

Warm-up Drills

20 yards x 2

1. Forward Jog
2. Backward Jog
3. Side shuffle
4. High knee hug
5. Butt kickers
6. High kicks w/touch
7. Backwards wide skip
8. Soccer lunge
9. Shuffle squat

Stretches

1. Hamstrings
2. Hip-flexors
3. Groin
4. Hips
5. Calves



Agility Drills (Choose two)

1. T-drills
2. Figure 8's
3. Zig-Zag
4. W-Drill

Plyometrics (Choose three)

1. Bunny hops
2. Squat Jumps
3. Split jumps
4. Tuck jumps
5. 45 degree jumps
6. Lateral Jumps
7. Fow/back cone hops
8. Lat cone hops

Strength Exercises (Choose three)

1. Lunge Matrix
2. Split squat
3. Russian hamstring
4. Manual hamstring curl
5. 1 leg squat
6. 1 leg bridge

Core Exercises (Choose three)

1. Jackknife
2. Seated twists
3. Leg lifts
4. Front plank
5. Side planks
6. Mtn climbers