



ATHLETIC MOTOR CONTROL CHALLENGES



BECOME A PLIP HERO Complete All Challenges

The week the challenge was achieved is recorded. Standards can be found at _____. Keep working and become a PLIP HERO. A = Aggravating. Circle = Development Focus.

Physical Literacy for Life and Sport

| Comparison Co | | | | | | | |
|---|-------|---|-----|---|----------------------------|---|--|
| Purpose Pur | | Athletic Quality (Unit) | • | I | II | III | Achieve BADGES When yo complete a Challenge |
| Acceleration Plank - Level 1 | | | | | | | |
| Plant - Level Plant - Lev | 1 | GOLDEN ARMOR | | | | | PLIP ROOKIE = Start (1) |
| 1 Hip Hipse | | A | | McGill Crunch | Plank - Level I | | ROOKIE PLUS= Awareness of |
| Downward Dog Fold & Lift Transitions - Bear Sit (1.3.3) Lunge Hip Flexor 9.9 9.9 with Heel Raise Middle Spit NS - V GUNSLING Arplane / Tea-Cup CARS CARS CARS CARS CARS CARS CARS CARS | | 717 | | | | | Principles (1.1.1) |
| STH Control and Upper Body Strength 1 | | | 1 | | | | Golden Armor = Plank Level I |
| STH Control and Upper Body Strength 1 | 2 | | | | | | (1.3.3) |
| STH Control and Upper Body Strength I Wall Diamond ◆ Overhead Squat Depth 4 x Sreps ◆ Turkish Get-up x 3 reps ◆ Upsh-up Standards Standing Row / Inverted Row (@FITS STD) Single Arm K8 r Swing x 20 Pull-up Standards Push-up Sta | | | | | | | GUNSLINGER = HIP HINGE (2 |
| STH Control and Upper Body Strength I Wall Diamond ◆ Overhead Squat Depth 4 x Sreps ◆ Turkish Get-up x 3 reps ◆ Upsh-up Standards Standing Row / Inverted Row (@FITS STD) Single Arm K8 r Swing x 20 Pull-up Standards Push-up Sta | | Hip Control | | | | | HUGHES = Copenhagen Add |
| STH Control and Upper Body Strength 1 Wall Diamond ◆ Overhead Squat Depth 4 x Sreps ◆ Turkish Get-up x 3 reps ◆ Upsh-up Standards Standing Row Inverted Row (@FITS STD) Single Arm KB y Single X Y Shoulder Control Circuit Level II ◆ ** Shoulder Control | | | | | | | Bridge x 10 reps (2.2.6) |
| STH Control and Upper Body Strength 1 Wall Diamond ◆ Overhead Squat Depth 4 × Sreps ◆ Single Arm KB Swing x 20 Pull-up Standards Standing Row / Inverted Row (@FITS STD) Single Arm KB Swing x 20 Pull-up Standards Push-up Standa | | | | | | | NASH = Kettlebell Swings (2. |
| STH Control and Upper Body Strength 1 Wall Diamond ◆ Overhead Squat Depth 4 x Sreps ◆ Turkish Get-up x 3 reps ◆ Upsh-up Standards Standing Row Inverted Row (@FITS STD) Single Arm KB y Single X Y Shoulder Control Circuit Level II ◆ ** Shoulder Control | | 727 | | | | Nordic Hamstring Curl ◆ | GRETZKY = Complete ALI Hip |
| 3 Standing Row / Inverted Row (@FITS STD) 3 Standing Row / Inverted Row (@FITS STD) 4 Landing Strategy 4 Landing Strategy 5 Drop and Stick (Two Feet) 5 Integrated Hip Power 5 Occided Foot & log impulse 5 Cocked Foot & log impulse 5 Flow 6 Split Stance Fall Into Impulse x 2 5 Counter Movement Jump 7 Power Clean ↑ 7 Reactive Descriptions 7 Reactive Descriptions 7 Reactive Descriptions 8 Standing Row / Inverted Row (@FITS STD) 9 Standing Row / Inverted Row (## Row Row Inverted Row (## Row | | | | | | | Mobility (2) |
| 3 Standing Row / Inverted Row (@FITS STD) 3 Standing Row / Inverted Row (@FITS STD) 4 Modified Push-up 5 ** Shoulder Control Circuit Level I *** 5 Pour Single Leg Stick 5 Porp Single Leg Stick 6 Pull-up Standards 6 SP = Sing (3.3.4) 4 Landing Strategy 5 Lateral Hop and Stick (Depth 3 for 5 Reps) 7 Lateral Hop and Stick (Depth 3 for 5 Reps) 8 Step into Impulse and Stick 9 Stop into Impulse 9 Stop into Impulse and Stick 9 Stop into Impulse 9 Stop into | 3 | STU Control and Unner Body | _ | | | | ■ LU POWER = Full Depth Squa |
| Strength | | | _ | | | | (2.3.3) |
| 1 Jump and Stick Broad Jump and Single Leg Stick (Depth 3 for 5 Reps) Drop Single Leg Stick Broad Jump and Stick (Pepth 3 for 5 Reps) Step into Impulse and St. Stick 2 Drop and Stick (Two Feet) Lateral Hop and Stick (Depth 3 for 5 Reps) Step into Impulse and St. Stick 3 180 Jump and Stick (Two Feet) Broad Hop and Stick (Depth 3 for 5 Reps) Triple Hop and Stick 4 Broad Jump and Stick (Two Feet) Cross Over Hop and Stick (Depth 3 for 5 Reps) 180 Hop and Stick 5 Integrated Hip Power Squat Jump Explosive Sled Pull / BOMB Standing Drop Snatch ◆ HANSEN = HANSEN = HERCULES 5 Integrated Hip Power Squat Jump Power Clean ◆ Full Clean ◆ Full Clean ◆ 6 Impulse Development Cocked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 6 Impulse Development Cocked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 6 Impulse Development Cocked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 7 Reactive Hop Power Technique ◆ Lateral Impulse Sprint Mechanics DeGRASSI 8 Arm Mechanics (Consistent) ◆ Lateral Impulse Sprint Mechanics DeGRASSI 9 Carrow Fachique ◆ Sance Foot Work Drills Reactive Hop Power Letteral Cut Into Impulse 1 Basic Footwork Drills Reactive Hop Bound into Ballistic Lateral Cut Into Impulse 1 Bound Go.3.3) | | Strength $\checkmark\!$ | | | | | GSP = Single Leg Squat Dept |
| 4 Landing Strategy 2 Drop and Stick (Two Feet) 3 180 Jump and Stick (Two Feet) 4 Broad Hop and Stick (Depth 3 for 5 Reps) 5 Power Snatch 5 Integrated Hip Power 5 Integrated Hip Power 5 Counter Movement Jump 6 Power Clean ◆ 7 Power Snatch 6 Impulse Development 6 Agroad Hop and Stick (Two Feet) 7 Reactive ness 9 Drop and Stick (Two Feet) 1 Squat Jump Agroach Jump 1 Squat Jump 1 Squat Jump 1 Squat Jump 1 Squat Jump 1 Split Jerk / Push Jerk 1 Squat Jump 1 Split Jerk / Push Jerk 1 Broad Jump to Vertical Jump 1 Cocked Foot & Jog Impulse 2 Single Leg Impulse 3 Recovery Technique ◆ 4 Arm Mechanics 4 Arm Mechanics (Consistent) ◆ 5 Lateral Impulse 7 Reactive Lateral Impulse 8 Bound into Ballistic Lateral Latrie United Impulse 8 Bound into Ballistic Lateral Latrie Impulse 9 WEIR = Arm Mechanics 1 Split Jump Agroach Jump 1 Basic Footwork Drills 1 Basic Footwork Drills 1 Basic Footwork Drills 1 Borg Jump 1 Bound into Ballistic Lateral Latrie Impulse 1 Bound Into Impulse 9 WEIR = Arm Mechanics 1 Bound Into Impulse 1 Bound Into Impulse | | | 4 | | | | (3.3.4) |
| 3 180 Jump and Stick (Two Feet) Broad Hop and Stick (Depth 3 for 5 Reps) Triple Hop and Stick 4 Broad Jump and Stick (Two Feet) Cross Over Hop and Stick (Depth 3 for 5 Reps) 180 Hop and Stick 4 Broad Jump and Stick (Two Feet) Cross Over Hop and Stick (Depth 3 for 5 Reps) 180 Hop and Stick 4 Broad Jump and Stick (Two Feet) Cross Over Hop and Stick (Depth 3 for 5 Reps) 180 Hop and Stick 4 Broad Jump and Stick (Two Feet) Stick Depth 3 for 5 Reps) Standing Drop Snatch ◆ | | | 1 | Jump and Stick | | Drop Single Leg Stick | BAILY = Nordic Hamstring C |
| 4 Broad Jump and Stick (Two Feet) Cross Over Hop and Stick (Pepth 3 for 5 Reps) 180 Hop and Stick 1 Squat Jump Explosive Sled Pull / BOMB Standing Drop Snatch 2 Counter Movement Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Fower Clean 3 Approach Jump Power Clean 4 Power Snatch 5 Full Clean 6 Full Snatch 7 Power Snatch 1 Cocked Foot & Jog Impulse Single Leg Impulse Bound Sprint Mechanics 1 Cocked Foot & Jog Impulse Single Leg Impulse Bound Sprint Mechanics 4 Arm Mechanics (Consistent) 1 Basic Footwork Drills Reactive Hop Drop Reactive L-Cut Bound Into Impulse 7 Reactive Lateral Hop Bound Into Ballistic Lateral Cut Into Impulse 8 Bound Into Ballistic Lateral Cut Into Impulse 9 WEIR = Arm Port Into Impulse 1 Bound Into Impulse Power Powe | 1 | Landing Strategy | 2 | | | | |
| 1 Squat Jump Explosive Sled Pull / BOMB Standing Drop Snatch ◆ HERCULES 1 Squat Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Split Jerk / Push Jerk Split Stance Fall into Impulse x 2 CARON = Split Sta | | | 3 | | | | JENKINS = Wall Diamond (3 |
| 5 Integrated Hip Power 2 Counter Movement Jump Split Jerk / Push Jerk Broad Jump to Vertical Jump Full Clean ◆ Full Clean ◆ Full Clean ◆ Full Snatch ◆ Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 Coked Foot & Jog Impulse Flow Flow Flow Flow Flow Flow Flow Flow | | | 4 | Broad Jump and Stick (Two Feet) | | | HANSEN = Overhead Squat |
| Approach Jump Appro | | | 1 | Squat Jump | Explosive Sled Pull / BOMB | Standing Drop Snatch ◆ | HERCULES = Turkish Get-up |
| Touchetant ↑ Full Snatch ♦ Full Snatch ↑ Full Snatch ↑ In NiNi Ac Coleration and Sprint Mechanics ↑ Power Snatch ↑ Full Snatch ↑ In Nini Ac Coleration and Sprint Mechanics ↑ In Basic Footwork Drills ↑ Reactive Hop 12 | 5 | Integrated Hip Power | 2 | Counter Movement Jump | | | = Shoulder Control Circuit Li (For Overhead Athletes 3.3. NINJA= Complete Landing Li CARON = Full Clean (5.3.3) |
| 1 Cocked Foot & Jog Impulse Flow Split Stance Fall into Impulse x 2 ■ CARON = Impulse Development 2 Quick Step Single Leg Impulse Bound ■ SINCLAIR ■ Single Leg Impulse Bound ■ SINCLAIR ■ DEGRASSI (Acceleration and Sprint Mechanics | | Integrated hip i ower | | Approach Jump | | | |
| Compute Development | | 5.5 | 7 4 | | Power Snatch ◆ | Full Snatch ◆ | |
| Cacceleration and Sprint Mechanics 3 Recovery Technique | | | 1 | Cocked Foot & Jog Impulse | Flow | Split Stance Fall into Impulse x 2 | |
| Cacceleration and Sprint Mechanics 3 Recovery Technique 4 Hip Drive Acceleration Mechanics DEGRASSI | 6 | Impulse Development | 2 | Quick Step | Single Leg Impulse | Bound | SINCLAIR = Full Snatch (5.3. |
| 7 Reactiveness 1 Basic Footwork Drills Reactive Hop Drop Reactive Hop 12" • WEIR = Ar BOLT = Ide (6.3.3) Prop Jump Reactive Lateral Hop Bound into Ballistic Lateral Cut Into Impulse (6.3.3) | O | | 3 | | Hip Drive | | DEGRASSE = Recovery Tech |
| 7 Reactiveness 2 2 Small and 1 Large Triple Hop Reactive L-Cut BOLT = Ide (6.3.3) Drop Jump Reactive Lateral Hop Bound into Bollistic Lateral Cut Into Impulse (6.3.3) | | | 4 | Arm Mechanics (Consistent) ◆ | Lateral Impulse | Sprint Mechanics ◆ | |
| / Reactiveness 3 Drop Jump Reactive Lateral Hop Bound into Ballistic Lateral Cut Into Impulse (6.3.3) | | \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\ | 1 | Basic Footwork Drills | Reactive Hop | Drop Reactive Hop 12" | WEIR = Arm Mechanics (6.1 |
| Drop Jump Reactive Lateral Hop Bound into Ballistic Lateral Cut Into Impulse (0.5.5) | 7 | Peactiveness | 2 | 2 Small and 1 Large | Triple Hop | Reactive L-Cut | BOLT = Ideal Sprint Mechan |
| Lateral Reactive Jump and Havagen Jumps Single Log Havagen ** Checked Circuit Chellange ** | _ / / | Reactiveness | 3 | Drop Jump | Reactive Lateral Hop | Bound into Ballistic Lateral Cut Into Impulse | |
| | 8 | <u> </u> | 4 | Lateral Reactive Jump and Hexagon Jumps | Single Leg Hexagon | ** Special Circuit Challenge ** | CARTER = Complete Reactive |
| 1 Diagonal Chops - Up and Down Shot Put Recoiled Shot Put Unit | | | 1 | Diagonal Chops - Up and Down | Shot Put | Recoiled Shot Put | |
| O Potetion Power 2 | | Rotation Power | 2 | | | | Flame Thrower = Complete |
| | | | 3 | | | | Power Unit (8) |
| 4 HERO = Al | | * | 4 | | | | HERO = All Challenges |

| All Righ | hts Reserve | d FITS | TORO | NTO 2019 |
|----------|-------------|--------|------|----------|
| | | | | |