

Day 1

Tips

- Drills should be done for quality and not quantity.
- Each repetition should be both fast and explosive.
- Maintain core stability and perfect posture during exercises.
- Properly executed drills are performed with a quiet landing.
- Do not perform to fatigue; allow for complete recovery time. Remember quality.

2 sets of 10

Tuck Jump – Knees Up

Stand with feet shoulder-width apart with your arms by your sides.

Drop hips into the power position and explode upward.

Bring the knees up to the chest and grasping the knees with the hands before the feet return to the floor.

Land without bending forward.

Repeat

Finish with a short quick sprint.

Emphasize grabbing the knees.

Variations: 90°, 180° and 270° turns



Power Jumps

Stand with feet shoulder width apart and in an upright position. Drop hips into a power position and explode upward. Use your arms to jump as high as possible. Land in the same place, regroup and repeat.

Finish with a short quick sprint.

Emphasis on height and form.



Split Squat Jump (Lunge Jump)

Spread your feet apart, front to back, and bend the front leg 90° at the hip and 90° at the knee

Jump up, using your arms to lift. Hold the split squat position. Land in the same position and immediately jump again.

Finish with a short quick sprint.



Moving

Box Jumps

Place Boxes in a row on Mats (smaller height first)

(use 6" & 8" for single leg)

2 sets facing forward

2 sets from each side

Single Leg Lateral Box Jumps (Use 6" Boxes)

Stand on one leg

From Single Leg jump laterally up onto box

Soft quiet landing on same single leg – trying to get good stability

Walk down onto opposite side of box

Stand on one leg (same leg as other side)

Single Leg Jump up onto box

Soft, quiet landing on same single leg – trying to get good stability

Walk down onto original start side of box

Repeat for same leg

Try to keep opposite leg off ground the entire time

The box should be 6" – 36" high, depending on the skill level.

Variations: Add weight



(Use 14" – 20" for double leg jumps)

2 sets

Box Jumps

Begin drill with a 1/4 squat.

Using double arm swing, jump from the ground onto the center of the box.

Land with the knees bent, under control and on the balls of the feet.

The box should be 12" – 36" high, depending on the skill level.

Variations: Single leg jumps
 Add weight



2 sets from each side

Lateral Box Jumps

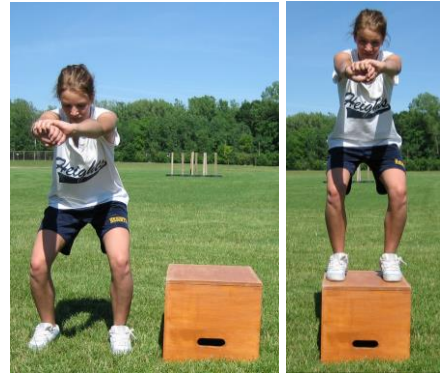
Begin drill with a 1/4 squat on side of box

Jump laterally from the ground onto the center of the box.

Land with the knees bent, under control and on the balls of the feet.

The box should be 6” – 36” high, depending on the skill level.

Variations: Add weight



Foam Pads (or Hurdles)

2 Sets Each Leg – Series of Foam Pads or Hurdles

Single Leg Lateral Cone Hop – Similar to Alternate Leg Lateral Cone Hop (shown below), only starting and landing on same leg

Alternate Leg Lateral Cone Hop

Stand alongside a barrier

Start in an athletic position with feet together.

Push off on outside trail leg and jump laterally over the cone

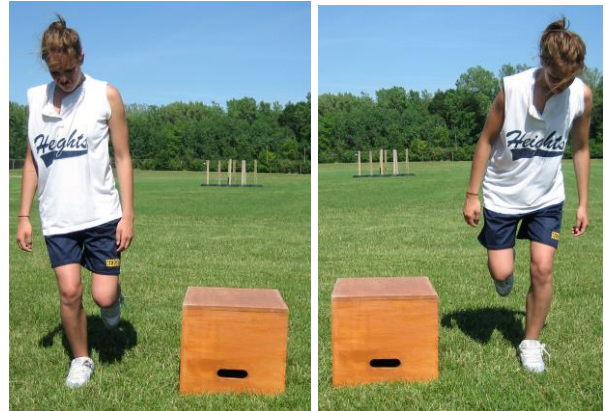
Land on lead leg (opposite leg) Stick as soft and quiet as possible – trying to get good stability

Hold position before returning to start side

Use a double arm swing to stabilize the body movement.

Variations:

- Series of cones
- Single leg hops
- Don't hold landing



Zig Zag Alternate Leg Lateral Cone Hop

8 Hurdles set touching each other in zig-zag pattern

Push off on outside trail leg and jump forward and laterally over the cone.

Land on lead leg (opposite leg).

Alternate Hopping over hurdles and holding landing (1 sec.) before returning to opposite side

Variations: Double leg hops
Don't hold landing



Plyometrics

2 sets - Series of Foam Pads or Hurdles

Double Leg Lateral Cone Hop

Stand alongside a barrier
Start in an athletic position with feet together.

Jump laterally over the cone
Use a double arm swing to stabilize the body movement.
Bring the knees up to jump sideways over the barrier
Stick as soft and quiet as possible – trying to get good stability
Hold landing position before returning to start side

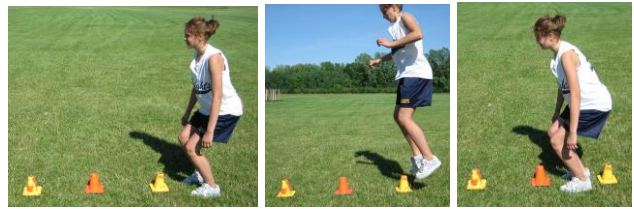


Variations: Series of cones
 Single leg hops
 Don't hold landing

Mini Hurdle Hops (Linear)

8 Hurdles set 1 yard apart

Start in an athletic position with feet together.
Jump forward over the hurdle
Use a double arm swing to stabilize the body movement.
Bring the knees up to jump over the hurdle
Hold landing position before next hurdle



Variations: One leg hops
 Don't hold landing

Other

2 sets (Length of 2 mats)

Double Leg Hops

Stand with feet shoulder-width apart and the body in a vertical position

Drop hips and while using arms, explode outward and upward.

Once you land, immediately jump forward again.
Use quick double arm swings and keep landings short.

Finish with a short quick sprint.

Emphasis is on speed and distance.

Variation: Perform in a diagonal pattern



Plyometrics

2 sets (Length of 2 mats)

Cross Over Bound

Start in an athletic position with feet apart

Cross outside leg over inside leg

When crossing leg plants, push off on it aggressively jumping laterally, swinging other leg laterally

Explode outward and upward.

Land on lead leg (opposite leg)

Cross outside leg over again and push off in the same direction

Land on lead leg

Repeat



Emphasis on work being done by crossing leg

2 sets (Length of 2 mats)

Cross Behind Bound

Start in an athletic position with feet apart

Cross outside leg behind inside leg

When crossing leg plants, push off on it aggressively jumping laterally, swinging other leg laterally

Explode outward and upward.

Land on lead leg (opposite leg)

Cross outside leg behind again and push off in the same direction

Land on lead leg

Repeat



Emphasis on work being done by crossing leg

3 sets of 5 (Over and back is 1)

Unlike Single Leg Cone Hop, working on Lateral Movement

Stationary Lateral Bounds

Feet shoulder-width apart.

Perform skating motion between two marks on the ground.

Swing leg should come behind the planted leg.

Work on lateral movement.

