***TWICE A WEEK***

All of these drills help to improve core sprint/agility techniques:

* Reactivity and explosiveness – how fast force is applied to the ground
* Low body angle – keeping a forward lean so as to apply force backward, to propel the body forward

Jog/Stretch

Jumping Jacks – 2 x 30 sec

Cross Jacks – 2 x 30 sec

1 Leg Run Form (Quick explode up) – 10 each side then run in place 30 seconds

1 Leg X-Hop (20 sec) – Overall a ball

2 Leg X-Hop (20 sec) – Overall a ball

Planks

* Normal Plank – 30 sec min (work to 120)
* Plank Mtn Climbers
* Lateral Plank & Reach – 12 each side

Knee Taps – Start with 1 2 3 tap 1 knee

* Tuck Jumps (10 x 3) – 1 2 3 tuck jump
* Tuck Jump Forward – 20 yards 1 way then back
* Hitch Hops – 1 leg forward 20 yards and back

Lunge Front Leg Explosions (8 Each side)

***WATER***

Forward Zig Zag Lateral Hops (cone to cone)

Hold Back (w/ Bands or belt) “Let Go” – 20 yard sprints (10x3)

* Hold partner back, runner bends to roughly 30-45 degrees
* Runner begins, 4-5 steps in yell LET GO
  + Drive Elbows Back, punch the sky

One Leg Stick – Ability to maintain body control, change direction

* Jump Forward 1 legged – Land on one leg, stay on one leg
  + 3 sets x 5 jumps
  + Stick with extension

Heisman Lateral Stick

* 3 Step Shuffle – Stick, 3 step shuffle back, stick

***WATER***

Jump Back Sprints (2 x 2)

* Face Fence, lateral hop left, lateral hop right, turn and sprint 20 yards
* Hop Back Sprint (set feet position in the air (feet Split))

5 10 5 Ball Chase

Med Ball Throwing

* Jump Back Throw (Each side x 5) (Or as team)
  + w/ Partner, back and forth

Add:

* Throwing Speed Competition
* Warm Up Throwing: (2 Groups)
* pushups, plyo pushups, lateral pushups
* Crab Start Sprints (teaches hips turning in direction of sprint ASAP)
* Farmer Carry – 20 yard x 4
* Superman / SupermanBanana