

August

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)

EMPHASIS ON VERTICAL JUMP HEIGHT (3 x 6 reps)

- Single Leg Box Jumps
- Squat Jumps
- Telemark Jumps
- Depth Jumps (Jump off something, down, and jump high)(find something soft to land on)

VELOCITY LIFTS

UPPER BODY (3 x 6 reps)

- Velocity Push Ups - Fall down and push up
- Overhead Shoulder Press
- Tricep Extensions
- Pull-ups