

Kids Boxing Schedule. Monday to Friday

4:30 Pm to 6 Pm

Saturday 9 Am to 12 Pm

(Ages 6-12)

Total Class Time: 60 minutes

1. Warm-Up (10 minutes) • Dynamic Stretching (5 minutes)

- Arm circles, leg swings, hip rotations, torso twists.*
- Cardio Drills (5 minutes)*
- Jump rope (1-minute intervals), high knees, and side shuffles.*

2. Technique Drills (20 minutes)

- Footwork Drills (5 minutes)*
- Basic stance: jab, cross, slip, and roll (focus on moving forward, backward, and laterally).*
- Punching Combinations (10 minutes)*
- Focus on jab-cross (1-2), jab-cross-hook (1-2-3), and jab-cross-uppercut (1-2-5).*
- Light bag work (if available), shadowboxing for form.*
- Target Practice (5 minutes)*
- Partner with pads or mitts. Each kid takes turns practicing punches while working on accuracy.*

3. Fun & Game Time (10 minutes)

- Set up stations where kids perform different boxing moves (like jab-cross combos or speed footwork).*
- Speed Punch Challenge (5 minutes)*

- *Count how many punches they can throw in 30 seconds—mix it up with speed, accuracy, and power challenges.*

4. Cool Down & Stretch (10 minutes)

- *Breathing Exercises (5 minutes)*
- *Focus on deep belly breathing to calm down after the activity.*
- *Stretching (5 minutes)*
- *Stretch the legs, arms, and back, especially shoulders and wrists.*

5. Wrap-Up & Motivation (5 minutes)

- *Quick review of the skills they worked on.*
- *Encourage kids to share their favorite part of the class and give a motivational talk.*

This schedule mixes technique with fun activities, keeping the kids active and motivated throughout the session!