

Week 9 - Sport- Specific Power -Agility- Quickness #1

Warmup

Dynamic Warmup	10-May	min
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Notes

Movement Prep		Set 1	Set 2	
	Plyometrics			
1	Jump Rope (All Variations)	6 min.		
2	Skater Jump- Stick the landing	4 ES	4 ES	jump from one foot as high and as far to the opposite side as possible. Land with the opposite foot. Stick the landing and pause for 2 seconds.
3	Skater Jumps with Pogo- Continuous	4 ES	4 ES	jump from one foot sideways quickly as far horizontal as possible. Upon landing with the opposite foot pogo as high vertically as possible. Land on the same foot and then skater jump back to the other side, followed by a vertical pogo jump. Do this continually back and forth.
4	Body Weight Bualgarian Split Squat Jumps	4 ES	4 ES	Put back foot on a bench, slight lean forward, jump continuously on front foot bringing knee up as high as possible.
5	Depth Drop with Jump	4	4	Drop from a box or chair, immediately rebound jumping as high as possible.
6				

Functional Strength Training

Objective: Go as heavy as possible while keeping good form.

		Set 1	Set 2	Set 3	
1A	Single Leg DB KB Squat sit	4 EL	4 EL	4 EL	Stand on one leg in front of a bench or box. Slowly squat with one leg until butt touches the bench. Squat back up. Use a weight that is challenging that you can do with good form. It's easy to fall off balance, focus on tight core to keep balance
1B	DB Shoulder Press	8-12	8-12	8-12	Do a two armed shoulder press with dumbbells
2A	Hip Thrust DB or Barbell (heavy)	8-12	8-12	8-12	Chin to chest during the entire movement. Lower leg should be straight up and down. If you don't have weights, do a single leg with a weighted backpack or use another person
2B	Single Arm Bent Over Dumbell Row	8-12	8-12	8-12	Keep back straight, support yourself with off hand
3	Squat Jumps with Dumbbells Continuous	6-10	6-10	6-10	Squat with dumbbells at side, jump as high as possible. Land and immediately squat and jump up again. Perform this movement continuously all reps in a row.
4A	DB Skull Crushers	12-15	12-15	12-15	Google "skull crushers"
4B	DB Alternating Bicept Curls	8-12	8-12	8-12	Get into a deep split squat position. Hold your body in that position while you perform dumbell curls. Perform curls with the arm that is opposite of the front leg. Keep core tight, curls should be slow and controlled, even though the split squat position is hurting.
5A	Body Saw- Planks	10	10	10	Get in plank position on elbows with feet close together move your body back and forth like a "saw" going from your toes bent to tippy toes.
5A	Copenhagen plank	30 sec ES	30 sec ES	30 sec ES	Google "copenhagen plank". I this hurts your hips or groin, a modified version can be done from the floor. Get into side plank position and then take the leg closest to the ground and bring the knee into the chest while raising the foot off of the ground.

Cooldown: Walking or Stretching