**Component 1: Dynamic Warm Up**

**Low Intensity Day**

- **HEEL WALK/TOE WALK**
  20s/sideline to sideline/50’
  Walk half the distance with a toe walk, then switch to heel walk for the rest of the distance.

- **KNEE HUGS**
  20s/sideline to sideline/50’
  Take a step with right leg and grab left knee straight up toward chest. Repeat on other side taking a step forward each time.

- **FORWARD LUNGE**
  20s/sideline to sideline/50’
  Step forward into lunge with left foot. Both knees should be bent. Return to standing position by pushing off with left leg. Repeat on right leg.

- **CRADLE WALK**
  20s/sideline to sideline/50’
  Walking forward, lift one leg in front of the body, bending at the knee. Rotate the knee outward and the foot inward. Hold leg at the shin with both hands; standing on one leg. Hold for 3 seconds and repeat on either leg.

- **HIGH KNEES/BUTT KICKS**
  20s/sideline to sideline/50’
  Jog forward driving knees to chest for 20 seconds or to the opposite sideline. Turn around and job back kicking heels back for 20 seconds or back to the starting sideline.

**Medium Intensity Day**

- **HEEL WALK/TOE WALK**
  20s/sideline to sideline/50’
  Walk half the distance with a toe walk, then switch to heel walk for the rest of the distance.

- **KNEE HUGS**
  20s/sideline to sideline/50’
  Keep the right leg straight, swing the left leg as high as possible without jeopardizing form (no bent knees) or leaning backward. The entire body should remain tall and facing forward. As soon as the right foot is back on the ground, swing the left leg.

- **BACKWARD LUNGE**
  20 seconds/sideline to sideline/50’
  Step backward into lunge with left foot. Both knees should be bent. Return to standing position by pushing off with the right foot and step back to meet the left foot. Repeat on the other side.

- **CROSSBODY KNEE HUG**
  20s/sideline to sideline/50’
  Take step with right leg and grab left knee toward chest and across body. Hold for 1-2 seconds and return to start. Take step forward with left leg and repeat the knee hug on the right side.

- **HIGH KNEES/BUTT KICKS**
  20s/sideline to sideline/50’
  Jog forward driving knees to chest for 20 seconds or to the opposite sideline. Turn around and job back kicking heels back for 20 seconds or back to the starting sideline.

**High Intensity Day**

- **HEEL WALK/TOE WALK**
  20s/sideline to sideline/50’
  Walk half the distance with a toe walk, then switch to heel walk for the rest of the distance.

- **KNEE HUGS**
  20s/sideline to sideline/50’
  Pretend that there is a hurdle beside you. Facing forward and keeping shoulders and hips square, bring your right knee to the chest, then rotate out and over the hurdle, come back over the hurdle bringing the knee to the chest and then take a step forward. Repeat with other leg.

- **SIDE LUNGE**
  20s/sideline to sideline/50’
  Step forward and to the left side into lunge with left foot. The left knee will be bent, the right knee will be straight. Return to standing position by pushing off with the front leg. Repeat on other side.

- **OPEN GATE/CLOSE GATE**
  20s/sideline to sideline/50’
  Start in a deep lunge position with front foot and step back to meet the left foot. Repeat.

**Component 2: Jumps**

- **WALL JUMPS**
  30s
  Jump with knees slightly bent and arms overhead. The knees should be soft and the knees and ankles hip-distance. Push off with toes for max jump height.

- **SQUAT JUMP**
  30s
  Begin in squat position with chest head up and back straight. Reach hands to the outside of back, then jump up reaching as high as possible. Keep knees bent, shoulders and chest facing forward and repeat. Repeat.

- **BARьер JUMP SIDE/SIDE**
  30s
  Using a 4-6” barrier or the sideline, jump side to side over the barrier by tucking knees to the chest. Maintain feet and knees hip distance apart, keep knees bent on landing and point toes and knees forward on landing.

- **HEISMAN JUMPS**
  30s/sideline to sideline/50’
  Start on left leg with knee slightly bent and right knee lifted toward chest. Step forward and to the right landing on right knee bringing left knee to the chest. Repeat back and forth moving in a zig zag pattern.

- **BOUNDING**
  30s/sideline to sideline/50’
  Stand on right leg with left leg extended behind you. Hop off and land on left leg. Now extend the right leg behind you and repeat the sequence.

- **SPEED SKATER**
  30s/sideline to sideline/50’
  Starting on left leg with knee bent, push off and hop forward. Repeat several times and then hop forward and hop landing on the right leg with knee bent. Now push off the right leg and hop forward to the left leg, landing on the left leg with knee bent. Continue advancing forward taking low to the ground.

**Component 2: Jumps**

- **CROSS JUMP**
  30s
  Jump a wall jumps except jump in a cross pattern. Forward, backward, side to side, then repeat. Make sure knees and toes remain hip-distance apart throughout the pattern.

- **SCISSOR JUMP**
  30s
  Start in a deep lunge position with front knee directly over ankle. Jump straight up and land with opposite leg in front. Keep knees and toes pointed forward and both knees bent.

- **BARRIER HOP SIDE/SIDE**
  15s/leg
  Perform a single leg hop side to side over a 4-6” barrier or the sideline. Keep knee bent and toes forward.

- **BROAD JUMPS**
  30s/sideline to sideline/50’
  Starting from a squat stance, jump forward for distance, taking off with both feet. Land on both feet and kick back to heels in a deep crouch position. Continue moving forward.

- **OPEN BOX JUMP**
  30s/sideline to sideline/50’
  Start in squat position, jump straight up and make a 180° rotation and land in a cross position. Repeat the jump in the opposite direction. Torsos and legs should extend fully. Make sure knees and toes remain hip-distance apart throughout the entire jump.

- **CROSSOVER STEP VERTICAL JUMP**
  30s/sideline to sideline/50’
  Pushing off with the left leg, jump forward and to the right, landing on both feet and repeat. Take a step forward and to the left over the line. Stay low in a squat position during landing. Keep toe and knee forward. Repeat on other side.
### Component 3: Strength

**SINGLE LEG HEEL RAISE**
15 reps per leg
Standing on one leg, raise the heel off the ground as high as possible. Repeat for specified time.

**SINGLE LEG SUPINE HAM BRIDGE**
15 reps
Lie flat on back, bend one knee and place heel close to the phone. Extend other leg straight up in the air. Push with the heel to lift legs off the ground and the extended leg higher in the air. Keep abs tight and shoulder blades on ground. Repeat then switch legs.

**SQUATS**
30s
Squat down as far as possible without allowing knees to come forward. Explode up quickly and return to squat. 54 hips down and keep knees back throughout the full range of motion from pushing forward past toes. Repeat.

**PLYO WALL PUSH UPS**
30s
Stand 2 ft. from wall with hands on wall at chest level. Keep elbows in close to chest and hands on wall keeping body straight. Extend hips up. Return hands to wall and repeat.

**PLANK**
30s
Lie facedown placing elbows under shoulders and forearms on the ground. Place hip-distance apart and curl the toes under. Lift the body up onto elbows and toes. Maintain a neutral position with back flat and neck straight.

### Component 4: Agility

**QUICK FEET: Up-Up/Back-Back**
30s/direction
Using the baseline or sideline, step right foot forward and diagonally to the right line followed quickly by the left. Next step right foot backward and diagonally to the right line followed by the left. Repeat for the allotted amount of time, then switch directions so other leg leads. A ladder may be used if available, following the same pattern as shown in image.

**ZIG ZAG DRILL**
2-4 reps
For 20 meters in a straight line about 2-5 feet apart. Weave in and out of cones keeping hips, knees and toes pointed forward and shuffling feet without crossing over. Move as quickly as possible and keep knees slightly bent throughout the entire drill.

**SIDE SHUFFLE**
30 seconds, 2-4 reps
Lay players up on the left sideline, facing half court/field. Begin in a squat position and shuffle right to the other sideline. When reaching the sideline, touch both hands to the ground by squating and keeping the chest up. Immediately begin shuffling to the left until the left sideline is reached again. Maintain a squat position, keep toes and knees pointed forward and do not allow feet to cross.

**SUPERMAN PLANK**
30s
Lie on your side placing elbows under shoulders and forearms on the ground keeping back flat. Now alternate lifting right arm and left leg at the same time, then left arm and right leg. Maintain a tight core and keep body as straight as possible.

**OUT HAM**
20 reps
Lay players on the ground facing one another, hip-distance apart. Lay one leg straight over the other and touch hands to ground. Switch legs.

**NEBRASKA DRILL**
2-4 reps
Set 2 cones 10' apart. Begin on right side of 1st cone, sprint to left side of 2nd cone. Pivot around cone until facing 1st cone. Sprint to right side of 1st cone. Pivot around cone until facing 2nd cone (make a figure 8). Staying on right side of both cones, sprint to 2nd cone. Upon reaching the 2nd cone, backpedal to the start. Make sure to bend at knees and knock every cone with one hand.