

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
	Reverse Lunge Skip				2-3sets x10	:30sec
	Single leg Tuck Jumps				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
	Oscillating Rear Foot Elevated Split Squat				3x 10each leg	2min
	Lunge Matrix-(Forward Lunge w/ Rotation, Side lunge w/ Rotation, Rotational Lunge)				2-4x 10each	2min
	Single Leg Hip Thrusters				2-4x 10each	1min
	Single Leg RDL				2x10each leg	1min
	Narrow Push Ups				4x10	2min
	Bicep Curls				3x10	1min
	Reverse FLY				3x20	1min
Core	Stationary Bear Crawl				2 x 15each side	:30sec
	Deadbugs				2 x20	:30sec
	Atlternaing V-UPs				2x15 each side	:30sec
	Clamshell Side Plank				2x15 each side	:30sec
	Alternaing Russian Twist				2x15 each side	:30sec
Conditioning	Run 5-10-15yards				5-10x	:30sec
	Figure 8 Shuffle				5x	:30sec
Cool Down	Foam Roll & Stretch					