



1. Agility 06001



Go through the set of cones 3 times with breaks in between. Setup 5 - 6 cones, sticks, or rocks 10 feet apart in a zig zag pattern. Face forward and shuffle around the cones as quickly as possible.

2. 180 degree Jumps 10209



3 sets of 10 jumps. Jump straight up, turn 180, land softly with chest up, then jump straight up and turn back the way you came.

3. Bounding 00289



3 sets of 12 or 6 on each leg per set. Pull toes up each bound. Quick feet on the ground!

4. Sit up hip flexion 01225



3 sets of 20. Do not pull head and neck with hands. Lightly rest hands behind your head or lightly touch finger tips to ears. Smooth movements.

5. Jump rope 00897



3 sets of 30 seconds. Quick foot contacts

6. Hanging hip flexion 04393



3 sets of 8. Start with trying to lift feet together straight out in front of your hips. The second progression would be toes to hands on the bar.

7. Lunge walk 01277



3 sets of 12 or 6 on each leg. Step far with the front leg so you stretch the hips at the same time. Go for depth and far strides.



1. Carioca 00986



3 sets of 20 meters. Quick feet and good rotation with arms straight out.

2. Acceleration 00461



3 sprints of 20 meters. Start standing up and 0-100% within 20 meters. Drive the arms and legs

3. Barrier jumps 01416



3 sets of 8. Start in the middle of the square. Always jump back to the middle before jumping the next direction.

4. Kneeling arm-leg raise 04974



3 sets of 20. Really extend the arm and leg as far as you can.

5. Stair jumps 05470



3 sets of 8. Focus on jumping with your ankles. A little bend in the knees is ok. Do not go to low

6. Supine spine rotation 04904



3 sets of 20. Keep your back flat and let you legs and hips rotate as far as possible. Smooth movements focusing on engaging your core.

7. Tuck jumps 01301



3 sets of 8. Jump straight up and try and touch knees to chest each jump.

8. Lateral lunge 01200



3 sets of 8. Focus on range of motion. Step far and power up.



1. Run 02106



3 sprints of 20 meters. Start in three different positions. Try to have someone clap for the start and focus on retraction time and really drive the arms and legs.

2. Single leg jumps balance 01565



3 sets of 8 or 4 on each leg. Jump straight up and turn 180, landing on the same foot in balance and freeze. Do not land with straight legs.

3. Side lying stabilization 04422



3 sets of 20 or 10 on each side.

4. Single leg squat jumps balance 05305



3 sets of 10 or 5 on each leg. Take a big step to the right, balance only on your right foot, and then jump up. Land back on your right foot and regain your balance. Then step to the left and repeat.

5. Sit up 04941



3 sets of 20. Do not pull on head or neck. Smooth movements.

6. Climber walk 01205



3 sets of 20. Keep your hips as close to the ground as possible. Each time the foot comes to the hand = 1 of the 20 steps forward.

7. Hamstrings gluteal stretch 02613



3 sets of 10. Move smoothly and do not pause. Feel a good stretch in your back, hamstring, and calf muscles.