



➤ **Warm-up (8 minutes)**

1. Jog in place (20 steps)
2. High Knees, High Heels (10 each)
3. Open Gate, Close Gate (10 each)
4. Cross Kicks (below waist height and above waist height) (10 each)
5. Straight kicks (below waist heel extended, above waist toe extended) (10 each)
6. Tiptoe walk (stepping side to side) (20 steps)
7. Heel walk (stepping side to side) (20 Steps)
8. Kickbacks and kick outs (10 each)
9. Skipping (low power skip, regular, and for height) (10 each)
 - 2 sets

➤ **Standing Strength training (17 minutes) 3 Sets of everything**

1. Lunge Series w/ jump when switching {Lower Body strength and core stability}
 - 4-3-2-1 reps
 - ❖ Inside-Outside w/ hop when ready (30 seconds, each foot)
2. Scissor Bounding around ball {Proprioception and explosiveness}
 - 20 seconds
 - ❖ “V” Turns, Pull-Push-Switch feet
 - 30 seconds
3. Squat w/ ball in throw in position, base of skull, chin up {Lower body strength and posture}
 - 20 reps
 - Lateral Ski Jumps over ball {Explosiveness}
 - 10 jumps
 - ❖ Box-Box-Roll
 - 30 seconds

➤ **Seated Strength (12 minutes) 2 Sets of everything**

1. Throw-In Crunch w/ slight twist {Core stability and strength}
 - 20 reps
 - ❖ Toxes for 30 seconds
2. Horizontal Jacks {Core stability and Hip flexor strength}
 - 10 reps
 - ❖ Yo-Yo for 30 seconds each foot
3. Glute Bridge (30 sec) {Glute and hamstring strength}
 - High Reverse Plank w/Leg cross (10 crosses) {Shoulder and chest stabilization w/ core strength}
 - ❖ Alternating Boxes-Toe Taps, 5 and switch
 - 30 seconds

- ❖ Alternating Boxes-Toe Taps, 5 and switch
 - 30 seconds

- **Cool down (10 minutes)**

1. Jog in place (30 steps)
2. Slow Skip (20)
3. Dynamic Slow Shuffle (30 sec)
4. Kicks (10 each)
 - Cross
 - Back
 - Out Wide
5. Jog in place (30 steps)
6. Open/Close gate (10, each)
7. 3-minute jog in place