

August

Warm-Up

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

LADDER DRILLS (2 sets)

- One In
- Two In
- One Legged Swings

PLYOMETRICS (3 x 6 reps)

- Single Leg Box Jumps
- Squat Jumps
- Telemark Jumps
- Depth Jumps

VELOCITY LIFTS & EMPHASIS ON VERTICAL JUMP HEIGHT (3 x 6 reps)

- Press-Up Push Ups
- Dumbbell Swing - *one-arm*
- Dumbbell T's
- Dumbbell Push Ups