

Warm-up Drills

20 yards x 2

1. Forward Jog – Easy jog arms bent to 90 degrees at elbow.
2. Backward Jog – Stay low keep your head and chest up.
3. Side shuffle – Swing arms across the body while shuffling.
4. High knee hug – While walking pull right knee up to chest and raise up on to left toe then alternate.
5. Butt kickers – While walking pull right ankle up toward butt and raise up on to left toe then alternate.
6. High kicks w/touch – While walking kick right leg up while keeping the left leg planted then reach with both hands and touch the ground
7. Backwards wide skip – bring knee up and rotate backwards then alternate to other leg while popping off the toe that is on the ground.
8. Soccer lunge – Perform a long lunge with your right leg and touch your instep with your left elbow then alternate.
9. Shuffle squat – With feet shoulder width apart squat with your weight on the heels then take a lateral step and repeat.

Stretches

(hold all stretches for 30 seconds x 2)

1. Hamstrings – Standing, place right leg over left and reach toward toes alternate.
2. Hip-flexors – With your body in a lunge position keep back straight up and push hip forward.
3. Groin – Feet wide reaching down to middle, right, left, and then back to middle and walk hands backward
4. Calves – With body in an A position cross right leg over left press left heel into the ground then alternate.

Agility Drills

(Choose two)

1. T-drills –

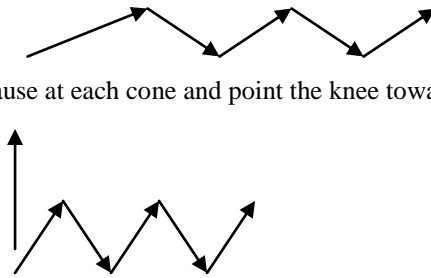
Place 4 cones in a T position 10 yards from tail to intersection then 5 yards to the right and left. Start to the left of the tail cone, run straight forward and touch the intersection cone with the right hand, side shuffle to the left and touch the left cone with the left hand, shuffle all the way to the right cone and touch with the right hand, shuffle back to the left to the intersection cone and touch with the left hand, then back pedal to the right of the tail cone to finish then start on the other side of the tail cone and do the opposite.

2. Figure 8's –

Keeping the T cone formation, start with left hand on the tail cone, run to the left side of the right cone, touch the cone with the right hand run around the cone then return to the start performing a figure eight. Continue the figure eight pattern with the intersection cone and then to the left cone. Go through again starting at the left cone and working right with the opposite hand touching the tail cone and going to the right side of the tail cone.

3. Zig-Zag –

Make sure to pause at each cone and point the knee towards the next cone before accelerating.



4. W-Drill –

Keep same formation as Zig Zag drill. Start behind the first cone and with the shoulders facing forward, run around second cone then backpedal to third cone, plant rear foot and accelerate forward to next cone and repeat.

Plyometrics

(Choose three)

1. Bunny hops – Standing with hands on hips snap toes down to jump while only bending the knees enough to absorb the shock. Perform 20 reps
2. Squat Jumps – Starting in a standing position squat to approx 90 degrees at the knees and extend the body upward to jump as high as possible then repeat. Perform 20 reps
3. Split jumps – Start in a stationary lunge and jump straight up then land back into a lunge position. Keep back straight up. Perform 10 w/ each leg forward.
4. Tuck jumps – Starting in a half squat position jump straight up and pull the knees into the chest then land with knees slightly bent and repeat. Perform 20 reps
5. 45 degree jumps – Jump out on a 45 degree angle to the right and land on right leg with knee flexed between 45-90 degrees then repeat to the left. Continue for about 20 yards
6. Lateral Jumps – Standing on left leg jump to the right and land on right leg then reset and repeat. Continue for about 20 yards with each leg.
7. Fow/back cone hops – You can use a line if no cone is available. Place a cone in front of you and while keeping your feet together jump over it forward and backwards 20 times each way
8. Lat cone hops – Place a cone next to you and while keeping your feet together jump and pull your knees up each time you jump over the cone. Try to keep your upper body stable while your lower body moves side to side.

Strength Exercises

(Choose three)

1. Lunge Matrix – Perform a forward lunge, followed by a backward lunge then finish with a lateral lunge. Make sure that the front of your shin is as close to vertical as possible. Keep your back straight and chest up with eyes focused ahead. Perform 2 sets of 10 in each direction with each leg.
2. Split squat – Standing in a lunge with a straight back position lower yourself straight down until your knee of your back leg touches the ground. Keep your front shin vertical as you lower yourself. Perform 3 sets of 10-15 reps.
3. Russian hamstring – Kneel on the ground while your partner holds your feet down from behind. Keeping a straight line from your knees to shoulders lower your self as slowly as possible to the ground and catch yourself with your hands in a push-up position. Push yourself back up to the starting position while trying to maintain a straight back. Perform 3 sets of 10
4. Manual hamstring curl – Have your partner lie on their stomach with knees bent. Hold on to their heels and pull their legs straight while they resist. Continue to resist while they pull their heels back towards their butt. Perform 3 sets of 10.
5. 1 leg squat – Perform a squat on one leg until you can touch the ground with your hand then repeat. Perform 3 sets of 10 reps with each leg.
6. 1 leg bridge – Lying on the ground with 1 leg bent to 90 degrees with foot flat on the ground. Lift hips up until you make a straight line from your knee to shoulders. Perform 3 sets of 10 each side

Core Exercises

(Choose three)

1. Jackknife – Lying on your back w/ arms above the head bring legs and arms up and meet in the middle. Keep low back on the ground and exhale as you come up. Perform 3 sets of 15.
2. Seated twists – Sitting on the ground angle your upper body back at 45 degrees and rotate your torso and touch the ground on each side. Keep your heels on the ground if you have back pain. Perform 3 sets of 15 to each side
3. Leg lifts – Lying on your back look towards your feet keep your stomach tight while you lift your legs about 90 degrees and slowly lower to about 3-6 inches off the ground and repeat. If back arches do not lower as far. Perform 3 sets of 15.
4. Front plank – On elbows and toes in a straight line position hold for 30 to 60 seconds. Keep stomach tight. Repeat 3 times.
5. Side planks – Balance on the outside of foot and forearm in a straight line position hold for 30 to 45 seconds. Repeat 2 times each side.
6. Mtn climbers – The position resembles a sprinter in blocks with one leg forward and the other leg extended behind. With a little hop alternate foot positions and repeat. Perform for 30 to 60 seconds.