

Warm-up:

- 2 laps of jogging/skipping
- 2 laps of side shuffle
- Stretch for 5 to 10 minutes

Cool-down:

- Walk or light jog
- Stretch for 5 to 10 minutes
- Ice (if needed) for 15-20 minutes

PHASE 1: TECHNIQUE DEVELOPMENT

	TIME	WEEK 1 # OF REPS			WEEK 2 # OF REPS		
		MON	WED	FRI	MON	WED	FRI
Wall Jumps	20 sec	_____	_____	_____	25 sec	_____	_____
Tuck Jumps	20 sec	_____	_____	_____	25 sec	_____	_____
Broad jumps-stick landing	5 reps	_____	_____	_____	10 reps	_____	_____
Squat Jumps	10 sec	_____	_____	_____	15 sec	_____	_____
Cone Jumps							
Side-to-side	20 sec	_____	_____	_____	25 sec	_____	_____
Back-to-front	20 sec	_____	_____	_____	25 sec	_____	_____
180 Jumps	20 sec	_____	_____	_____	25 sec	_____	_____
Bounding in Place	20 sec	_____	_____	_____	25 sec	_____	_____
Total Contacts		_____	_____	_____	_____	_____	_____
		Maximum goal per day of total contacts = 120 contacts			Maximum goal per day of total contacts = 150 contacts		

PHASE 2: FUNDAMENTALS

	TIME	WEEK 3 # OF REPS			WEEK 4 # OF REPS		
		MON	WED	FRI	MON	WED	FRI
Wall Jumps	30 sec	_____	_____	_____	30 sec	_____	_____
Tuck Jumps	30 sec	_____	_____	_____	30 sec	_____	_____
Jump,jump,jump,vert jump	5 reps	_____	_____	_____	8 reps	_____	_____
Squat Jumps	20 sec	_____	_____	_____	20 sec	_____	_____
Bounding for Distance	1 run	_____	_____	_____	2 runs	_____	_____
Cone Jumps							
Side-to-side	30 sec	_____	_____	_____	30 sec	_____	_____
Back-to-front	30 sec	_____	_____	_____	30 sec	_____	_____
Scissors Jump	30 sec	_____	_____	_____	30 sec	_____	_____
Hop, hop, stick (double)	5 reps	_____	_____	_____	5 reps	_____	_____
Total Contacts		_____	_____	_____	_____	_____	_____
		Maximum goal per day of total contacts = 160 contacts			Maximum goal per day of total contacts = 190 contacts		

PHASE 3: PERFORMANCE

	TIME	WEEK 5 # OF REPS			WEEK 6 # OF REPS		
		MON	WED	FRI	MON	WED	FRI
Wall Jumps	30 sec	_____	_____	_____	30 sec	_____	_____
Step,jump up,down,vertical	5 reps	_____	_____	_____	10 reps	_____	_____
Scissors Jump	30 sec	_____	_____	_____	30 sec	_____	_____
Single leg jumps distance	5 reps/leg	_____	_____	_____	5 reps/leg	_____	_____
Squat Jumps	25 sec	_____	_____	_____	25 sec	_____	_____
Jump into bounding	3 runs	_____	_____	_____	4 runs	_____	_____
Single leg hop,hop stick	5 reps/leg	_____	_____	_____	5 reps/leg	_____	_____
Total Contacts		_____	_____	_____	_____	_____	_____
		Maximum goal per day of total contacts = 220 contacts			Maximum goal per day of total contacts = 250 contacts		