

# 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