

2018 NORTH PAULDING SPARO DAYS

TUESDAY/MONDAY

SPEED

BOXES YOUNG 6 X DOWN BACKS-CHANGE DRILLS/FINISH

BAGS HINES 4 X SPRINTS/FINISH
2 X STEP OVERS RT/LT/FINISH
2 X RT/LT FOOT HOPS/FINISH
2 X RT/LT BUNNY HOPS FAST/FINISH
2 X RT/LT LOW SHUFFLE/FINISH

BUNGEEES JB LUNGES X 4-5-6
BROAD JUMPS X 6
STARTS X 4
40 YARD SPRINTS X 2

GROUP ROLLS AND STRTECH/TEAM LEADER 1-2-3-4

TEAM FINISH

ACCELERATIONS 4 X 20 YARD CHASE DRILLS

THURSDAY/WEDNESDAY

COD

BOXES HINES 6 X STAGGERED BOXES/CONE CUTS AT END

CONE CUT YOUNG 2 X SPEED CUT
2 X FALL RECOVER CUT
2 X PIVOT CUT
2 X N CUTS TO RIGHT
2 X N CUTS TO LEFT
2 X BACKPEDAL/SPRINT OUT

BUNGEEES JB LUNGES X 4-5-6
ONE LEG SPEED HOPS X 6
BACK PEDAL X 4
40 YARD SPRINTS X 2

GROUP ROLLS AND STRETCH/TEAM LEADER 1-2-3-4

TEAM FINISH

COD 1 4 X SHUTTLE RUN DRILLS