

Daily – Warm-Up:

Sprint Drills

6 – 50 meter builder sprints

Cool-Down:

Jump Rope – Stay of forefoot

3 minutes easy both feet

Your goals for this workout is to improve your time, a stopwatch and a partner would be very helpful. As your conditioning improves you can add sets, but the number of sets is not as important as decreasing your times, or increasing rope revolutions. Always concentrate on form and efficiency.

2 x Week – Stadium Stairs (use a stop watch, always try to improve time)

Outdoors – Two sets of every step, two sets of every other step

Indoors – Five sets of every step, 5 sets of every other step

Jump Rope- Both feet (5 sets)

15 sec hard, 5 sec easy, 20 sec hard, 10 sec easy, 30 sec hard, 15 sec easy

Hard=as fast as possible; Stay on toes, heels should not touch floor

Mondays- E-Movements (5 sets)

40 yard Sprint(5 sets)

Ladder- Snake Jumps (5 sets)

Jump Rope- Both feet (5 sets of 1 minute each)

Jump as high as you can to get as many rope rotations as possible

Wednesdays- Zig-Zag cone drill (5 sets)

40 yard lateral shuffle(5 sets)

Lateral Skaters (5 sets, 20 meters)

Jump Rope- Every other foot (5 sets) (Right, left, right, left, etc.)

1 min hard, 15 sec easy

Fridays- H-Movements (5 sets)

40 yard Backward/Forward(5 sets)

Ladder- 180 Degree Turns

Jump Rope- Every other foot (5 on left, 5 on right, 5 on left, 5 on right, etc.)

1 min hard, 20 sec easy (both feet)

All movements need to be done with a focus on proper mechanics and becoming as efficient in the movements as possible. Focus on how your foot contacts the floor, most of the time you want your forefoot to be the contact point, not the heel. All moves need to be done with a purpose, not to just get from point 'A' to point 'B'.

Sprint Drills: (20 meters each except for Fast High Knees only 10 meters) Daily warm-up

- ✓ High Knees (easy pace, knees as high as possible, arms pumping, do not lean back)
- ✓ High Knees – fast (same as high knees but as fast a pace as possible)
- ✓ Butt Kicks (easy pace snap the heel to the butt)
- ✓ Power Skips (skip as high as possible, quick off the floor, use arms to gain height/lift)
- ✓ Power Skips single leg (skip right leg half way, left leg the other half)
- ✓ Paws (bring knee up, extend leg straight out, bring leg down, pull back with foot)
- ✓ Flutter Kicks – (lean forward and kick straight legs similar to swimming)
- ✓ Bounding (easy pace get as much height and forward distance as possible)
- ✓ Builder sprints (first sprint easy pace, increasing pace until last sprint is 100%)

Stadium Stairs: (Can be done with indoor stairs also, just increase reps)

- x Contact every stair (increase foot turnover rate)
- x Contact every other stair (increase strength and stride length)

Carioca

E-Movement:

- x Place six cones in an 'E'-shape such that cone 1 and cone 2 are 10 yards apart on a starting line. Cones 3 and 4 are 5 yards in front of cones 1 and 2. Cones 5 and 6 are 5 yards in front of cones 3 and 4.
- x Shuffle from cone 1 to cone 2.
- x Sprint from cone 2 to cone 3.
- x Shuffle from cone 3 to cone 4.
- x Shuffle back from cone 4 to cone 3.
- x Sprint from cone 3 to cone 5.
- x Shuffle from cone 5 to cone 6.
- x Shuffle back from cone 6 to cone 5.
- x Backpedal from cone 5 to cone 2.
- x Shuffle from cone 2 to cone 1.

H-Movement:

- x Place six cones in an 'H'-shape such that cone 1 is on a starting line. Cone 2 is 5 yards in front of cone 1, and cone 3 is 5 yards to the right of cone 2. Cones 4 and 5 are 5 yards in front of cones 2 and 3. Cone 6 is 5 yards to the right of cone 1.
- x Sprint from cone 2 to cone 4.
- x Backpedal from cone 4 to cone 2.
- x Shuffle from cone 2 to cone 3.
- x Sprint from cone 3 to cone 5.
- x Backpedal from cone 5 to cone 6.
- x Sprint from cone 6 to cone 3.

- x Shuffle from cone 3 to cone 2.
- x Backpedal from cone 2 to cone 1.

ZigZag Cone Drill:

- x Start in a two-point stance.
- x Stand facing a row of 10 cones, each cone 1 yard apart.
- x Quickly step forward and diagonally with the right foot to the right of the first cone and then slide the left foot next to the right foot.
- x Lead with the left foot to the left side of the next cone and then slide the right foot up to the left foot.
- x Zigzag through all the cones quickly and explosively.

40 yard sprint:

- x Start in a two-point stance on the starting line.
- x Sprint 5 yards to the first line, touch the line with your right hand, return to the starting line, and touch it with your left hand.
- x Sprint 10 yards to the second line, touch the line with your right hand, return to the starting line, and touch it with your left hand.
- x Sprint 5 yards to the first line, touch the line with your right hand, and return to the starting line.
- x Alternate the hand touching the line on each set.
- x Variations:
- x Start from either a sitting position or lying position.
- x Add a somersault at each turn.

40 yard lateral shuffle:

- x 3 lines- a start line, a line at 5 yards, and a line at 10 yards.
- x Start in a two-point stance, straddling the start line.
- x Shuffle 5 yards to the first line, touch it with the right foot, shuffle back to the starting line, and touch it with the left foot.
- x Shuffle 10 yards to the second line, touch it with the right foot, shuffle back to the starting line, and touch it with the left foot.
- x Shuffle 5 yards to the first line, touch it with the right foot, and shuffle back to the starting line.

40 yard backward/forward:

- x 3 lines- a start line, a line at 5 yards, and a line at 10 yards.
- x Start in a two-point stance with your back to the starting line.
- x Backpedal 5 yard to the first line, touch it with either foot, sprint back to the starting line, touch it with either foot.
- x Backpedal 10 yards to the second line, touch it with either foot, sprint back to the starting line, touch it with either foot.
- x Backpedal 5 yards to the first line, touch it with either foot, and sprint back to the starting line.

Ladders – (can be performed forward and backward)

Snake Jumps:

- x Start in a two-point stance, straddling one side of the ladder
- x Keeping both feet together, perform a series of quarter-turn jumps, while always facing straight-ahead.
- x The direction the feet should point for each jump is as follows: straight-ahead, right, straight-ahead, left, straight-ahead, and so on.
- x The drill forces you to rotate the hips with each jump.

180 degree turns:

- x Start in a two-point stance, straddling the first run of the ladder.
- x Jump and turn 180 degrees with both feet and land straddling the next rung.
- x Continue repeating the half-turns into every square through the agility ladder.

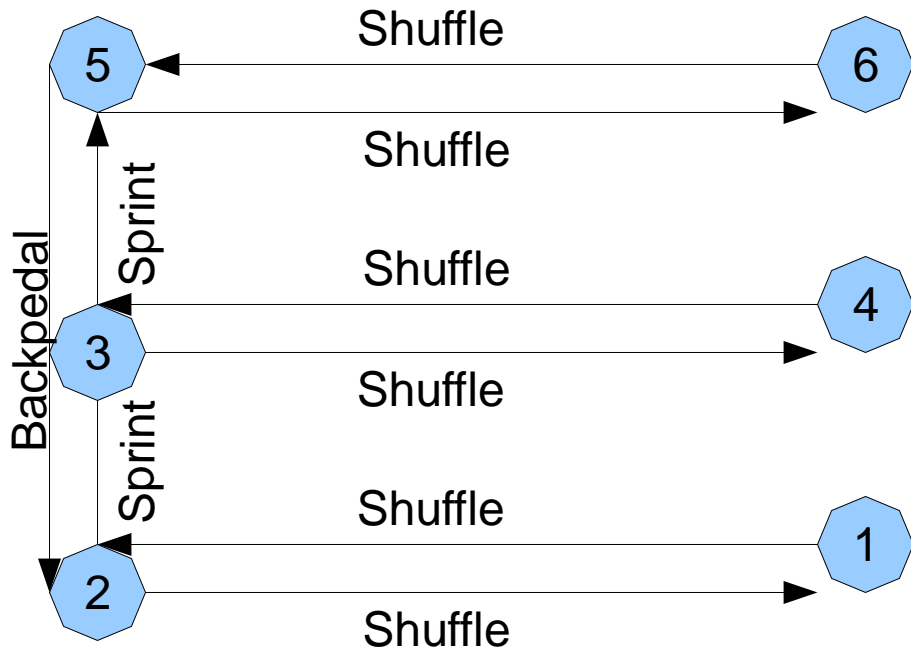
Lateral Skaters:

- x Begin with both feet together and push off laterally with one leg.
- x Upon landing, immediately push off in the opposite direction and continue the drill for either reps or time.
- x To develop quickness, perform as many reps as possible for time (10 seconds or less).
- x For a more complex variation, jump diagonally so as to move laterally and forward.

Jump Rope:

- x Both Feet
- x Every Other foot
- x Skip
- x Jump as high as you can, rotating the rope as many times as possible

E-Movement



H-Movement

