

Strength & Conditioning		M/W/F					
	<u>Exercise</u>					<u>Workload</u>	<u>Rest</u>
Warm-Up	Foam Roll-upper,lower legs					10mintes total	
	Quick skips, Backward skips, Angle shuffle, Defensive Shuffle, lateral suffle, carioca					x :30sec each	
	Toy Soldiers					x10	
	Worlds Greatest Stretch					x5 each side	
Jumps	Single Leg Lateral hops(Line Jumps)					2-3sets x10each leg	:30sec
	Tuck Jumps					2-3sets x10	:30sec
	Drop Squat to Rotational Jump @90degrees					2-3sets x10	1min
	Drop Squat to Lateral Bound					2-3sets x5	1 min
	Single leg Drop Squat to Rotational Hop @ 90deegrees					2-3sets x5each	1min
	Angle Bounding(Combine lateral and Rotational Bounding)					2-3sets x 3each	1min
	Full Approach Jumps					2-3sets x5	1min
Strength Training	Floating Heel Split Squat Isometric Hold					3x :45sec each leg	2min
	Lateral Lunge to Balance					2x 10each leg	2min
	Single Leg Squat (to a Chair)					2-4x 10each	2min
	Feet Elevated Alt. Reverse Plank					2-4x 10each	1min
	Narrow Push Ups					3x10	2min
	Bicep Curls					3x10	1min
	Reverse FLY					3x20	1min
Core	Stationary Bear Crawl					2 x 15each side	:30sec
	Body Saw					2 x20	:30sec
	Alt. V-Ups					2x15 each side	:30sec
	Clamshell Side Plank					2x15 each side	:30sec
Conditioning	Shuttle Run	5-10-				5-10x	:30sec
	Figure 8 Shuffle	15yards				5x	:30sec
Cool Down	Foam Roll & Stretch						