



# ATHLETIC MOTOR CONTROL CHALLENGES



**Physical Literacy  
for Life and Sport**

**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.

Athletic Quality (Unit)		LEVEL / SUBLEVEL	I	II	III
FOUNDATION	1 GOLDEN ARMOR ★	1	Golden Armor and Law of Lines ◆		Carry Series
		2	Bear Crawl	Bear Crawl Level II	Side Bridge
		3	McGill Crunch	Plank - Level I	Plank - Level II ◆
		4			TRX Reverse Control
	2 Hip Control ★	1	Hip Hinge ◆	Spiderman / Triangle Pose	Kettle Bell Swing x 30 ◆
			Downward Dog	Fold & Lift	Transitions - Bear Sit
			Lunge Hip Flexor	90 90 with Heel Raise	Middle Split NS - V
			Airplane / Tea-Cup	CARS	CARS II
		2	Front Squat 4 / Goblet Squat	Drop Squat Depth 4	Drop Squat Depth 5 ◆
	3 STH Control and Upper Body Strength ★	3	Lunge / Step-Up	Single Leg Squat Depth 2 for 10 reps	Single Leg Squat Depth 3 for 15 reps ◆
		4	Table-Top Lifts x 10	Hip-up x 10	Nordic Hamstring Curl ◆
		5	Table Top - Hip Adductor Control x 10	Copenhagen Adductor Bridge x 10 ◆	
1		Wall Diamond ◆	Overhead Squat Depth 4 x 5reps ◆	Turkish Get-up x 3 reps ◆	
SPEED	4 Landing Strategy ★	2	Thoracic Rotation Mobility Series	Wind Mill x3r / arm	Push-up Standards
		3	Standing Row / Inverted Row (@FITS STD)	Single Arm KB Swing x 20	Pull-up Standards
		4	Modified Push-up	** Shoulder Control Circuit Level I **	** Shoulder Control Circuit Level II ◆ **
		1	Jump and Stick	Broad Jump and Single Leg Stick (Depth 3 for 5 Reps)	Drop Single Leg Stick
	5 Integrated Hip Power ★★	2	Drop and Stick (Two Feet)	Lateral Hop and Stick (Depth 3 for 5 Reps)	Step into Impulse and SL 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
		1	Squat Jump	Explosive Sled Pull / BOMB	Standing Drop Snatch ◆
	6 Impulse Development (Acceleration and Sprint Mechanics) ★★	2	Counter Movement Jump	Split Jerk / Push Jerk	Broad Jump to Vertical Jump
		3	Approach Jump	Power Clean ◆	Full Clean ◆
		4		Power Snatch ◆	Full Snatch ◆
		1	Cocked Foot & Jog Impulse	Flow	Split Stance Fall into Impulse x 2
7 Reactivenss ★★	2	Quick Step	Single Leg Impulse	Bound	
	3	Recovery Technique ◆	Hip Drive	Acceleration Mechanics	
	4	Arm Mechanics (Consistent) ◆	Lateral Impulse	Sprint Mechanics ◆	
	1	Basic Footwork Drills	Reactive Hop	Drop Reactive Hop 12"	
8 Rotation Power ★	2	2 Small and 1 Large	Triple Hop	Reactive L-Cut	
	3	Drop Jump	Reactive Lateral Hop	Bound into Ballistic Lateral Cut Into Impulse	
	4	Lateral Reactive Jump and Hexagon Jumps	Single Leg Hexagon	** Special Circuit Challenge **	
	1	Diagonal Chops - Up and Down	Shot Put	Recoiled Shot Put	

- Achieve BADGES When you complete a Challenge**
- PLIP ROOKIE = Start (1)
  - ROOKIE PLUS= Awareness of the Principles (1.1.1)
  - Golden Armor = Plank Level II (1.3.3)
  - GUNSLINGER = HIP HINGE (2.1.1)
  - HUGHES = Copenhagen Adductor Bridge x 10 reps (2.2.6)
  - NASH = Kettlebell Swings (2.3.1)
  - GRETZKY = Complete All Hip Mobility (2)
  - LU POWER = Full Depth Squat (2.3.3)
  - GSP = Single Leg Squat Depth 3 x 15r (3.3.4)
  - BAILY = Nordic Hamstring Curl (3.3.5)
  - JENKINS = Wall Diamond (3.1.1)
  - HANSEN = Overhead Squat (3.2.1)
  - HERCULES = Turkish Get-up (3.3.2)
  - = Shoulder Control Circuit Level II (For Overhead Athletes 3.3.4)
  - NINJA= Complete Landing Unit (4)
  - CARON = Full Clean (5.3.3)
  - SINCLAIR = Full Snatch (5.3.4)
  - DEGRASSE = Recovery Technique (6.1.3)
  - WEIR = Arm Mechanics (6.1.4)
  - BOLT = Ideal Sprint Mechanics (6.3.3)
  - CARTER = Complete Reactiveness Unit
  - Flame Thrower = Complete Rotation Power Unit (8)
  - HERO = All Challenges

**Major Goals**

  
  
  


**Major Findings**

  
  
  


Conditioning Level

Injury Concern