

Day 3

Tips

- Drills should be done for quality and not quantity.
- Each repetition should be both fast and explosive.
- Maintain core stability and perfect posture during exercises.
- Properly executed drills are performed with a quiet landing.
- Do not perform to fatigue; allow for complete recovery time. Remember quality.

2 sets of 10

Tuck Jump – Butt Kick

Stand with feet shoulder-width apart and your body straight with your arms by your sides.

Drop hips into the power position and explode upward.

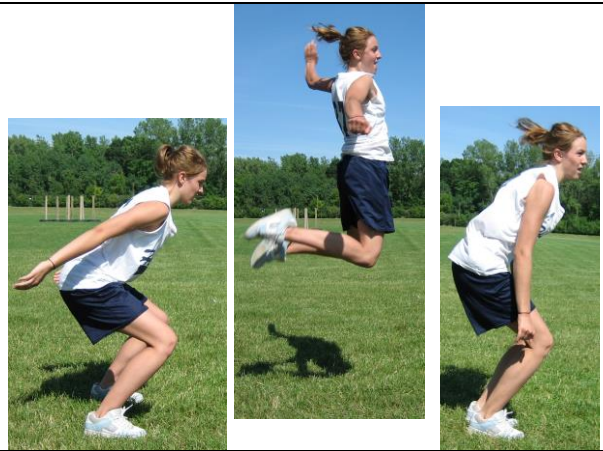
Swing the arms up as you jump.

Bring your heels to your butt.

Repeat the jump immediately.

Finish with a short quick sprint.

This is a quick-stepping action from the knees and lower legs.



Power Jumps

Stand with feet shoulder width apart and in an upright position. Drop hips into a power position and explode upward. Use your arms to jump as high as possible. Land in the same place, regroup and repeat.

Finish with a short quick sprint.

Emphasis on height and form.



Split Squat with Cycle

Spread your feet far apart, front to back, and bend the front leg 90° at the hip and 90° at the knee.

Jumping up, switch leg positions – the front leg kicks to the back position, and the back leg bends up and come to the front. While bringing the back leg through, try to flex the knee so that it comes close to the buttocks. Land in the split-squat position and jump again.

Finish with a short quick sprint.



Box Jumps – Attempt to use Higher Box than last time

Moving

Box Jumps

Place Boxes in a row on Mats (smaller height first)

(use 6” & 8” for single leg)

2 sets facing forward

2 sets from each side

**Single Leg Lateral Box Jumps
(Use 6” Boxes)**

Stand on one leg

From Single Leg jump laterally up onto box

Soft quiet landing on same single leg – trying to get good stability

Walk down onto opposite side of box

Stand on one leg (same leg as other side)

Single Leg Jump up onto box

Soft, quiet landing on same single leg – trying to get good stability

Walk down onto original start side of box

Repeat for same leg

Try to keep opposite leg off ground the entire time

The box should be 6” – 36” high, depending on the skill level.

Variations: Add weight



(Use 14” – 20” for double leg jumps)

2 sets

Box Jumps

Begin drill with a 1/4 squat.

Using double arm swing, jump from the ground onto the center of the box.

Land with the knees bent, under control and on the balls of the feet.

The box should be 12” – 36” high, depending on the skill level.

Variations: Single leg jumps
 Add weight



Plyometrics

2 sets from each side

Lateral Box Jumps

Begin drill with a 1/4 squat on side of box

Jump laterally from the ground onto the center of the box.

Land with the knees bent, under control and on the balls of the feet.

The box should be 6" – 36" high, depending on the skill level.

Variations: Add weight



2 sets of 5 from each side

Lateral Crossover Box Step Ups

Stand to side of box, 1 lunge step away.

Side lunge to step in closer to box.

Outside leg crosses in front of inside leg and up onto box.

Push off with leg on ground and bring up on to box.

The box should be 12" – 36" high, depending on the skill level.



Foam Pads (or Hurdles)

2 sets each leg – series of foam pads or hurdles

Single Leg Lateral Cone Hop – Similar to Alternate Leg Lateral Cone Hop (below) only starting and landing on same leg

Alternate Leg Lateral Cone Hop

Stand alongside a barrier

Start in an athletic position with feet together.

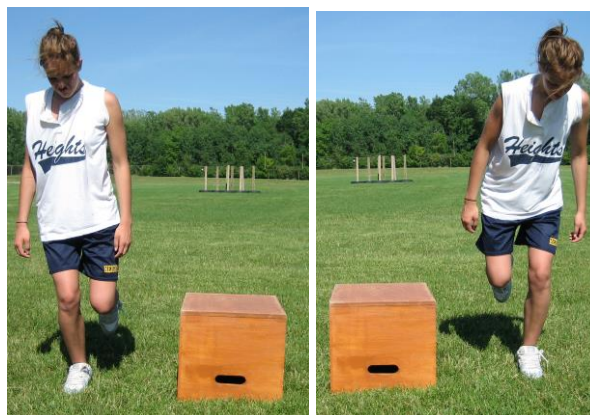
Push off on outside trail leg and jump laterally over the cone

Land on lead leg (opposite leg) Stick as soft and quiet as possible – trying to get good stability

Hold position before returning to start side

Use a double arm swing to stabilize the body movement.

Variations: Series of cones
 Single leg hops
 Don't hold landing



Zig Zag Alternate Leg Lateral Cone Hop

8 Hurdles set touching each other in zig-zag pattern

Push off on outside trail leg and jump forward and laterally over the cone.

Land on lead leg (opposite leg).

Alternate Hopping over hurdles and holding landing (1 sec.) before returning to opposite side



Plyometrics

Variations: Double leg hops
Don't hold landing

Double Leg Lateral Cone Hop

Stand alongside a barrier
Start in an athletic position with feet together.

Jump laterally over the cone
Use a double arm swing to stabilize the body movement.
Bring the knees up to jump sideways over the barrier
Stick as soft and quiet as possible – trying to get good stability
Hold landing position before returning to start side

Variations: Series of cones
Single leg hops
Don't hold landing



Mini Hurdle Hops (Linear)

8 Hurdles set 1 yard apart

Start in an athletic position with feet together.
Jump forward over the hurdle
Use a double arm swing to stabilize the body movement.
Bring the knees up to jump over the hurdle
Hold landing position before next hurdle

Variations: One leg hops
Don't hold landing



Moving

1 set (Length of 2 mats)

Double Leg Hops

Stand with feet shoulder-width apart and the body in a vertical position

Drop hips and while using arms, explode outward and upward.
Once you land, immediately jump forward again.
Use quick double arm swings and keep landings short.
Finish with a short quick sprint.

Emphasis is on speed and distance.

Variation: Perform in a diagonal pattern



Plyometrics

2 sets each leg (Length of 2 mats)

Single Leg Hops

Stand on one leg.

Push off with the leg you are standing on and jump forward, landing on the same leg. Your opposite leg should swing to increase momentum. Once you land, take off again. Your feet should move as if you were on a hot plate.

Try to keep opposite leg off ground the entire time

Finish with a short quick sprint.

Perform sets on both legs.

Variation: Perform in a diagonal pattern



1 set (Length of 2 mats)

Cross Over Bound

Start in an athletic position with feet apart

Cross outside leg over inside leg

When crossing leg plants, push off on it aggressively

jumping laterally, swinging other leg laterally

Explode outward and upward.

Land on lead leg (opposite leg)

Cross outside leg over again and push off in the same direction

Land on lead leg

Repeat

Emphasis on work being done by crossing leg



1 set (Length of 2 mats)

Cross Behind Bound

Start in an athletic position with feet apart

Cross outside leg behind inside leg

When crossing leg plants, push off on it aggressively

jumping laterally, swinging other leg laterally

Explode outward and upward.

Land on lead leg (opposite leg)

Cross outside leg behind again and push off in the same direction

Land on lead leg

Repeat

Emphasis on work being done by crossing leg



3 sets of 5 (Over and back is 1) Unlike Single Leg Hop, work on Lateral Movement

Stationary Lateral Bounds

Feet shoulder-width apart.

Perform skating motion between two marks on the ground.

Swing leg should come behind the planted leg.

Work on lateral movement.

