

COREFX Grit & Gut

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I. Introduction

- A. Learn to create linked core-centric whole body movement.
- B. How & Why?
 - By using unique partner drills, self-toss techniques, lines of resistance and reaction/return drills using a partner or wall.
 - By using the core as a stabilizer and to initiate movement.
 - Power expression, safety, injury prevention and optimal performance is maximized when the core links the lower to upper body, or vice versa.
 - Train function to optimize results.

II. Functional Movement Goals

- A. Integrate Whole Body Toes-to-Head Training
 - 1. Linked movement training vs. isolated muscle training
 - 2. Linked training depends on the core connecting upper to lower body
 - 3. Activate core as a stabilizer and to create/resist rotational forces
 - train the core for stability
 - train the core for rotary mechanics
 - 4. Develop athletes who are strong on their feet
- B. Equalized Training in all Planes of Movement
 - 1. Symmetrical bilateral and unilateral whole body movement
 - 2. Directional movement:
 - R/L, Front/Back, Lateral, Up/Down, Rotational
 - 3. Balance between mobility and stability
- C. Establish Whole Body Mobility, Stability and Balance
 - 1. Maintain body control during static, dynamic & transitional movement
 - 2. Train body control and core stability during deceleration/acceleration.
- F. Movement and Sport Skill
 - 1. Alignment and movement skill improvement
 - practice/repetition
- G. Power
 - 1. Sufficient load, intensity, volume
 - 2. Speed of movement and tempo changes

III. Benefits of CORE Training

- A. Body Control
- B. Spinal Stabilization
- C. Direction Change
- D. Power: Sequential Force Transfer
- E. Improved Performance and Injury Prevention

IV. Grit & Gut: Warm-Up/Skill Prep

- ✓ Marching Knee Strike (Wall Ball)
- ✓ Goblet Squat Press-Away (Wall Ball)
- ✓ Super Stretch Short-Hop Throw (Wall Ball)
- ✓ Core Activation Burpee (Wall Ball)
 - push up to athletic ready stance

V. Grit & Gut: Break It Down

Drill and Equipment	Execution	Notes
1) Overhead Chest Pass (CFX Wall Ball)	From an upright seated position with WB at chest height, hinge back to supine overhead; return by hinging to upright position with WB overhead, lower the WB to chest and push powerfully upwards; repeat	Utilize a partner or wall; change tempo/load
2) Overhead Push Box Squat –Tuck/Box Jumps Combo (CFX Wall Ball)	From a standing position with WB at chest height, drop to a deep squat; stand and propel the WB upward; focus on dynamic hip extension and keep ball positioned at chest; keep strong spine/posterior chain; extend hips; perform box jumps or knee tucks; alternate and repeat 10x each	Utilize partner or wall; change tempo/load; use WB as depth gauge
3) Overhead Throw (CFX Wall Ball)	Start from an upright seated position with the WB overhead; hinge to supine overhead; return by hinging to an upright position while simultaneously throwing WB with straight arms; catch/pause OH/repeat	Utilize a partner or wall; change tempo/load
4) Knee Strike—Single, Single, Double Combo (CFX Wall Ball)	From a supine position, hold the WB over the chest; rapidly draw knee, knee, double knee to the WB; reach arms overhead and hinge up while simultaneously throwing the WB to your partner with straight arms; repeat	Utilize a partner or wall; change tempo/load
5) Bridge Overhead Throw (CFX Wall Ball)	From an upright seated position receive the WB; hinge to supine overhead; bridge, then drop hips back to floor; return by hinging to an upright position while simultaneously throwing the WB to partner with straight arms; repeat	Utilize a partner or wall; change tempo/load
6) Lateral Shovel Pass (CFX Wall Ball)	From a seated position eccentrically preload (pre-stretch) the movement to one side by keeping the arms back; core initiates rotary motion and the arms follow; partner can replicate the skill alternately in the seated position or stand and feed the ball; repeat R/L	Utilize a partner or wall; change tempo/load; seated or standing
7) Unilateral Push Pass (CFX Wall Ball)	From a square standing position triple flex and rotate to one side; push WB powerfully on return; progress to step back—leg follow through pattern; weight shift, rotation, core bracing are key elements; repeat R/L	Utilize a partner or wall; change tempo/load
8) Power Chest Pass—Self-Catch (CFX Wall Ball)	From a kneeling position with the WB positioned at chest height, explosively push the WB to your partner while falling to a braced prone position; absorb impact; return/receive WB at starting position; repeat	Utilize a partner or wall; change tempo/load
9) Lean Back Chest Pass (CFX Wall Ball)	From a seated position, knees bent, lean back about 45 degrees or until tension is created in the torso; start with the ball at the chest; maintain position and explosively return the WB, fully extending the arms; repeat	Utilize a partner or wall; change tempo/load
10) Forward Hip Drive Heave (CFX Wall Ball)	Position WB between ankles in a deep, upright squat; powerfully extend vertically, triple extending the ankles, knees and hips; release the WB on the upward drive; hips finish extended with hands overhead; repeat	Utilize a partner or wall; change tempo/load
11) Squared Forward Rotation (CFX Wall Ball)	From athletic stance with straight arms, powerfully rotate your torso and head with WB moving to outside and behind your hip; explode by standing with triple extension of ankle, knee and hip; hips finish extended and hands overhead for strong follow through; note difference of acceleration vs. deceleration; alternate L/R or repeat on one side/switch	Utilize a partner or wall; self toss or release skill; change tempo and load
12) Lateral Rotary Hip Block (CFX Wall Ball)	Progress with WB on hip; to self toss; to WB release skill; powerfully rotate your torso and head with WB moving from outside of hip to load outside leg; explode by standing with triple extension of ankle, knee and hip; outside foot rotates, opposite leg blocks, hips finish extended; hands finish to side for strong follow through; hold hands ready for return WB; note difference of acceleration vs. deceleration; repeat on one side R/L	Utilize a partner or wall; self toss or release skill; change tempo and load

Note: WB = COREFX Wall Ball; TONER = COREFX 6' advanced toner

VI. Grit & Gut Session Goals

- A. Use various training styles.
- B. Understand how equipment and methodology works together to accomplish training progressions/regressions.
- C. Learn new exercises and drill sequences!
- D. Get results!
- E. Have fun!

Notes:

Thank you for attending this session!
Learn more at www.COREFX.ca