

TRAINING COMPONENTS

MOBILITY JOG CIRCUIT #1

Weave 50m
Backwards 50m
Side Shuffle Rt. 50m
Side Shuffle Lt. 50m
Arm Circles 50m
Arms Across 50m
Skip Lunges 50m
Skip 50m

MOBILITY JOG CIRCUIT #2

Backward Weave 50m
Side Shuffle Lt 50m
Side Shuffle Rt. 50m
Skip 50m
Jog 2,3 Reach 50m
Arm Across 50m
Swedish Bnds. 50m
Jog 50m

MOBILITY JOG CIRCUIT #3

Stride 50m (20 prisoner sqt)
Backwards 50m (20 speed sktrs)
Stride 50m (20 ankle jumps)
Side-Side Lt. 50m (20 wipers)
Side-Side Rt. 50m (20 mtn climbs)
Stride 50m (20 toe raise)
Jog 50m (20 calf raise)
Stride 50m

MOBILITY JOG CIRCUIT #4

Jog 100m (10 burpees)
Lt Stride 100m (10 donkey kicks)
Jog 100m (10 push ups)
Lt Stride 100m (30 crunches)

MOBILITY JOG CIRCUIT #5

Jog 100m (20 lunges)
Lt Stride 100m (20 bckwrld lunges)
Jog 100m (20 side lunges)
Lt Stride 100m (20 good mornings)

DYNAMIC FLEXIBILITY #1

Plows
Cat Stretches
Iron Crosses
Scorpions
Back Leg Drives
Fire Hydrants
Side Leg Swings
Flutter Kicks
Back Hypers
Opposite Touches

DYNAMIC FLEXIBILITY #2

Single Plows
Lead Leg Lifts
Trail Leg Lifts
Inverted Scissors
Inverted Cross Scissors
Inverted Bicycles
Scorpions
Iron Crosses
Ankle Jumps
Figure Skaters

DYNAMIC FLEXIBILITY #3

Plows
Hurdle Switches
Back Leg Drives
Fire Hydrants
Side Leg Swings
Opposite Touches
Inverted Scissors
Inverted Bicycles
Inverted Cross Scissors
Back Hypers

MUSCLE MOBILITY #1

Leg Tucks
Wipers
Mountain Climbers
Donkey Kicks

MUSCLE MOBILITY #2

Prisoner Squats
Ankle Jumps
Good Mornings
Speed Skaters

FENCE DRILLS #1

Trail Legs
Sagittal Leg Swings
Frontal Leg Swings

FENCE DRILLS #2

Knee Drives
Foot Paws
Side Leg Lifts

6 HURDLE ABC's

A Skips
B Skips
C Skips
Skip Over

6 HURDLE MOBILITY #1

Side Straddles
Single Leg Left
Single Leg Right
Walk Overs

6 HURDLE MOBILITY #2

Side Kicks
Over 2 Back 1
Under Overs

6 HURDLE MOBILITY #3

Hurdle Snakes
Hurdle Hops
Left -Right

SPEED DEVELOPMENT #1

Toe Taps
Butt Kicks
Straight Leg Shuffle
Ankling
High Knees
Skipping "A"
Backward Run
Side-Side Hops
Fast Leg Rt.
Fast Leg Lft.
Alternate Fast Leg
Straight Leg Bnds
40m Stride
50m Stride

SPEED DEVELOPMENT #2

Ankling
Butt Kicks
High Knees
Skipping "A"
Skipping "B"
Skipping "C"
Backward Run
Carioca
Alternate Fast Leg
Straight Leg Shuffle
Power Skip
High Knee Run
40m Stride
50m Stride

ACCELERATION DRILL #1

Skip and Stoop
Toe Taps
Straight Leg Shuffle
Inch Worm
Skipping "A"
Double "A"
High Knees
Skipping "B"
Double "B"
Quick-Rise-Go
3 Pt Stance
4 Point Stance
10 m Accels
20m Accels

ACCELERATION DRILLS #2

Skip and Stoop
Side-Side
Butt Kicks
High Knees
Backward Run
Toe Taps
Ankling
Straight Leg Shuffle
Partner Resist
Power Skip
10m Quick Feet
Ankle, Shins, Knees
10m Accels
20m Accels

TRAINING COMPONENTS

JUMPING DRILLS #1

Walking Lunges
Static Lunges
Side Slides
Backward Lunge Walks
Toe Raise Walks
Walking "A"
Walking "B"
Skipping "A"
Skipping "B"
Carioca
Power Skip
Straight Leg Bnd
Ankle Pops
20m Stride
30m Stride
40m Stride

JUMPING DRILLS #2

Inch Worms
Skip and Stoop
Power Side-Side
Carioca
Toe Taps
Butt Kicks
High Knees
Power Skip
Straight Leg Bnd
Ankle-Shin-Knees
Left Leg Fast Leg
Rt Leg Fast Leg
Alt Fast Leg
20m Stride
30m Stride
40m stride

SHIN CIRCUIT #1

Toe Walks
Bkwrld Toe Walks
Duck Walks
Pigeon Walks
Heal Walks

SHIN CIRCUIT#2

(Partner Assisted)
Toe Downs
Toe Ups
Side Resist
X Resist

SHIN CIRCUIT #3

(In SAND/TIMED)

Toe Taps
Front Hops
Forward Jog
Backward Jog
Side Shuffle Rt
Side Shuffle Lft

MED BALL BOOMER

Chest Pass
Underhand Fwrld
Overhead Bkwd
Hammer Throw Lft
Hammer Throw Rt

MED BALL SOONER

Chest Pass Hop
Underhand Fwrld Hop
Underhand Fwrld 2 Hop
Overhead Bkwd Hop
Overhead Bkwd 2 Hop

MED BALL CRIMSON

Back 2 Back
Foot 2 Foot
Under Over
Figure 8 Toss
Overhead Crunch

MED BALL CREAM

Interlocking Abs
Lft Leg Chest Pass
Rt Leg Chest Pass
Lft Leg Lunge Chest Pass
Rt Leg Lunge Pass

LAP of ABS #1

Crunches
Reverse Crunch
Toe Touches
Straight Leg Lift
Bicycles
Side Ups (each side)
Mad Maxes
Butterflys
Opposite Leg/Elbow

LAP of ABS #2

Sit Ups
Opposite Touches
Flutter Kicks
Supermans
V Sits
Long 2 Shorts
Crunch Reach
Reverse Crunch
Straight Leg Lift