**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’
  Leg forward driving knees to chest for 20 seconds or on 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.

- **SQUAT 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.

- **BARRETT HOP SIDE/SIDE**
  30s
  Begin in a split position with chest head up and back straight. Reach hands to the outside of your hips, then jump up reaching as high as possible while maintaining your landing position and repeat. Keep knees bent and toes hip-distance apart. Keep heels 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. Hop forward and to the right landing on right leg 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. Take left leg by foot and lead foot forward and upward. Simultaneously jump vertically off the right leg and land on the left. Now extend the right leg behind you and repeat the sequence.

**Component 2: Jumps**

### Low Intensity Day

- **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 a split position with chest head up and back straight. Reach hands to the outside of your hips, then jump up reaching as high as possible while maintaining your landing position and repeat. Keep knees bent and toes hip-distance apart. Keep heels bent on landing and point toes and knees forward on landing.

- **BARRIER JUMP SIDE/SIDE**
  30s
  Using a 4-4” 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. Hop forward and to the right landing on right leg bringing left knee to the chest. Repeat back and forth moving in a zig zag pattern.

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

### Medium Intensity Day

- **CROSS JUMPS**
  30s
  Same as 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.

- **BARRETT HOP SIDE/SIDE**
  30s
  Perform a single leg hop side to side over a 4-4” barrier or the sideline. Keep knee bent and toes forward and knees forward.

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

### High Intensity Day

- **CROSS HOPS**
  15s/leg
  Hop on one leg forward, backward, then side to side in a cross pattern. Keep the knee slightly bent and knee and toe pointed forward.

- **TUCK JUMPS**
  30s
  Begin in an upright neutral stance with the feet shoulder-width apart. Jump up, bending the knees to bring the thighs up toward the chest as high as possible. Land softly with knees bent. Repeat.

- **180° SQUAT JUMP**
  30s
  Begin in squat position. Jump straight up and make an 180° rotation in mid-air. Touch toes to the ground with feet toes first. Immediately explode up into a max vertical jump. Repeat now pushing off the right leg, forward and to the left.

- **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. Take left leg forward and to the left over the hurdle. Stay low in a squat position during landing. Keep toe and knee forward. Repeat on other side.

**Preseason: Components 1-4**

**In Season: Components 1, 2, & 4**
Component 3: Strength

**SINGLE LEG HEEL RAISE**
15s/leg
Balancing on one leg, raise the heel off the ground as high as possible. Repeat for specified time.

**SINGLE LEG SUPINE HAM BRIDGE**
15s/leg
Lie flat on back, bend one knee and place heel close to the gluts. Extend other leg straight up in the air. Keep abs tight and shoulder blades on ground. Repeat then switch legs.

**SINGLE LEG DEADLIFT**
15s/leg
Starting on right leg with knee slightly bent, hinge at the hip, keeping the back straight and reaching hands toward the ground. You should be able to draw a straight line from the back of your head down through your heels. Return to starting position and repeat.

**LATERAL STEP w/ SQUAT**
30s
Place hand around ankles. Start with feet hip width apart in a modified squat position. Step out to the side approx. 10” to 12”. Slowly and under control, follow with the other foot to return to the initial position. Perform a deep squat and repeat in opposite direction.

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

**SUPERMAN PLANK**
30s
Begin in standard plank position with hands directly under shoulders. Lower yourself as close to the ground as possible keeping elbows tucked in closer to your body. Push yourself back up to start position and repeat.

**SIDE PLANK**
15s/leg
Lie on your side placing elbow and forearms on the ground slightly wider than shoulder width. Tighten your abs and make sure your body is straight from your head down through your heels. Lower yourself as close to the ground as possible keeping elbows tucked in closer to your body. Push yourself back up to start position and repeat.

**QUICK FEET: Up-Up/Back-Back**
30s/direction
Using the baseline or sideline, step right foot forward and diagonally to the right over the line followed quickly by the left. Next step right foot backward and diagonally to the right over the line followed by the left. Repeat for the allotted amount of time, then switch direction 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
Set 20 cones 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.

**TIPS:**
- Perform low-intensity days on game days
- When performing jumps, land softly, keep knees bent throughout the entire landing, maintain feet and knees hip--distance apart with toes and knees facing forward.

Component 4: Agility

**SQUATS**
15s/leg
Squat down as far as possible not allowing knees to come forward. Explode up quickly and return to squat. 6 hops down and keep chest up for specified time. Return to starting position and repeat.

**PLAYO WALL PUSH UPS**
30s
Stand 2-3 ft. from wall with hands on wall at chest level. Keep elbows low and bend toward the wall keeping body straight. Explosively squat and push back the left shoulder. Place one foot on top of other and raise upper elbow and side of foot. Keep body straight, no twisting and hold.

**SUPERMAN PLANK**
30s
Start in standard plank position with hands directly under shoulders and forearms on the ground. Lift your body up off the ground keeping back flat and maintain 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.

**NEBRASKA DRILL**
2-4 reps
Set 2 cones 30’ apart. Begin on right side of 1st cone, sprint to right 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 (reach in 3rd, 9). 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.

**QUICK FEET “Icky Shuffle”**
30 seconds/direction
Start at left side of a sideline, in front of the line. Facing the field/court. Moving to the right, step forward, right foot first then left so you are straddling the line. Next step right foot away from the line. Now moving to the left, step forward, left foot first then right so you are again straddling the line. Finish pattern by stepping with left foot to the left, away from the line. Repeat pattern, moving right, then left, shuffling feet as follows: right, left, right, left, right. A ladder may be used if available, following the same pattern as shown in the image.

**ZIG ZAG DRILL**
2-4 reps
Start players up on the left sideline, facing half court/mid 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 over.