

MOVEMENT #1 (SPEED, AGILITY, QUICKNESS & CONDITIONING)

GENERAL

- 10 minutes continuous movement - small-area game, jog, bike, etc.

DYNAMIC

- Walking lunge with overhead reach 20 metres
- Inchworm 6 reps
- Elbow to instep with straight leg 6 reps left, 6 reps right
- Toe raise 20 metres
- ¼ squat to knee hug 20 metres
- ¼ squat to leg cradle 20 metres
- Linear skip 20 metres
- Lateral skip 20 metres
- High-knee run 20 metres
- Backpedal to acceleration 20 metres
- Shuffle to acceleration 20 metres
- Carioca to acceleration 20 metres

NEUTRAL PREP

- Tuck jump to stagger-stance landing to 5-metre sprint (4 sets with 1-minute rest)

SPEED

- 3-step bound - cover as much ground as possible (3 sets - 2-minute rest between)
- 3-step sprint (3 sets - 2-minute rest between)
- 10-metre sprint - three strong steps to lengthen stride (3 sets - 2-minute rest between)

SPEED COORDINATION

- 20-metre sprint (3 sets - 3-minute rest between)
- 10-metre shuffle to 10-metre sprint (3 sets - 3-minute rest between)
- 5-metre lateral shuffle to 10-metre forward sprint (3 sets - 3-minute rest between)

CONDITIONING

For all sprints, limit the number of directional changes.

- Week 1:
 - 3x 200-metre sprint every 3 minutes (2 sets - 5-minute rest between sets)
- Week 2:
 - 4x 200-metre sprint every 3 minutes (2 sets - 5-minute rest between sets)
- Week 3:
 - 4x 200-metre sprint every 2 minutes (2 sets - 5-minute rest between sets)
- Week 4:
 - 6x 200-metre sprint every 2 minutes
- Week 5:
 - 7x 200-metre sprint every 2 minutes
- Week 6:
 - 8x 200-metre sprint every 2 minutes
- Week 7:
 - 8x 200-metre sprint every 2 minutes
- Week 8:
 - 8x 200-metre sprint every 2 minutes