Daily Boxing Training Program

NAME	LOCATION	DATE	EQUIPMENT
USA Boxing High-Performance Coach Education	Home	Saturday – Day 6/7	- 6ft of space - Stopwatch -Interval clock/app -Jump rope

OBJECTIVES:	• Focus on technique • Boxing vs. Southpaw Opponent (even if YOU are southpaw as well) • Strategies from middle distance

EXERCISES	DURATION	Comments and Mobile Coach App PATHWAY
Warm-Up		
MATCHDAY WARM-UP	10m	3x 60s rest between each USAB Mobile App > Matchday > For Coaches > **BR Matchday Warm-up**
3-PHASE SHADOWBOXING	12m	**3 rounds: Shadowbox vs. Southpaw Opponent** 1m: footwork/head movement 1m: +feints 1m: +punches and bunches/high volume combinations 60s: rest
Main		
SHADOWBOX DEFENSES	12m	**3 rounds: Shadowbox vs. Southpaw Opponent** Rd1: Blocking/catching/sidesteps vs. southpaw opponent Rd2: Head movement/angles vs. southpaw opponent Rd3: All the above vs. southpaw opponent *Suggest watching for defenses when you are at middle distance and looking to counter:* USAB Mobile App > Drills & Lessons > School of Combat > **SI Middle Distance Drilling**
SHADOWBOX	12m	**3 rounds: Shadowbox vs. Southpaw Opponent** **Imagine a specific opponent in front of you who is a southpaw (left-handed fighter). No matter, even if you are southpaw, they are southpaw too. Keep moving to the left, focus on feinting and drawing their lead jab, slipping and countering back with combinations. Be conscious of your footwork. Are you taking outside position (your left foot stepping outside their right foot), or are you allowing them to take outside position and looking to counter their straight rear hand?** *Suggest watching:* **USAB Mobile App > Drills & Lessons > Coach Mitts > Southpaw Mitt Work**
JUMP ROPE	11m	Continuous
Cool-Down	**5m**	
HOLDING STRETCHES		

NOTES: Rev. 03/23/2020
For instructions to get the USA Boxing Mobile App click HERE