

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVE WARMUP <i>@ 2 x 20 meters</i> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	ACTIVE WARMUP <i>Hurdles 2 X's</i> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's	ACTIVE WARMUP <i>@ 2 x 20 meters</i> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	ACTIVE WARMUP <i>Hurdles 2 X's</i> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's	ACTIVE WARMUP <i>@ 2 x 20 meters</i> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	ACTIVE WARMUP <i>Hurdles 2 X's</i> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's
EVERYDAY DRILLS X 10 1. Unit turns 90/180/270/360 2. Wheels 3. 360 Wheels 4. Wall Pivots 5. Riedel Pivots	EVERYDAY DRILLS X 10 1. Blk. Heel / Pwr. Heel 2. Blk. Heel / Pwr. Heel Hip Pop 3. 1, 2, 3, 4's Powers 4. Kneel & Arm Strike 5. Stand & Arm Strike	EVERYDAY DRILLS X 10 1. HOH Hip Pop 2. MB Hip Pop 2 hand 3. MB Hip Pop step back 4. 1-2's F & B 5. Bunge Discus F & B	EVERYDAY DRILLS X 10 1. Unit turns 90/180/270/360 2. Wheels 3. 360 Wheels 4. Wall Pivots 5. Riedel Pivots	EVERYDAY DRILLS X 10 1. Blk. Heel / Pwr. Heel 2. Blk. Heel / Pwr. Heel Hip Pop 3. 1, 2, 3, 4's Powers 4. Kneel & Arm Strike 5. Stand & Arm Strike	EVERYDAY DRILLS X 10 1. HOH Hip Pop 2. MB Hip Pop 2 hand 3. MB Hip Pop step back 4. 1-2's F & B 5. Bunge Discus F & B
PLYOMETRICS 1. Jump Rope 2 X 60 sec 2. Single Leg Hops 30 3. Box Drops 10	PLYOMETRICS 1. Mini hurdle hops 20 2. Stair Bounding 4 flights 3. Leg Switches 10	PLYOMETRICS 1. Jump Rope 2 X 60 sec 2. Single Leg Hops 30 3. Box Drops 10	PLYOMETRICS 1. Mini hurdle hops 20 2. Stair Bounding 4 flights 3. Leg Switches 10	PLYOMETRICS 1. Jump Rope 2 X 60 sec 2. Single Leg Hops 30 3. Box Drops 10	PLYOMETRICS 1. Mini hurdle hops 20 2. Stair Bounding 4 flights 3. Leg Switches 10
TECHNIQUE WORK GLIDE Drills & Throwing	TECHNIQUE WORK Drills & Throwing	TECHNIQUE WORK Drills & Throwing	TECHNIQUE WORK Drills & Throwing	TECHNIQUE WORK Drills & Throwing	TECHNIQUE WORK Drills & Throwing
STRENGTH WORK 30 S 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups	STRENGTH WORK 30 S 1. Statue Squats 2. Fingertip Pushups 3. Single leg Deadlifts 4. Back Extensions	STRENGTH WORK 30 S 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups	STRENGTH WORK 30 S 1. Statue Squats 2. Fingertip Pushups 3. Single leg Deadlifts 4. Back Extensions	STRENGTH WORK 30 S 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups	STRENGTH WORK 30 S 1. Statue Squats 2. Fingertip Pushups 3. Single leg Deadlifts 4. Back Extensions
MED BALL DRILLS X 10 1. Overhead Pass 2. Chest Pass 3. Hammer Toss 4. Granny Toss Height	MED BALL DRILLS X 10 1. Over back Toss 2. Granny Toss Front 3. Discus Toss 4. Shot Press	MED BALL DRILLS X 10 1. MB Floor Slams 2. ½ knee Rot. Throws 3. Squat & Press 4. Wood Choppers L & R	MED BALL DRILLS X 10 1. Overhead Pass 2. Chest Pass 3. Hammer Toss 4. Granny Toss Height	MED BALL DRILLS X 10 1. Over back Toss 2. Granny Toss Front 3. Discus Toss 4. Shot Press	MED BALL DRILLS X 10 1. MB Floor Slams 2. ½ knee Rot. Throws 3. Squat & Press 4. Wood Choppers L & R
WEIGHTS Bench, Squats, Push Press	WEIGHTS Cleans, Snatches	FUN STUFF	WEIGHTS Bench, Squats, Push Press	WEIGHTS Cleans, Snatches	FUN STUFF
FLEXABILITY 30 SEC 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	FLEXABILITY 30 SEC 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles	FLEXABILITY 30 SEC 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	FLEXABILITY 30 SEC 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles	FLEXABILITY 30 SEC 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	FLEXABILITY 30 SEC 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles