



Low Intensity Day

Medium Intensity Day

High Intensity Day

Component 1: Dynamic Warm Up

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'

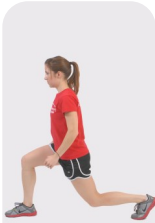
Take a step with right leg and grab left knee straight up toward chest. Repeat on other side taking a step forward each time.



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 other 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.



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

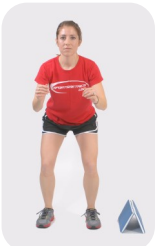
Begin in squat position with chest/head up and back straight. Reach hands to the outside of heels, then jump up reaching as high as possible. Return to squat position and repeat. Keep knees behind toes and weight in the heels during squat. Maintain feet and knees at hip distance throughout entire jump.



BARRIER JUMP SIDE/SIDE

30s

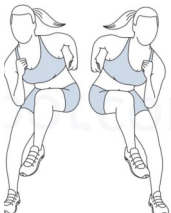
Using a 4-8" barrier or the sideline, jump side to side over the barrier by tucking knees to the chest. Maintain feet and knees hip distance apart, keep knees bent on landing and point toes and knees forward on landing.



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.



BOUNDING

30s/sideline to sideline/50'

Stand on right leg with left leg extended behind you. Swing left leg 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 1: Dynamic Warm Up

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.



STRAIGHT LEG MARCH

20s/sideline to sideline/50'

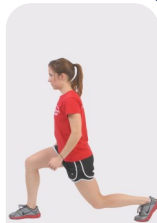
Keeping the right leg straight, swing the leg as high as possible without jeopardizing form (no bent knees) or leaning backward. The entire body should remain tall and facing forward. As soon as the right foot is back on the ground, swing the left leg.



BACKWARD LUNGE

20 seconds/sideline to sideline/50'

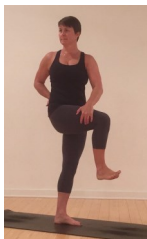
Step backward into lunge with left foot. Both knees should be bent. Return to standing position by pushing off with the right (forward) foot and step back to meet the left foot. Repeat on the other side.



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.



Component 2: Jumps

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

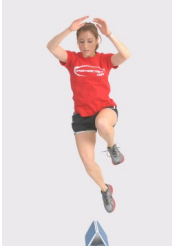
Start in a deep lunge position with front knee directly over ankle. Jump straight up and land with opposite leg in front. Keep knees and toes pointed forward and both knees bent.



BARRIER HOP SIDE/SIDE

15s/leg

Perform a single leg hop side to side over a 4-8" barrier or the sideline. Keep knee bent and toes 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.



SPEED SKATER

30s/sideline to sideline/50'

Starting on left leg with knee bent, push off and hop forward and to the right, landing on the right leg with knee bent. Now push off the right leg and hop forward and to the left, landing on the left leg with knee bent. Continue advancing forward staying low to the ground.



Component 1: Dynamic Warm Up

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.



WALKING RDL

20s/sideline to sideline/50'

Step onto right leg, hinge at the hip until body forms a "T" shape with a flat back, rest the hands on right knee or ground. Hinge back up, then step onto the left leg and repeat.



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'

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.



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.



Component 2: Jumps

CROSS HOPS

15s/leg

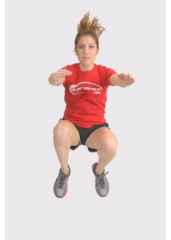
Hop on one leg forward, backward, then side to side in a cross pattern. Keep the knee slightly bent and knee and toe pointed forward.



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

Start in squat position, jump straight up and make 180° rotation in mid air then land in a squat position. Repeat the jump in the opposite direction. Torso 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 at the same time with flexed knees, striking the ground with toes first. Immediately explode up into a max vertical jump. Repeat now pushing off the right leg, forward and to the left.



SINGLE LEG CROSSOVER HOPS

30s/sideline to sideline/50'

Begin on one leg, hop forward and to the right as if crossing over a line. Now hop 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.





Low Intensity Day

Medium Intensity Day

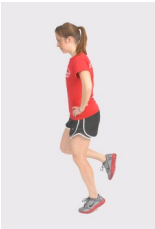
High Intensity Day

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. Push with the heel to lift gluts 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

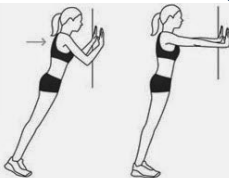
Squat down as far as possible not allowing knees to come forward. Explode up quickly and return to squat. Sit hips down and keep chest up. Keep knees from pushing forward passed toes. Repeat.



PLYO 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. Explode away from the wall by pushing off with hands. Return hands to wall and repeat.



PLANK

30s

Lie facedown placing elbows under shoulders and forearms on the ground. Place legs 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.

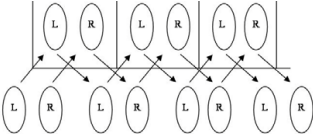


Component 4: Agility

QUICK FEET: Up-Up/Back-Back

30s/direction

Using the baseline or sideline, step right foot forward and diagonally to the right 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:

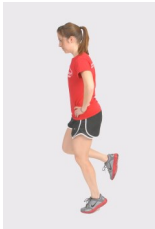
- Perform low-intensity days on game days
- When performing jumps, land softly, keep knees bent throughout the entire landing, maintain feet and knees hip –distance apart with toes and knees facing forward.

Component 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 DEADLIFT

15s/leg

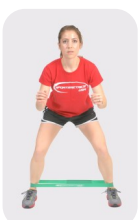
Starting on right leg with knee slightly bent, hinge at the hip, keeping the back straight and reaching hands toward the ground. You should be able to draw a straight line from the back of your head down through your heels. Return to starting position and repeat.



LATERAL STEP w/ SQUAT

30s

Place band 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.



PUSH UPS

30s

Begin in plank position with arms straight and hands on the ground slightly wider than shoulder width. Tighten your core 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.



SIDE PLANK

15s/side

Lie on your side placing elbow on the ground under the shoulder. Place one foot on top of the other and raise up onto elbows and side of foot. Keep body straight, no twisting, and hold.

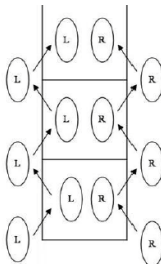


Component 4: Agility

QUICK FEET: In-In/Out-Out

30s/direction

Using the baseline or sideline, step the right foot forward and in close to the line followed by the left foot. Next, step forward with the right foot out away from the line followed by the left. Continue pattern for the allotted amount of time, then switch the lead foot allowing the left foot to lead followed by the right. A ladder may be used if available, following the same pattern as shown in image.



LATERAL SHUFFLE

30 seconds, 2-4 reps

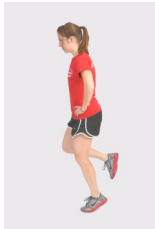
Line players up on the left sideline, facing half court/mid field. Begin in a squat position and shuffle right to the other sideline. When reaching the sideline, touch both hands to the ground by squatting and keeping the chest up. Immediately begin shuffling to the left until the left sideline is reached again. Maintain a squat position, keep toes and knees pointed forward and do not allow feet to cross.

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.



RUSSIAN HAM CURL (alt. WALK-OUT HAM BRIDGE) 30s /5-10 reps

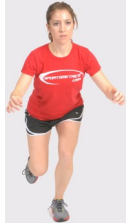
Begin in kneeling position with partner holding feet to the ground. Keeping your body straight, lean forward as far as possible and hold. When you can no longer hold, lower yourself onto the ground into a pushup position and repeat.



SINGLE LEG SQUAT

15s/leg

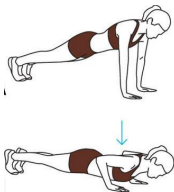
Begin on one leg, knee slightly bent and hips even. Begin to bend at the hip and knee into a single leg squat position. Sit hips back and down to avoid knee moving forward. Keep the chest up. Toe and knee should point straight forward. Return to start and repeat.



TRICEP PUSH UPS

30s

Begin in push up position, this time with elbows in close to chest and hands directly under shoulders. Lower yourself as close to the ground as possible keeping elbows in and body straight. Push yourself back up to start position.



SUPERMAN PLANK

30s

Start in standard plank position with either hands or elbows on the ground. Lift your body up off 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.

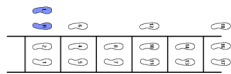


Component 4: Agility

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, left. A ladder may be used if available, following the same pattern as shown in the image.



NEBRASKA DRILL

2-4 reps

Set 2 cones 30' 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 touch every cone with one hand.

