

YEARLY STRENGTH PROGRESSION

April & May (Rebuilding)

Warm-Up

- 30 min jog
- 5 min jump rope

Ladder Drills (2 times each exercise X 10 steps)

- One ins
- Two ins
- Classic hops

Strength

Week 1: 2x10

Week 2: 2x 12

Week 3: 2x10

Week 4: 2x15

Week 5: 2x10

Week 6: 2x 12

Week 7: 2x10

Week 8: 2x15

- Goblet Squats
- Step-ups with knee drive
- Calf Raises
- Overhead Lift
- Bench Dips
- Push-ups
- Bent Over Row
- Pull-ups – Be creative!

Core #1 & Yoga

Rebuilding Core & isometric strength, balance and flexibility

June Strength

Core & Yoga – It is important to note that if you do not do core and yoga you need to add multiple exercises to the basic strength. This strength is based upon the knowledge that you will be doing core & yoga and therefore is missing some strength, balance, & flexibility elements.

Warmup Jog/bike between 20-40 – you can use this to get to the park!

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)

Movement Puzzles

- Bound - Inside Hop
- Snowflake - alternating lateral-bound + INSIDE rotational bound (clockwise & counter- clockwise)
- Bound - Outside Hop

Ladder Drills (2 times each exercise X 10 steps)

- 1-ins
- 2-ins
- One Legged Swings

General Strength (2x10)

- Single leg squats
- Back Lunges
- Medicine Ball Squats with toe raises
- Pull-Ups
- Bench Dips
- Wide-armed Pushups
- Seated Shoulder Press (bring your own weights or bands)
- Inverted pullups (rings)

Functional Strength

- Wall Med Ball – 180° twist (2x20)
- Squat with double-pole swings (bring your own weights) (1st set: swing DOWN as you squat; 2nd set: swing UP as you squat) (2x8)
- Side Lunge twist (2x20)
- Step up – switch feet on top of box (2x20)
- Squat Jump with floor touch (2x10)
- Twisting air punch (with weight) (2x10)

July (Max Strength)

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)

Lower Body (3x5 at 85-90% IRM*)

- Goblet Squat
- Romanian Deadlift (lower back, weights from knees to standing)
- Step Ups (with Weight)
- Russian Lunge (with back leg on something to isolate front leg)

Upper Body (3x5 at 85-90% IRM*)

- Overhead 2-handed tricep lift
- Bench Dips
- Kneeling Landmine Chest Press
- Tricep Extension

Core Rotation 2

Yoga – focusing on balance, strength, and mental

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

September

GROUP

Movement Warm-Up (15-20 meter; 15 min)

- forward - backward skip
- lateral shuffle + low-high arm-swings
- forward - backward cross-skip
- lateral quick-step carioca
- fwd - bkwd small zig-zag bounds
- side-skip (no cross-over)
- fwd - bkwd zig-zag skip
- HIGH-skip
- T Pushups 10 reps
- Wide-leg Down dog Twist 10 reps

Movement Puzzles – 2 coaches choice

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

LADDER DRILLS WITH SPRINTS (2 sets)

- One In
- Two In
- One Legged Swings – FAST

LOWER BODY (3 x 6 reps)

- Tuck Jumps
- Telemark Jumps

INDIVIDUAL

LOWER BODY (3 x 6 reps)

- Single Leg Box Jumps
- Double Leg Box Jumps

UPPER BODY (3 x 6 reps)

- Push Ups on something with handles
- Overhead Shoulder Press –
- Tricep Extensions
- Pull-ups

Yoga & Core

October

Movement Warm-Up (15-20 meter)

- High knees
- High knees with kick
- forward - backward skip
- lateral shuffle + low-high arm-swings
- forward - backward cross-skip
- lateral quick-step carioca
- fwd - bkwd small zig-zag bounds
- side-skip (no cross-over)
- fwd - bkwd zig-zag skip
- HIGH-skip

Jump rope 5 minutes

LADDER DRILLS (2 sets)

- 2X10 V2 simulation then 10m sprint
- 2X10 Forward Zig Zag (2 steps in each box) - sprint
- 2X10 Backward Zig Zag (2 steps in each box) – sprint

LEGS: (2 sets of each cycle)

- 1st cycle:
forward long jumps up / backward long jumps down
backward skate bounds up / forward skate bounds down
- repeat -
- 2nd cycle:
backward long jump up / forward long jumps down
forward skate bounds up / backward skate bounds down

UPPER BODY: (2 sets) 12 reps

- Overhead Med Ball Throws
- Med Ball Side Throws
- Med Ball Slams
- Press-Up Push Ups

CORE: (2 sets) 15 reps

- Bands Leg Back Pull Down
- Bands Leg Front Pull Down
- Bands Leg Side Pull Down (Both Sides)

Core 4 & Yoga

November

Warm-Up

- 10 min jog
- 5 min Jump Rope
- 3X20 Seconds Step-Taps

LADDER DRILLS 2 sets

- Backward Zig Zag (2 steps in each box) – sprint
- Front Leg Whip
- V2 Simulation

LEGS: Weeks 1&3=1 set, Week 2&4=2 sets) order is important

1. 20 Goblet Squat
2. 10 Squat Jump
3. 20 Front Lunge
4. 10 Scissor Jumps
5. 10 Goblet Side Squat (each leg)
6. 10 V2 Side to Side Jumps

UPPER BODY: (3 sets)

- 3-8 Pull-ups
- 20 Bent Over Row
- 20 Bench Dips

UPPER BODY: (Weeks 1&3=1 set, Week 2&4=2 sets)

- 20-40 Med Ball Double Pole

December - March (Maintenance)

Warm-Up

- 10 min jog
- 5 min Jump Rope
- 3X20 Seconds Step-Taps

LADDER DRILLS

- 2X10 Forward Zig Zag (2 steps in each box) – sprint
- 2X10 Backward Zig Zag (2 steps in each box) – sprint

LEGS: (1 set)

- 10 - Goblet Squat **straps & handles (wall): in-facing parallel-stance squat + 2-arm Nordic poles**
- 6 – Front Lunge, each leg
- 6 – Side Lunge, each leg

UPPER BODY: (1 set, 10)

- Pull-ups
- *Rings Reverse Push-ups or Reverse Flys (hand saw pulls*
- Ring Dips
- Push ups

CORE: (2 sets) Bands

- 8 reps Front
- 8 reps Both sides
- 8 reps Back