WEEK 6

Mark level completed in box

STRENGTH TRAINING

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
Push ups	3 sets of 15	5 sets of 30	5 sets of 50							
Sit ups	3 sets of 15	5 sets of 30	5 sets of 30							
Calf raises	3 sets of 15	5 sets of 25	5 sets of 40							
Single leg squats with jumps	3 sets of 10 (no jumps)	3 sets of 10 (with jumps)	5 sets of 15 (with jumps)							
Lunge hops with arms overhead	3 sets of 15 (arms only overhead)	3 sets of 15 (weights overhead)	5 sets of 20 (weights overhead)							
Jump rope	3 sets of 15	3 sets of 50	3 sets of 30							

SPEED AND AGILITY

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
Side to side hops (there/back =1)	2 sets of 20 (18 inches apart)	3 sets of 30 (24 inches apart)	5 sets of 50 (36 inches apart)							
Figure 8 sideways (1 full cycle = 1)	3 sets of 10	3 sets of 15	5 sets of 15							
Figure 8 forwards/backwards (1 full cycle = 1)	3 sets of 10	3 sets of 15	5 sets of 15							
Scrambler	3 sets of 15 seconds	5 sets of 20 seconds	5 sets of 30 seconds							

BALL CONTROL

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
Shuttle Sprints (there and back = 1)	3 sets of 8	3 sets of 15	5 sets of 15							
Three Cone Forwards	3 sets of 15 seconds	3 sets of 20 seconds	5 sets of 20 seconds							
Three Cone Sideways	3 sets of 15 seconds	3 sets of 20 seconds	5 sets of 20 seconds							
Five Cone Drill	3 trials	6 trials	10 trials							
Foundations - outside/inside (there and back = 1)	3 sets of 5	5 sets of 5	5 sets of 10							
Foundations - inside/outside (there and back = 1)	3 sets of 5	5 sets of 5	5 sets of 10							
Freestyle	3 sets of 15 seconds	5 sets of 20 seconds	7 sets of 20 seconds							