

	Jumping/Bounding	Lateral Movement Plyo	Core	
Week 1	Jump 2-leg in place land w/ good mechanics	Heiden and Hold	Side Plank	Front Plank
Week 2	Squat jumps in place continuous & hold last rep	Heiden and Hold	Side plank regular	1-limb lift - arm, arm, leg, leg
Week 3	Jump with partner push in air reactive holds	Heiden -Quick Jump and Hold	Side plank reg. increase time	1-arm/1-leg lift opposite
Week 4	Broad jump	Heiden -Quick Jump and Hold	Glute Med plank with upper leg lift	Prone Touches
Week 5	Single Leg hurdle hop and hold	Heiden - Continuous in Place	Same - increase time/reps	Prone 1-Arm Holds
Week 6	Single Leg hurdle hop with bunny	Heiden - Continuous in Place	Side Plank with extended arm	Stir the Pot
Week 7	Single Leg hurdle hop with bunny	Heidens moving in 45 degrees	Side Plank with extended arm	Stir the Pot with 12 o'clock reach
Week 8	Single Leg cont. hurdle hop	Heidens moving in 45 degrees	same - increase time	Stir the Pot with 12 o'clock reach

Movement Preparation		Balance	<i>*** Each session to begin with cold stretch circuit 50seconds on 10 second interchange</i>
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Sag. Strength	Cutting	Other Jump Progression	<i>*** End with entire group performing Proprioception Activity</i>
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Week 1	Split squat with hands behind head	Icky shuffle and hold	Clock Jump in place	1. Kneeling Hip Flexor stretch with foot to butt 2. Table Hamstring Stretch 3. Ankle Mob's 4. Lateral line stretch: either ITB or glute med work <i>Weeks 1,2 - SL Ceiling Look</i> <i>Weeks 3,4 - Eyes Closed</i> <i>Weeks 5,6 - W/ 12,3,9 Clock Reach</i> <i>Weeks 7,8 - W/ Partner Pertubations</i>
Week 2	Split squat with hands Behind head	Icky shuffle and hold	Clock Jump in place	
Week 3	Sag. Lunge in place	Icky shuffle	Clock jump with eyes closed	
Week 4	Sag. Lunge in place	Icky shuffle	Clock jump with eyes closed	
Week 5	Traveling lunge with thumb grab overhead	Icky Shuffle quick - quick	Lateral hurdle hop and hold	
Week 6	Traveling lunge with thumb grab overhead	Icky Shuffle quick - quick	Lateral hurdle hop with bunny hop	
Week 7	Traveling Linge w/ Ipsilateral Overhead Reach	Cutting Drill 45 degre cuts	Lateral hurdle hop with bunny hop	
Week 8	Traveling Linge w/ Ipsilateral Overhead Reach	Cutting Drill 45 degre cuts	Lateral hurdle cont. hop.	

Active Warm Up B

Traveling lunge with thumb grab overhead	distance x 10 yards
Anterior Reach	x 5 each
Lateral Alt Squat	x5 each
Squat jumps in place continuous & hold last rep	2 x 5
Heiden -Quick Jump and Hold	2x5 each
Glute Med plank with upper leg lift	5x5x5 second holds
1-limb lift - arm, arm, leg, leg	2x5 second holds per limb
Split squat with hands behind head	x 5 each
Clock jump with eyes closed	2x each leg
Lateral hop with bunny hop	x 3 each way, each leg (in and out)
Eyes Closed	2x15 seconds L/R

Active Warm Up B

Traveling lunge with thumb grab overhead	distance x 10 yards
Anterior Reach	x 5 each
Lateral Alt Squat	x 5 each
Squat jumps in place continuous & hold last rep	2 x 5
Heiden -Quick Jump and Hold	2x5 each
Glute Med plank with upper leg lift	5x5x5 second holds
1-limb lift - arm, arm, leg, leg	2x5 second holds per limb
Split squat with hands behind head	x 5 each
Clock jump with eyes closed	2 x each leg
Lateral hop with bunny hop	x 3 each way, each leg (in and out)
Eyes Closed	2x15 seconds L/R

Active Warm Up C

Traveling lunge with thumb grab overhead	distance x 10 yards
Anterior Reach	x 5 each
Lateral Alt Squat	x 5 each
Lateral cont. hop.	x 3 each way, each leg (in and out)
Partner Pertubations	2 x 15 seconds L/R
Sag. Lunge in place	x 5 each
Side Plank with extended arm	5 x 5 x 5 second holds
Bird-Dog	1 x 5 x 5 seconds each
Heiden - Continuous in Place	2 x 5 each
Jump with partner push in air reactive holds	3 x 0 2
Clock Jumps with eyes closed and arms OH	2 x each leg

Active Warm Up/ Stretching	Description of Exercises	Tips	Phase- Aug, Sept, Oct
***For All Active Warm Up: Do not stop and take steps between reps. Go right into next rep. Maintain balance.			
Knee Hugs	Grab Knee with both hands and pull towards chest. Point toes to sky on pull leg. Get tall through stance leg.	Do not pull knee to side.	All Phases
Quad Pulls	Grab ankle of leg being stretched and pull your heel to your butt.	Do not let knee come out to the side. Make sure hip on stretch leg is fully extended.	All Phases
Reverse Anterior Reach	Stand on one leg and slightly bend knee. Kick back with other leg keeping it straight. Reach forward with arms simultaneously bending at hips.	Do not rotate at hips. Back leg and upper body move as one unit.	All Phases
High Knees	Simulate running motion while driving knees to the sky. Toes pointing to sky as well. Rapid pace.	Do not let knees come out to side. Drive up and out.	All Phases
Butt Kicks	Simulate running motion while bring heel to butt each step. Rapid pace.	Do not rotate feet to either side.	All Phases
Cariocas	Moving laterally, rapid paced cross overs. 1: Drive trail knee up and towards lead leg. Crossover. 2: Bring trail foot behind lead foot. Repeat continuously for both sides..	Do not rotate upper body. Motion comes from hips.	All Phases
Leg Cradles	Place one hand on knee and one hand on ankle. Pull leg to chest while rotating knee outward.	Do not pull only at ankle. Pull knee and ankle together to prevent torque on knee.	All Phases
Lateral Lunge	Step to side, step leg bent, back leg straight. Sit back into hips and stay tall with upper body.	Do not lean forward with upper body. Do not let knees cave inwards.	All Phases
Walking Lunge	Take step forward, drop down into lunge without touching back knee to ground. Reach arms above head and pull up to the sky.	Keep both feet in line. Do not let low back arch. Push hip forward without curving back.	All Phases
Kneeling Rockers	Get on all fours. Stick left leg out to side. Rock straight backwards.	Do not round lower back. Do not over force this stretch.	All Phases
Side Shuffle	Moving laterally, push off back leg propel towards lead leg. Land with feet shoulder width apart. Repeat both sides.	Should not feel "pulling" in lead leg.	All Phases
Marches	Controlled pace. Drive lead knee towards sky, getting tall with trail leg. . Drive lead leg into ground. Repeat on opposite leg. Repeat continuously.	Fire glutes when driving into ground.	All Phases
World's Greatest Stretch	1: Get in push up position. Place right foot next to right hand while keeping left leg straight. 2: Take right hand and rotate it outwards and reach for the sky. 3: Return hand to ground and lean back and pull back on right leg while straightening right leg out. Repeat for left.	1: Make sure to look at ground to maintain proper neck posture. 2: Do not rotate at hips, only at upper back. 3: keep back leg straight.	All Phases
Calf Stretch	Push up position. Pull back on heel with opposite foot while keeping stretch leg straight.	Keep knee straight.	All Phases
Kneeling Hip Flexor stretch with foot to butt	In lunge position, grab trail ankle with corresponding hand and bring heel to butt. Press trail hip forward without arching your low back. Reach for sky with opposite hand.	Keep feet in line.	All Phases

Jumping/Bounding	Description of Exercises	Tips	Phase- Aug, Sept, Oct	Reps
Jump 2-leg in place land w/ good mechanics	Stand with hands at your side. Slightly bend at the knees and jump straight up.	Land on both feet bending your knees, hips, and torso to make a soft landing.	Aug	10 Reps
Squat Jumps in place continuous & hold last rep	Start with feet shoulder width apart and hands by side. Bend the knees, hips, and torso and jump to your max height. Land on both feet bending your knees, hips, and torso to make a soft landing.	Do not let knees cave inwards during landing.	Sept	2 x 5
Heiden -Quick Jump and Hold	Single leg hop side-to-side and holding when you return to the original leg.	Make sure to have good stability before jumping to the other leg.	Sept	2x5 each
Glute Med plank with upper leg lift	Laying on one side. Top hand on hip. Bend knees to 90.° and keep head, shoulder, hip, and ankle in straight line. Prop up on elbow, knees, and feet.	Do not roll hips forward. Do not allow hips to hike up towards ceiling or dip down towards floor.	Sept	5x5x5 second holds
1-limb lift - arm, arm, leg, leg	Get on all fours. Hands underneath shoulders, knees under hips. Arm: Reach forward with arm without shifting weight. Leg: Kick leg straight back without shifting weight.	Controlled motions. Do not shift side to side or back and forth. Keep back flat and tuck chin.	Sept	2x5 second holds per limb
Split squat with hands behind head	Start in split squat position with slight stagger in feet and hands above head, Relax back leg and keep body weight over middle of front foot,	Keep posture tall while you lower your body by flexing at the hips and knees.	Sept	x 5 each
Clock jump with eyes closed	Same as Clock Jump in Place, but with eyes closed.	Land softly but controlled, Anticipate next jump.	Sept	2x each leg
Lateral hop with bunny hop	Start in athletic position with feet shoulder width apart. Explosively jump to the side. Land softly on heels with knees bent and hips back.	Keep knees straight ahead on landing and posture good. Pause after each jump and reset your position for perfect form	Sept	x 3 each way, each leg (in and out)
Eyes Closed	Stand on one leg with hands on hips. Keep eyes closed while maintaining balance.	Slightly bend knee. Do not allow arch of foot to collapse inward.	Sept	2x15 seconds L/R
Heiden and Hold	Single leg hop side-to-side and holding on each bound.	Make sure to have good stability before jumping to the other leg.	Aug	2x5 each
split squat	Start in split squat position with slight stagger in feet. Relax back leg and keep body weight over middle of front foot. Keep posture tall. Initiate movement at front hip. Keep back leg relaxed and posture strong and over front foot. Drive through front hip to return to neutral. Keep body weight over middle of front foot	Make sure that the center of gravity is not over front hip.	Aug	x 5 each
Traveling lunge with thumb grab overhead	From standing position with hands over head, lunge forward with your right leg, touching your left knee to the ground. Smoothly stand up putting weight on your right leg, then lunge forward with the left leg, touching your right knee to the ground.	Make sure that you keep your front knee over your ankle.	All Phases	distance x 10 yards
Anterior Reach	Start standing square with slight flexion at both knees. Keep neutral spine during the movement. Bend at the hip and maintain both knee angle and neutral spine. Push both hip and knees back to ensure hip hinge and limit flexion through vertebral column. Drive through the heels and squeeze glute.	Keep neutral spine during the movement.	All Phases	x 5 each
Lateral Alt Squat	Start with feet together, beginners place hands directly out in front of you. Actively lunge out to side keeping toes straight ahead. Keeping core tight sit back keeping body weight over inside ball of foot involved. Keep other leg straight Push through hip to return to neutral and repeat to the other side.		All Phases	x5 each

Balance	Description of Exercises	Tips	Phase- Aug, Sept, Oct	Reps
Clock Jump in place	Standing on one leg, jump in air while turning your body to one side. Do a 1/4 turn. Land in same body position as start.	Land softly but controlled, Anticipate next jump.	Aug	2 x each leg
Lateral hop and hold	<ol style="list-style-type: none"> 1. Start in athletic position with feet shoulder width apart. 2. Explosively jump to the side. 3. Land softly on heels with knees bent and hips back. 4. Hold that position for 5 seconds then reset before jumping to the other side. 	Keep knees straight ahead on landing and posture good.	Aug	x 3 each way, each leg (in and out)
Lateral cont. hop.	Start in athletic position with feet shoulder width apart. Explosively jump to th side. Land softly on heels with knees bent and hips back. Continue to jump side to side.	Keep knees straight ahead on landing and posture good.	Oct	x 3 each way, each leg (in and out)
Partner Pertubations	Stand on one leg and balance while partner taps body.	Slightly bend knee. Do not allow arch of foot to collpase inward.	Oct	2 x 15 seconds L/R
Sag. Lunge in place	From standing, lunge forward with your right leg, touching your left knee to the ground. Smoothly reverse to standing and repeat on the other leg.	Make sure that you keep your front knee over your ankle.	Oct	x 5 each
Side Plank with extended arm	Same as Side Regular Plank, but reach top hand to sky.	Do not roll hips forward. Do not allow hips to hike uo towrds ceiling or dip down towards floor.	Oct	5 x 5 - 5 second holds
Bird-Dog	Same start as 1-limb Lift. Reach arm forward while simultaneously kicking opposite leg back (ex. Reach R arm, kick L leg)	Controlled motions. Do not shift side to side or rotate. Keep back flat and tuck chin.	Oct	1 x 5 - 5 seconds each
Heiden - Continuous in Place	Single leg hop side-to-side without stopping.	Make sure to have good stability before jumping to the other leg.	Oct	2 x 5 each
Jump with partner push in air reactive holds	Jump in air. Partner will provide push in one directions. Maintain body control and land as if doing a squat jump.	Land on both feet bending your knees, hips, and torso to make a soft landing.	Oct	3 x 2
Clock Jumps with eyes closed and arms OH	Same as Clock Jump in Place, but with eyes closed and arms above head.	Land softly but controlled, Anticipate next jump.	Oct	2 x eac h leg
<u>Propioception Activity</u>	Description of Exercises	Tips	Phase- Aug, Sept, Oct	Reps
SL Ceiling Look	Stand on one leg with hands on hips. Look up at ceiling while maintaining balance.	Slightly bend knee. Do not allow arch of foot to collpase inward.	Aug	2 x 15 seconds L/R