

Dynamic Warm Up & Plyos

Warm-Up (10-15min)

Raise:

- Jog/Bwd x2
- Side Shuffle + Arm Swing
- Carioca
- Skips Fwd/Bwd

Activate:

- Fire Hydrant Series x 10ea
- DL/SL Glute Bridges x 10ea
- Fwd to Reverse Lunge x 4ea (Fwd + Rev = 1)
- SL RDL x8ea

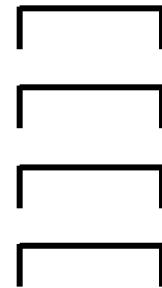
Mobilize:

- Straight leg kicks
- Quad Pulls
- Figure 4
- Lateral Lunges

Potentiate: (Increase speed)

- Fwd/Bwd, Shuffle, High Knee Shuttles x2 ea
(up and back next to hurdles/cones)

20 yards

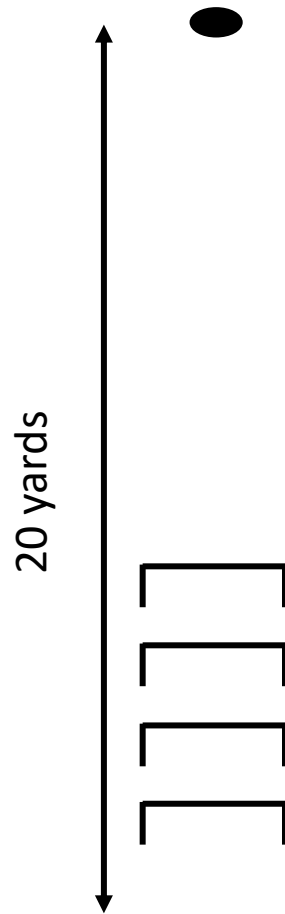


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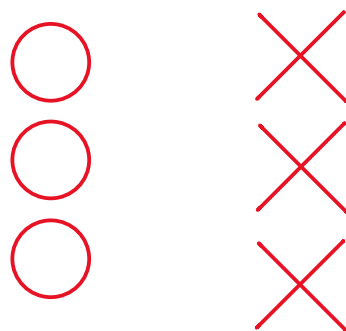
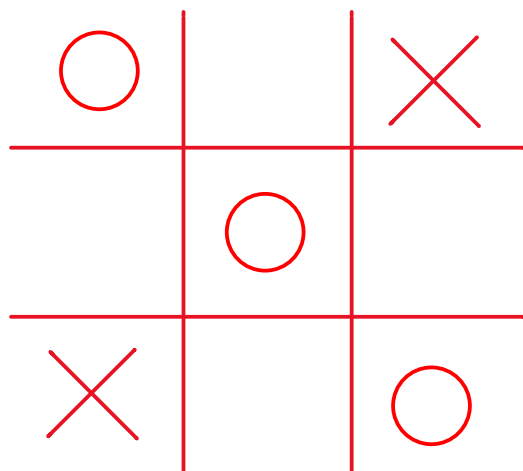
Plyos (10-15min)

- Pogos Fwd x2
- Pogos Lateral x2
- Hurdle Hops + Accel Fwd (stick, hold low, explode) x2
- Hurdle Hops + Accel Lateral x2ea
- Repeated Hurdle Hops + Accel Fwd x2
- Repeated Hurdle Hops + Accel Lateral x2ea

*Can be done with cones, if hurdles are not available .



Short Sharp Conditioning



Tic-Tac-Toe Relays

Goal:

Build the up your ability to make explosive efforts, delaying effects of fatigue

Equipment:

- Sticks or cones to make grid
- Cones or Pinnies (2 different colors)

Explanation:

- Grid is set up 20-25yds away
 - 3-4 players per team
- Player 1 sprints down, places marker in a spot, sprints back to team.
- Player 2 & 3 repeat this process trying to get 3 in a row.
- If all markers are out and there is no winner, players continue to sprint and move pieces until a winner is found (2-3 minute time cap)



Short Sharp Conditioning

Ship to Shore

Goal:

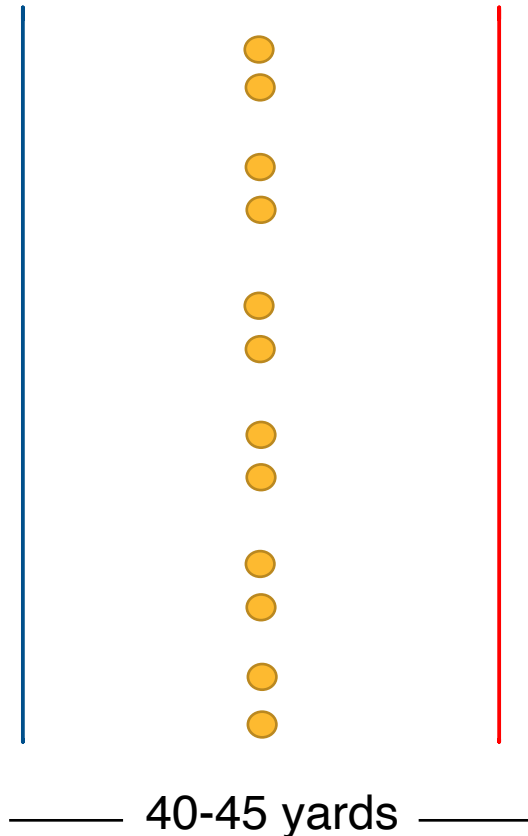
Build the up your ability to make explosive efforts, delaying effects of fatigue

Equipment:

- 3 different color cones

Explanation:

- Players stand face to face in between both sides of field.
- Coach calls color or side, players race opponent through the line.
- Players take a light jog back to the middle and get set for next round
- Best of 3 series, winner bumps up loser bumps down.



Short Sharp Conditioning

Repeated Sprints

Goal:

Build the up your ability to make explosive efforts, delaying effects of fatigue

Equipment:

- Cones

Explanation:

- Working and Resting in a 30sec window
- Players run from side A to side B as fast as possible
 - Rest for the remainder of the 30 sec window
- As soon as the 30 sec window expires, players proceed to run as fast as possible from side B back to side A
 - 6 to 8 reps, take a 3 minute rest period
 - Complete 2-3 total sets

