

Strength and Agility Training

Ball handling to warm up. One stationary. One on the move finish.

A Day Upper Body Focus

1. 2 sets handstands
2. 40 second planks.
3. Plate lifts
4. Push Ups / Curls
5. Side Tricep Push Ups. from Jess. Lie on side. 2 sets of 10 each side
6. Skull crushers. 2 x 10 each side
7. Bar on Floor to overhead press. 2 sets of 8. Lift, rack, squat, return to floor. (just overhead press for lzz?)
8. Chest fly / Lat pull from laying on back.
9. Side delt fly / upright row

Legs

1. Down and back defensive slides: very low and slow defensive slide.
2. Skaters. 2 sets of 10.
3. Broom jumps on the mat. 2 sets of 10.
4. Wall touches. Right, Left, Both. 1 set of 10
5. Reverse lunges. 2 sets 10
6. Foot fire. 2 sets of 30 seconds
7. One foot jump races to 20. (front to back, side to side)
8. Drop into a deep squat and jump as high as you can. 2 sets of 10.
9. Drop from the box and explode. 1 set of 8.
10. Side to side on the box. Start with one leg up.
11. Defensive slide races. Use the lines. Everyone races at least 3x
12. Hills

Down Dog Calf stretches, ankle circles, sit on calves, ankle forward, 90s hip, on one knee hip flex