

MOVEMENT #2 (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)

POWER

- Continuous vertical jump (3 sets - 10 jumps - 90-second rest between)
- Split-squat cycle jump - control landing (3 sets - 6 left, 6 right - 90-second rest between)
- Lateral bound to double-leg landing (3 sets - 6 left, 6 right - 90-second rest between)

AGILITY MOVEMENT

- 5-metre lateral shuffle to 20-metre forward sprint (3 sets - 3-minute rest between)
- 10-metre 45° cross-over to 10-metre sprint (3 sets - 2 left, 2 right - 3-minute rest between)

CONDITIONING

- Week 1:
 - 6x 150-metre shuttle run (cones 25 metres apart - 90-second rest between runs)
- Week 2:
 - 7x 150-metre shuttle run (cones 25 metres apart - 90-second rest between runs)
- Week 3:
 - 7x 150-metre shuttle run (cones 25 metres apart - 90-second rest between runs)
- Week 4:
 - 8x 150-metre shuttle run (cones 25 metres apart - 90-second rest between runs)
- Week 5:
 - 8x 150-metre shuttle run (cones 25 metres apart - 90-second rest between runs)
- Week 6:
 - 2x 40m-50m-60m-50m-40m sprints (20-second rest between reps, 5-minute rest between sets)
- Week 7:
 - 3x 40m-50m-60m-50m-40m sprints (20-second rest between reps, 5-minute rest between sets)
- Week 8:
 - 3x 40m-50m-60m-50m-40m sprints (20-second rest between reps, 5-minute rest between sets)