



❖ **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 (12 minutes)**

1. Calf Raise w/ Knee Drive {Calf strength and proprioception} (7 reps), Switch legs
2. Calf Raise w/ Single Leg Hop {Proprioception with lower body strength} (7 reps), Switch legs
3. Lateral Bounding {Lower body stability and explosiveness} (20 reps)
 - ❖ 30 second toe-taps
 - 2 sets

1. Lateral Single Leg Squat {Quad and glute strength} (10 reps), Switch legs
2. Lunge, Squat, Lunge, Squat {Lower body strength and endurance} (4 sets, count-down style---4 reps, 3 reps, 2 reps, 1 rep)
3. Single leg Shadow Strikes {Proprioception and glute stabilization} (10 kicks), Switch legs
 - ❖ 30 second 'toxes'
 - 2 sets

• **Seated Strength training (12, minutes)**

1. Seated Heel Taps {Lower abdominals}
 - (5 reps together, 5 reps each leg)
2. High Plank w/ ball roll R to L {Shoulder stability and chest strength} (20 passes)
3. Bicycle w/ ball {Core strength} (20

- passes)
3. Bicycle w/ ball {Core strength} (20 passes between legs)
 - ❖ 30 second Box-Box-Roll
 - 2 sets

1. Seated Foot-Stall to catch {Core stability and balance}
 - (7 Catches)
2. Single Arm V-up w/ ball {Core strength and stability}
 - (7 each arm)
3. Kneeling Plank w/ ball roll {Oblique or outer abs strength and stability}
 - (5 rolls, out and back, switch sides)
 - ❖ Sticky Tape (20 each foot)
 - i. Big to pinky toe, hop when comfortable
 - 2 sets

• **Cool down (10 minutes)**

1. 20 “step” jog in place
2. Open/close gate (10 each)
 - 2 sets
3. 20 “step” jog in place
4. Tiptoe walk (20 steps)
5. Heel walk (20 steps)
 - 2 sets
6. 20 “step” jog in place
7. Jog with hamstring sweep (20)
 - 2 sets
8. 3-minute jog in place.