

**WARM UP:**

1. **Easy Forward Jog:** Down to halfway line and back
2. **Shuttle Run (sideways):** Turn sideways, lead with right foot down to halfway line; lead with left foot returning to goal line
3. **Backwards Jog:** Down to halfway line and back

**STRETCH:**

1. **Calf:** On all 4's in "V" position; right heel to ground and hold for 30 sec; repeat on left
2. **Quads:** Stand upright on 1 leg, bend right knee, grab ankle, pull foot to butt and hold for 30 sec; repeat on left
3. **Figure 4 Hamstring:** Sit on ground, right leg straight, left knee bent, lean over right leg and hold for 30 sec; repeat on left
4. **Groin:** Sit on ground, legs spread apart, lean forward to center and hold for 30 sec; repeat to right & left
5. **Hip Flexor:** Lunge forward with right leg, push hips forward and hold for 30 sec; repeat on left (if able, can kneel on one knee, balance, and pull opposite foot to butt)

**STRENGTH:**

1. **Russian Hamstring:** Kneel on ground, have partner brace ankles down, lean forward without bending at waist, 2 sets of 10
2. **Walking Lunges:** Straight back, lunge forward alternating right then left knees over toes, stable core; down to halfway line and back
3. **Single Toe Raise:** Stand on right leg, balancing with left knee bent; slowly rise up right toe 30x; repeat on left

**PLYOMETRICS:**

**REMEMBER: PROPER LANDING TECHNIQUE:** Land on balls of feet, knees bent, slight forward flexion at waist and knees over toes

1. **Lateral/Side-to-Side Hops:** Hop over a line, short cone, or sweatshirt on ground, side to side (right/left); 20x
2. **Forward/Backward Hops:** Hop over a line, short cone, or sweatshirt on ground, forward and backward; 20x
3. **Single Leg Hops:** Stand on right leg alone and hop forward/backward over a line, short cone, or sweatshirt on ground landing on right leg; 20x; repeat on left
4. **Vertical Jumps:** Begin in slight squat position, have partner toss ball toward head, jump straight upward heading the ball back to partner; 20x
5. **Scissor Jumps:** Lunge forward with right leg leading, jump in air, switch legs, land in lunge with left leg leading; 20x

**AGILITY:**

**4-6 cones placed on diagonals down/across full field**

1. **Shuttle Run (sideways):** Start at cone #1, sidestep/shuffle to cone #2, pivot on the lead leg to sidestep/shuffle leading with opposite leg to cone #3, repeat pattern switching lead legs at each cone; jog around outside to return to cone #1 at end of pattern
2. **Diagonal/Pivot Run:** Start at cone #1, sprint forward to cone #2, pivot off right foot, sprint backward to cone #3, pivot off left foot, repeat pattern switching from forward to backward sprinting at each cone; jog around outside to return to cone #1 at end of pattern
3. **Bounding Run:** Run down to halfway line by flexing hips and bringing knees up high to chest; return to goal line