

# **GABRIELE**

**FITNESS & PERFORMANCE**



## **Scramble to Balance Drill**

As coaches of young athletes ages 10-13 we are always looking for ways to improve their Athletic Development and Confidence.

One way we accomplish this is to take the qualities we are looking to improve and roll them into competitive and fun drills.

Scramble to Balance is a drill we often use during our Middle School Program that has helped our athletes improve their

- Balance
- Reactive Ability and Quickness
- Coordination
- Discipline
- Strength and Stability

The best part about this drill is it never feels like training. The kids all look forward to it and have a blast. This is a great drill for coaches of young athletes to use at the beginning of their practice sessions to help stimulate the kids to focus on the upcoming challenges. It also is great as a conditioning tool at the end of a practice session.

There are countless ways to use this drill but the video below shows doing the story time version.

[Click here to see this drill in action](#)

With the kids on their bellies in a good pushup position I start telling the kids a story, (usually a funny, random made up story) at any time throughout the story if I say the word squat in any context they get off the ground as quick as they can and get into a squat position. We are always shouting out coaching cues such as feet straight, butt down, back flat, we will not tell them to get back down until everyone is almost perfect. This teaches them a great foundational movement in a fun environment.

If you are coach of youth athletes, give this drill a shot.

Work Hard and Smart!

Vince

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