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The Ultimate PT Group Training

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Recommended citation(APA):
Orr, R. M. (2006). *The Ultimate PT Group Training*. FILEX Fitness Industry Convention 2006, Sydney, New South Wales, Australia.

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Download date: 08 Dec 2022

The Ultimate PT Group Training

Tricks of the Trade:

- *Preparation*

- *Positions*

- *Command and Control*

- *Coaching Techniques*

- *Professionalism*

Group Exercise and Training (GET):

- *Power Ups*
    - *Active Files*
    - *Return Activities*
    - *Way stations*
    - *Wind up drills*

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Line Drills

- *Static Line Drills*
    - *Relays*
    - *Facing Line Drills*
    - *Converging Line Drills*
    - *In Place Line Drills*

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- *Mobile Line Drills*
    - *Follow the leader.*
    - *Team Walking / Running*
    - *Drop off drills*
- *Drills in Ranks*

Field Drills

- *Fast / Slow*

- *Partner Tag*

- *Stop and Drop*

- *Cross Over (Skills and Drills)*

- *Cutting the Cake*

- *Suicide Drills / Shuttle Runs v3.0*

Circuits

- *Multi Person Stations*

- *Team Circuits*

- *Add Ons / Drop Offs*

- *Leap Frog*

- *Reformats*