

Workout 9 | U7-U12 | Fitness

\*This workout was created by Coach Dan Trosper.

**Exercise #1 Functional Change in Direction with a focus on opening up the right hip**

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

**Exercise #2. Functional Change in Direction with a focus on opening up the left hip**

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

**Exercise #3. Functional Change in Direction with a focus on single leg hop off right foot**

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

**Exercise #4 Functional Change in Direction with a focus on single leg hop off left foot**

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

**Exercise #5 Functional Change in Direction with a focus on two footed hop**

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