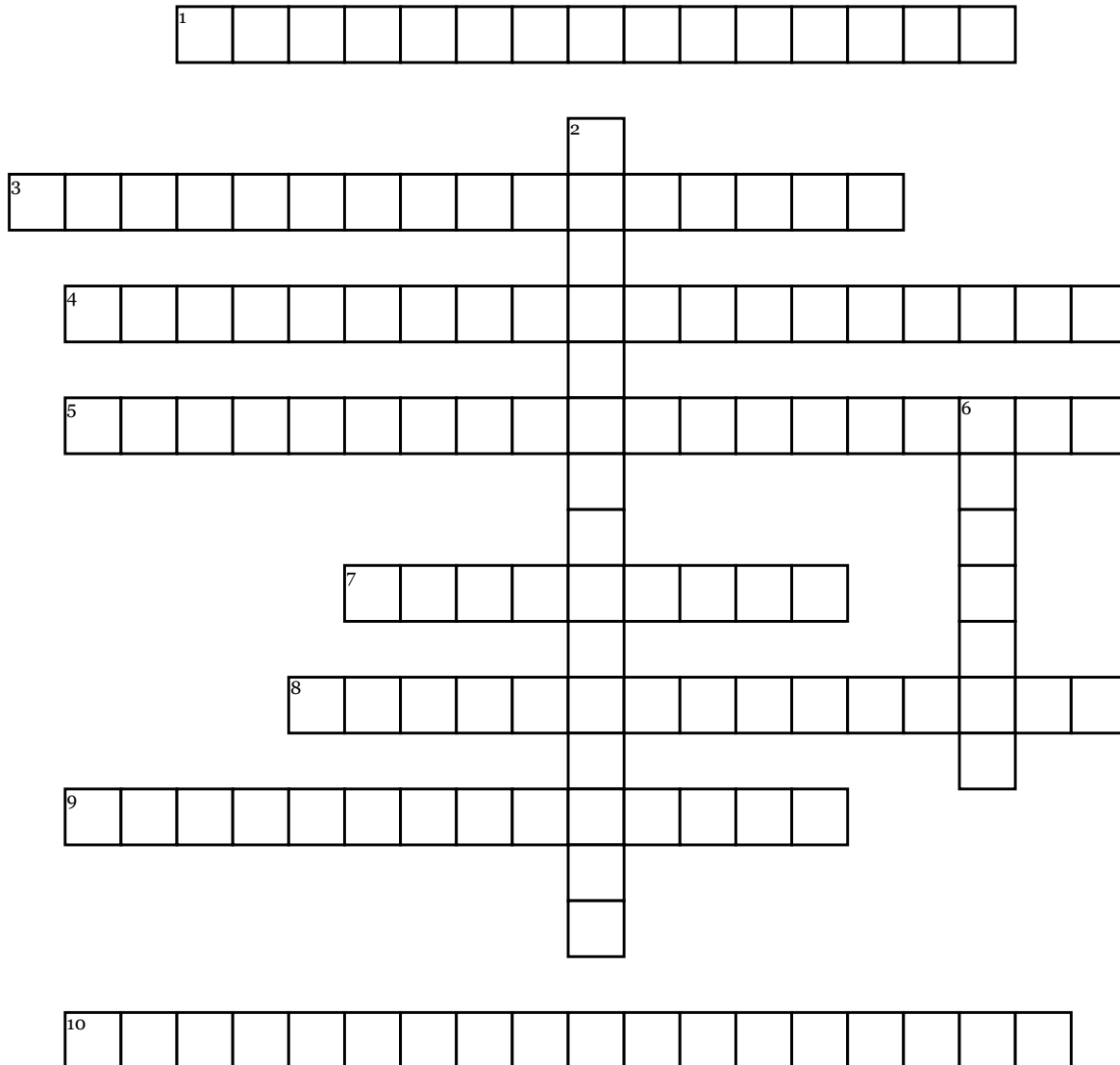


Types of training



Across

- 1.** Improve speed, agility, coordination, balance and muscular endurance.
- 3.** alternating between periods of hard exercise and rest. It improves speed and muscular endurance.
- 4.** This training involves holding a specific stretch for 10–30 seconds to improve the range of motion about a joint.
- 5.** This is when you train within the activity. This approach will not only improve a specific fitness area, but will improve skill level in a game-like situation.
- 7.** exercise is performed in short, fast bursts where the heart cannot supply enough oxygen to the muscles.

- 8.** improves cardiovascular fitness.

- 9.** improves muscular strength, endurance and power

- 10.** This involves working explosively at maximal intensity using hopping, jumping, skipping, and throwing activities.

Down

- 2.** This 'speed play' training involves varying your speed over which you run. (Sprinting, jogging, walking). It improves aerobic and anaerobic fitness.

- 6.** which is steady and not too fast, the heart is able to supply enough oxygen to the muscles.