

Strength Training

Day 3

Stationary:

2 Sets of 15 each leg

Stationary Spiderman

Start in push-up position
Have athlete bring the left foot up just outside the left hand
Lift left hand up and try to drop the left elbow inside
Drop the back (right) knee down
1 second hold
Back to push-up position
Repeat for right side
Continue to alternate



3 Sets of 15 seconds – with vertical jump at the end of 15 seconds

Squat

(can be a strength exercise for some people)

Standing up feet wide apart
Keep weight on heel
Sit back into squat
Push the butt back
Keep head and chest up
Hands out in front



2 Sets of 15 seconds each side

Lateral Squat

(can be a strength exercise for some people)

Same as Squat only push butt back and to left
Repeat pushing butt back and to right



Moving:


2 Sets of 20 yards

Spiderman


Add movement to stationary Spiderman (crawling)
From standing position, reach down touch ground with both hands, then move hands out front until in push-up position
Emphasize – weight on hands and butt stays down.

Strength Training

2 Sets of 20 yards

<p>Lateral Slide Through (Side Lunges) Hands Behind Head</p>	
<p>Similar to Lateral Squats Start in Squat Advance lead leg Shift weight from trail leg to lead leg Bring trail leg up to lead leg Advance lead leg Shift weight from trail leg to lead leg Stay down – don't raise the level of the hips Keep hands in front</p>	
<p>To add in upper-body flexibility</p> <ul style="list-style-type: none"> • Easy – hands out in front • Hard - hands behind head • Harder – hold stick above head with wide grip 	

2 Sets of 20 yards

<p>Walking Lunges</p>	
<p>Step out directly forward with the left foot and bend left leg until thigh is parallel to the ground. Drive off the front leg back to the starting position. Alternate to the other leg while walking. Do not let the knee move over the foot</p>	

2 Sets of 20 yards

<p>Walking Reverse Lunges</p>	
<p>(opposite of above – walk backwards)</p>	

2 Sets of 20 yards

<p>Walking Crossover Lunges</p>	
<p>Same as Walking Lunges only left foot is placed in front of right thigh (Crosses in front of body) Bend left leg until thigh is parallel to the ground. Drive off the front leg back to the starting position. Alternate to the other leg while walking. Do not let the knee move over the foot</p>	

Strength Training

3 Sets of 8 each leg

Split Squat (Standing Lunge)

Start with feet far enough apart so that in the bottom position you feel a slight stretch in the hip flexor. Think about keeping your torso upright (hands behind head), and concentrate on dropping the back knee down to the floor without moving the front knee out over the foot.

- Do 3 sets of 8 for each leg.
- Do this twice per week for 3 weeks.
- Minimum of one day between workouts, but ideally two days



3 Sets of 8 each leg

One Leg Bench Squat

The difference between the Split Squat and the One Leg Bench Squat is that the athlete no longer has two stable points on the ground. This adds to the difficulty of the exercise by causing more stabilizer development.

- Do 3 sets of 8 for each leg.
- Do this twice per week for 3 weeks.
- Minimum of one day between workouts, but ideally two days



3 Sets of 8 each leg

One Leg Squat

The one leg squat is a lower-body exercise program in itself, but takes great strength to execute. Don't get discouraged if you cannot do perfect One Leg Squats on the first try. Holding five pound dumbbells will actually make the exercise easier by allowing the athlete to counterbalance and sit back as they descend

Do not attempt until you have done the previous 6 weeks of Split Squats and One Leg Bench Squats

