

<b>SPORT</b>	All Classes				
<b>PHASE</b>					
<b>Day 1</b>					
<b>MOVEMENT PREP</b>					
<b>Dynamic Warm-up</b>	<b>Ankling 2 x 15 yds</b>	<b>Shuffle Starts 2 x 15 yds</b>			
<b>Broad Jumps X 5</b>	<b>Falling Starts 2 x 20</b>	<b>Side to Side Start 5 sec</b>	<b>5 x 20</b>		
	<b>Knee Starts 2 x 20</b>	<b>40 Starts 6 x 20</b>			
<b>Log = Date, Number of Sets and Reps</b>					
	<b>Work Out</b>		<b>Wk # 1 Day 1</b>	<b>Week #2 Day 1</b>	<b>Week #3 Day 1</b>
	<b>%</b>	<b>REP WT</b>	<b>LOG</b>	<b>LOG</b>	<b>LOG</b>
	60%	x 200			
	60%	x 100			
	60%	5 x 10			
	65%	5 x 25			
	65%	x8			
	<b>DATE</b>				
<b>SPIDERMAN STRETCH</b>	x4 each	x4 each leg	x4 each leg	x4 each leg	
<b>3-4 SETS OF EACH EXERCISE</b>					

SPORT		All Classes			
PHASE					
Day 2					
<b>MOVEMENT PREP</b>					
Dynamic Warm-up		Lat Knee Starts 2 x 15yds		40 Starts 3 x 30	
Wall Drill 2 x 5 each Leg		40 Starts 3 x 10 yds		40 Start 1 x 40	
Claw Drill 2 x 5 each Leg		40 Starts 3 x 20			
Lateral Broad Jump 4 x 4					
Log = Date, Number of Sets and Reps					
<b>Split Squat</b> <b>Plyo Push-Ups</b> <b>Scissors Jumps</b> <b>Planks</b>	<b>Work Out</b>		<b>Wk # 1 Day 2</b>	<b>Wk # 2 Day 2</b>	<b>Wk # 3 Day 2</b>
	%	REP WT	LOG	LOG	LOG
	50%	4 x 5			
	50%	4 x 5			
	50%	4 x 5			
	65%	4 x 60 Sec			
	65%	x8 0			
<b>DATE</b>					
65% x8 0					
<b>SPIDERMAN STRETCH</b>	x4 each	x4 each leg	x4 each leg	x4 each leg	
<b>3-4 SETS OF EACH EXERCISE</b>					

SPORT	All Classes				
PHASE					
Day 3					
<b>MOVEMENT PREP</b>					
Dynamic Warm-up	Lateral Knee Start 2 x 15yds Each Leg				
Broad Jumps 4 x 3 Continuing	Shuffle 10 ydss & Sprint 20yds				
Broad Jumps 4 x 2 Max	Pro-Shuttle 5 x Each Way				
<b>Log = Date, Number of Sets and Reps</b>					
<b>Kneel Squat Jump</b> <b>Elev. Push-Ups</b> <b>Tuck Jumps</b> Walking Lunge Upper-Lower-side Abs	<b>Work Out</b>		<b>Wk # 1 Day 3</b>	<b>Wk # 2 Day 3</b>	<b>Wk # 3 Day 3</b>
	%	REP WT	LOG	LOG	LOG
	60%	4 x 5			
	60%	4 x 5			
	60%	4 x 5			
	60%	4 x 5			
	65%	4 x 25 each			
	<b>DATE</b>				
<b>SPIDERMAN STRETCH</b>	x4 each	x4 each leg	x4 each leg	x4 each leg	
<b>3-4 SETS OF EACH EXERCISE</b>					