

August

20-30 minute run or bike warmup.

Dynamic Warmup

- High knee skipping
- High knee Skipping with hamstring extension
- Gorillas - lateral shuffle + low-high arm-swings
- Noisy Hip Skip- forward - backward cross-skip
- Carioca
- Zig-zag bounds – forward and backward
- Side-skip (no cross-over)
- Zig-zag skip – forward and backward
- 2 + 1 bounds (2 forward + 1 lateral)
- HIGH-skip
- 5 min jump rope (bring your own jump rope)

LADDER DRILLS (2 sets)

- One In
- Two In (across the ladder)
- Two in (from the side of the ladder)

GENERAL STRENGTH

2 x 6 reps

- Press-Up Push Ups (*kneel, fall into pushup and push back up. Can do this on a box or all the way on the ground*)
- Dumbbell Swing - two-arm (*wide leg stance, dumbbell in one hand, swing the dumbbell between your legs and then over your head*)
- Dumbbell T's (*2 dumbbells, out to side at shoulder height, to from of body, down, up, and back out to side*)
- Dumbbell Push Ups (*do pushups on hand weights or something so your chest can go lower*)

FUNCTIONAL STRENGTH

1x8 unless otherwise indicated, use weights if it is easy for you

- Wide stance medball circle
- Medball figure 8's – up & down
- Medball Arc
- Medball rotational, one leg, overhead slam
- Squat with ground touch and toe raise
- Forward lunge with opposite toe touch
- Side lunge with opposite toe touch
- Alternating leg box jumps with high jump on top and alternating legs (forward)
- Jump squat with ground touch and high jump
- Single leg box jump
- Alternating skater squat (stay in middle and send leg out, touch floor with hands and outside foot)
- Skate box jumps (over the box sideways)
- Narrow to wide leg jumps, touch floor