

September

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)

- Single Leg Box Jumps
- Tuck Jumps
- Telemark 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