

Workout 11 | U7-U12 | Fitness

Coach: Dan Trosper

Exercise 1: Reaction Speed within 3 x 3 box

- 1 minute of work and 30 seconds of rest x 5 sets

Exercise 2: Lateral movement to forward/backward explosions

- 30 seconds of work at highest intensity and 45 seconds of rest x 5 sets

Exercise 3: Single leg(right) hop

- 45 seconds of work and 45 seconds of rest x 5 sets

Exercise 4: Single leg(left) hop

- 45v seconds of work and 45 seconds of rest x 5 sets