

STRENGTH PART 1 (ROTATIONS 1-2)

Warm-Up

- 10 min jog
- 5 min jump rope
- 3X20 seconds Step-Taps

Ladder Drills (2 times each exercise X 10 steps)

- Two steps in each box (both feet)
- Single foot per box
- 2-leg lateral hops

Plyometrics

- 3X6 Squat Jump
- 3X6 (on each leg) – One leg vertical hops

Lower Body

- 2X6 Squats
- 2X6 Lunges
- 2X6 Step-ups

Upper Body

- 2X10 Bench press
- 2X10 Dips w/weight
- 2X12 Pull-ups w/weight

Core Strength

- 2X12 Med ball double pole throws
- 2X12 Each side Russian twists w/ med ball throw

Only for those not doing Yoga:

- 2X12 Prone plank knee extension (*physioball*)
- 2X12 Supine knee curl (*physioball*)

Yoga (Only for the strong few...)

1:00 isometric strength, balance and flexibility

STRENGTH PART 2 (ROTATIONS 3-4)

Focus on power-velocity, do each exercise with as much “snap” as possible.

Warm-Up

- 10 min jog
- 5 min jump rope
- 3X20 Step-Taps

LADDER DRILLS (2 sets)

- 10 boxes Single Foot (straight)
- 10 boxes Two Steps (straight)
- 10 boxes Zig Zag (two-foot jump)
- 10 boxes Zig Zag (2 steps in each box)

PLYOMETRICS (2 sets)

- 6 reps Squat Jumps
- 6 reps Broad Jumps
- 6 reps Bounding
- 25 Meter Dash (start with 10 pushups then go straight into sprint)

LIFTS & EMPHASIS ON VERTICAL JUMP HEIGHT (2 sets)

- 6 reps Squat Jumps onto or over something (Between sets do 10 bench dips)
- 6 reps Lateral Jumps (over something sideways)
- 10 reps Med Ball Double Pole Throws
- 8 reps Russian Twist Medicine Ball Throws (each side)
- 30 reps Classic Box Jumps X 3 (Between sets do 10 bench dips)
- 20 reps Rollerboard (do 6-10 pull-ups if you don't have a rollerboard)

Only for those not doing Yoga:

- 16 reps *Back Extension*
- 16 reps *Prone Plank Knee Extension on PB*
- 16 reps *Supine Knee Curls on PB*

Yoga (Only for the strong few...)

1:00 isometric strength, balance and flexibility

STRENGTH PART 3 (ROTATION 5)

Warm-Up

- 10 min jog
- 5 min jump rope

PLYOMETRICS (2 sets)

- 6 reps Squat Jumps
- 6 reps Broad Jumps
- 6 reps Bounding
- 25 Meter Dash

Lower Body (2 sets)

- 6 Squats
- 6 Lunges
- 6 Lateral Squats

Upper Body (2 sets)

- 10 Bench press
- 10 Shoulder Press
- 10 Overhead Tricep Extension
- 10 Pull Ups
- 6 Reverse Fly

Core Strength (2 sets)

- 10 Rollerboard
- 15 Sit-Up with Medicine Ball throw
- 15 Russian Twists with Medicine Ball
- 15 Classic Box Jumps
- 15 Skate Box Jumps

Yoga (Only for the strong few...)

1:00 isometric strength, balance and flexibility