

Off-Season Workout (Cycle 1)

*** Purchase a Med Ball Girls (4k) Boys (6k) and Jump Rope ***

Warm up: 2 laps or 4 minute jog

Stretching Hurdle, Butterfly, Groin, Hip, Hamstring, Hip Circles, Leg Swings, Front Leg Swings

Form Running Drills (25 yards each)

FormRun x2

Ankle Flips x 2

High Knees x 2 Easy

Butt Kicks x 2

Side Shuffles (Right and Left)

Backward High Knee x 2

Fast High Knee x 2

A Skips x2

B-Skips x2

Skips for height x 2

Alternate fast leg x 2 each leg

Buildups to 3/4 Speed x 2 (60 yards each)

*Donkey kicks and Fire hydrants

Group A Core Exercises (Monday and Thursday)

Planks (Back, Belly, and Side 30 sec. each)

Bent Leg Crunches (20)

Knee Raises (20)

Russian Twist (20)

Marilyn Monroe's (20) both sides

Toe Touches (20)

Flutter Kicks (30)

Bent Leg crunches (20)

Straight Leg crunches (20)

Load level scissors (Front to back) (20)

Load level scissors (Side to side) (20)

Low Level Bicycles (20)

Jump Rope (50) X 2

Running in place high knee Jump Rope (50) x 2

Side to side with Jump Rope (50)x 2

Front to Back jump rope x 2

Knee up jumps 10-12 (3 times)

Walking Lunges 4 x 30 meters (Controlled speed)

Buildups 2 x 100m

8 x 60m sprints at 90% coast to 100m

Cool Down

4 x 30 meter backwards run 2 lap or 4 minutes jog

Group B Core Exercises (Tuesday and Friday)

Wall stands 3 x 30 sec. each

Leg shoots (20)

V-ups (15)

Back Hypers (2 sets of 10)

Push offs (2 sets of 5)

Med ball back circles (6 right / 6 left)

Med ball twists slow (20)

Med ball Squat Push from chest (10)

Med ball between legs throw forward / backward (15)

Med ball hammer hip throw (right and left sides 15)

Med ball squat throw for height (15)

Med ball overhead back (10)

Pull ups 4 sets of 6-10 reps

Push up 4 sets of 10 - 15

10 x 100m form run at 75%

Hurdle mobility (8 hurdles)

Double contact 2 left leg lead/ 2 right leg lead

Single Contacts x 3

Side flutters 2 x right 2 x left

Backwards x 2

Cool Down

4 x 30 meter backwards run 2 lap or 4 minutes jog

