

Monday and Friday – Phase 2

1. Warm-up:

- Running for 3 minutes running or biking
- Skipping rope for 3 minutes
- Complete Cuff weight program phase 1
- Do yoga “airplane” drill – both sides of body - <http://www.youtube.com/watch?v=19ha07rgGEO>

2. Weight program:

Exercise:	Sets X Reps:	Load:	Tempo:	Weight lifted:
Medicine ball hops	3 X 8-10	As tolerated	Fast	/ / /
BB bench press	3 X 8-10	As tolerated	Controlled	/ / /
Lat pull to chest - kneeling	3 X 8-10	As tolerated	Controlled	/ / /
REST (3 minutes)				
Squats	3 X 8-10	As tolerated	Controlled	/ / /
Chopping standing- cable	3 X 8 both sides	As tolerated	Controlled	/ / /
REST (3 minutes)				
Seated Row	2 X 8-10	As tolerated	Controlled	/ / /
DB front raise	2 X 8-10	As tolerated	Controlled	/ / /

3. Cool down

4. Core circuit

Wednesday – Phase 2

1. Warm-up:
 - Running for 5 minutes
 - Complete Cuff weight program – phase 1
 - 2 Sets of 6:
 - Chin-ups, dips, push-ups and pull-ups

2. Weight program:

Exercises:	Sets X Reps:	Load:	Tempo:	Weight Lifted:
Hop off box to stick (sets 1 & 3 only)	2 X 6 each leg	BW	Controlled	/ / /
DB bench press on ball	3 X 6-8	As tolerated	Controlled	/ / /
Forward lunge - DB	3 X 6 each leg	As tolerated	Controlled	/ / /
REST (3 minutes)				
Bosu push-up (sets 1 & 3 only)	2 X 8	BW	Controlled	/ / /
Med ball throw to wall (set 2 only)	1 X 8	Med ball	Controlled	/ / /
Bicep curl with step-up and leg lift	3 X 6-8	As tolerated	Controlled	/ / /
Bentover Row with tricep kickback- DB	3 X 6-8	As tolerated	Controlled	/ / /
REST (3 minutes)				
1 arm squat row – pulley	2 X 6-8 each arm	As tolerated	Controlled	/ / /
Side shoulder raise with hop	2 X 6-8 each arm	As tolerated	Controlled	/ / /

3. Cool down
4. Core Circuit

Tuesday and Thursday- DYNAMIC STRENGTH Phase 2

1. Warm-up:

- Running or bike for 5 minutes

2. Line hops: - *they can pick a line on the gym floor and hop back and forth - short quick hops going as fast as they can.*

- 3 sets of each for 20 seconds:
 - Front to back
 - Side to side
 - Alternate feet across the line
 - Rest for 20 seconds

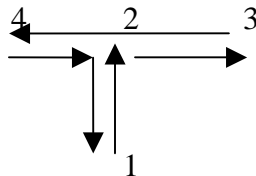
3. Pattern hops: - *a 4 square hop is hopping quickly in a pattern of a star or an X using both feet*

- 3 sets of each for 20 seconds:
 - **Triangle hops** - go to this site to find triangle hops -
<http://www.youtube.com/watch?v=XufmYK3T9Fc>
 - **4 square hops**
 - **X-hops** - go to this website for a video - <http://www.youtube.com/watch?v=ywhL2gXojN8>
 - Rest for 20 seconds

4. Ladder:

- 2 sets of each:
 - Running 1 foot per square
 - 2-foot hops
 - Lateral shuffle (shuffling sideways through ladder)
 - Hopscotch drill
 - Push up - get into a pushup position - walking on your hands and going laterally try to place a hand in each ladder
 - Rest for 10 seconds

5. T drill



- sprint to cone 2 – touch cone 2 – shuffle to cone 3 – sprint or shuffle to cone 4 and touch – shuffle to cone 2 and touch – backpedal back to one. Do 3 sets.

5. Pattern Running: *set cones or pylons in a pattern of a w - have players sprint and touch each corner with their hand - concentrating on changing direction quickly. ...*

- 2 sets :
 - W- pattern

Core Circuit – Phase 2

Complete each of the following exercises **X2** for **40 seconds on, 20 seconds off**:

- Front plank
- Leg lowers
- Windshield wipers
- Side plank
- Side plank (other side)
- Heel touches
- Hip lifts
- Superman
- V-sit
- V-sit with rotation
- Side crunches
- Side crunches (other side)

Diagrams / videos:

Four square:

1

2

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

4

3

Lateral shuffle:

<http://www.pacific.edu/AthleticPerformance/exercise%20videos/ladder%20drill%20videos/lateral%20shuffle.mpg>

Hopscotch drill:

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.