1. Shuffle acceleration 05956

6 by 20 meters. Max speed is the goal

2. Agility 01046

3 by 20 meters. Make at least 6 direction changes in each set. High speed!

3. Box jumps 01351

3 sets of 12 jumps. knees should be almost touching the box. Jump up onto the box not to it. Focus on whole foot when leaving the ground.

4. Bounding 00289

3 sets of 12. Pull toes up each bound. Quick feet on the ground!

5. Pike 04840

3 sets of 20. Smooth movements with a goal of touching your toes.

6. Jump rope 00897

3 sets of 1 min. Quick foot contacts

7. Prone stabilization 02071

3 sets of 1 min. Do not let your lower back sink. Engage your core and relax your hands.
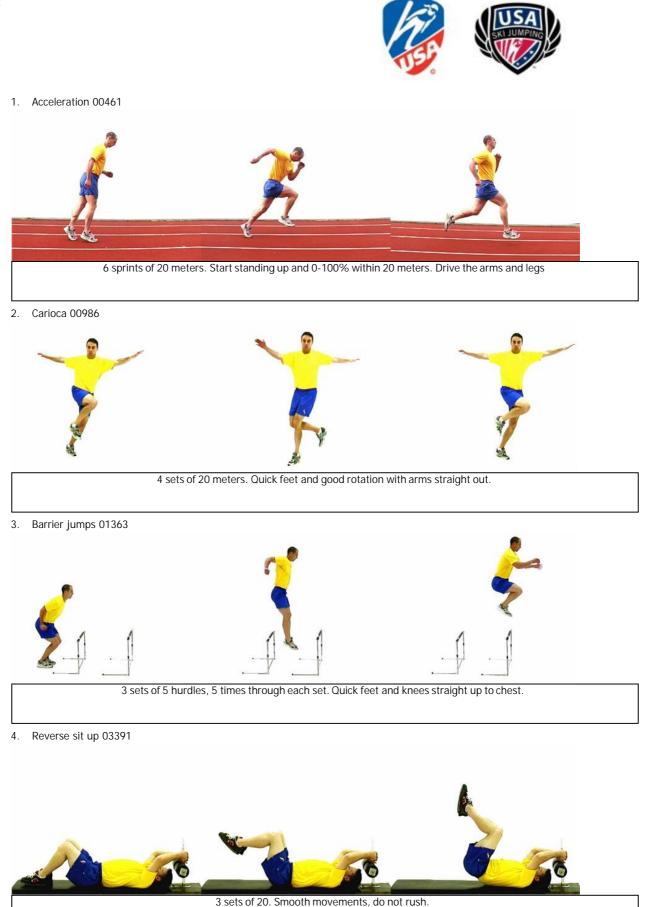
8. Jumps balance 01321

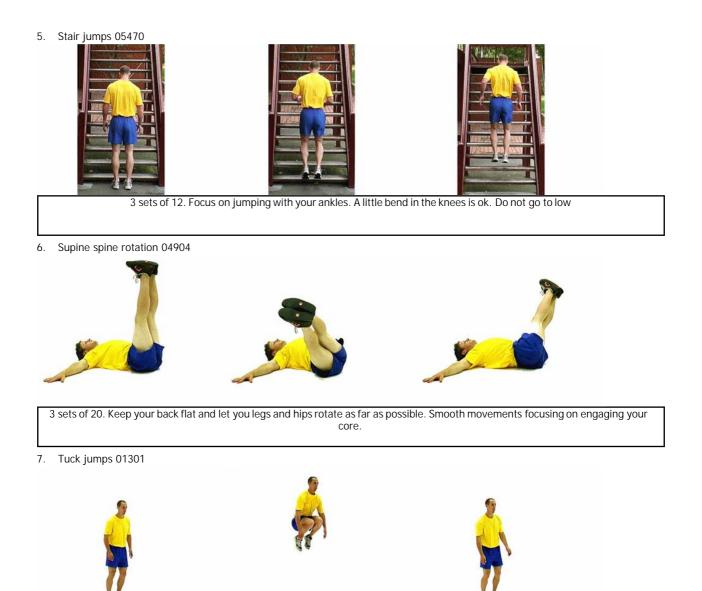3 sets of 8. Jump straight up and rotate 360 landing in balance.

9. 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. Acceleration 00461

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

2. Carioca 00986

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

3. Barrier jumps 01363

3 sets of 5 hurdles, 5 times through each set. Quick feet and knees straight up to chest.

4. Reverse sit up 03391

3 sets of 20. Smooth movements, do not rush.

5. Stair jumps 05470

3 sets of 12. 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 10. Jump straight up and try and touch knees to chest each jump.

8. Wall half squat stabilization 03016

3 wall squats of 45 seconds. Whole foot pressure and back flat against the wall.

9. Lateral lunge 01200

3 sets of 10 on both left and right legs. Focus on range of motion. Step far and power up keeping knees behind the toes.

1. Run 02106

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

2. Side lying stabilization 04422

3 sets of 20 or 10 on each side.

3. Step up box jumps 01382

3 sets of 12 or 6 on each leg. Use a box or step. Make sure thigh is parallel to ground. Explode up off of the leg.

4. Hanging hip flexion 04380

3 sets of 10. 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.

5. Single leg squat 02056

3 sets of 12. Keeping knees behind the toes, squat as low as possible with arms/leg out front. Slow down and explode up.

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.