

# 2009 OFF-SEASON

STRETCH / WARM-UP		BOXES / PLYOS	
<p><b>STATIC STRETCH</b></p> <ol style="list-style-type: none"> <li>1. Feet Together</li> <li>2. RT Over</li> <li>3. LT Over</li> <li>4. Wide-RT Leg</li> <li>5. Wide-LT Leg</li> <li>6. Wide-Middle</li> <li>7. Country Time</li> <li>8. Quad Stretch RT</li> <li>9. Quad Stretch LT</li> <li>10. RT Arm to Ear</li> <li>11. RT Arm Across Body</li> </ol>	<ol style="list-style-type: none"> <li>12. LT Arm to Ear</li> <li>13. LT Arm Across Body</li> <li>14. Roll Em Out- Forward</li> <li>15. Roll Em Out- Backwards</li> </ol> <p style="text-align: center;"><b>ACTIVE STRETCH</b></p> <ol style="list-style-type: none"> <li>1. Knee Tucks</li> <li>2. Heel to Hip</li> <li>3. Quad Pulls</li> <li>4. Butt Kicks</li> <li>5. Lunges w / Twists</li> <li>6. Carioca Long Stride</li> </ol>	<ol style="list-style-type: none"> <li>1. Hesitations</li> <li>2. Pops</li> <li>3. Lateral LT</li> <li>4. Lateral RT</li> <li>5. Side to Side</li> <li>6. LT Foot</li> <li>7. RT Foot</li> <li>8. Alternate Feet</li> <li>9. 3 Sides</li> <li>10. Over on Over</li> <li>11. Over all</li> </ol>	<ol style="list-style-type: none"> <li>1. Frog Hops</li> <li>2. Kangaroo Hops</li> <li>3. Skip for Height</li> <li>4. Skip for Height</li> <li>5. Bound for Height</li> <li>6. Bound for Dist.</li> <li>7. RT Leg Run</li> <li>8. LT Leg Run</li> <li>9. C Skips</li> <li>10. A Skips</li> <li>11. High A Skips</li> </ol>
CIRCUIT		SIDEWINDER	
<ol style="list-style-type: none"> <li>1. Peck Deck</li> <li>2. Row Machine</li> <li>3. Back Extension</li> <li>4. T-Bar Row</li> <li>5. Neck Machine</li> <li>6. Dead-Lift</li> <li>7. Incline Press</li> <li>8. Lat Pull</li> <li>9. Cable Row Tri-Ext</li> <li>10. Leg Press</li> <li>11. Leaper</li> <li>12. Leg Extension</li> <li>13. Leg Curl</li> <li>14. Leg Extension</li> <li>15. Leg Curl</li> <li>16. Bench Machine</li> <li>17. Military Press</li> <li>18. Hack Squat</li> </ol>	<p style="text-align: center;"><b>AUX CIRCUIT</b></p> <ol style="list-style-type: none"> <li>1. Step-Ups</li> <li>2. Physio-Ball Push-Ups</li> <li>3. Glute Bridge</li> <li>4. Dumb-Bell Curls</li> <li>5. Matrix</li> <li>6. Med-Ball Push-Ups (ALT)</li> <li>7. Single Leg Glute Bridge</li> <li>8. Lawnmowers</li> <li>9. Dumb-Bell Matrix</li> <li>10. Physio-Ball Crunches</li> <li>11. Step-Ups</li> <li>12. Matrix</li> <li>13. Physio-Ball Push-Ups</li> <li>14. Russian Twists (Med-Ball)</li> <li>15. Glute Bridge (Med-Ball)</li> <li>16. Russian Twists</li> <li>17. Med-Ball Chest Pass</li> <li>18. Mountain Climbers</li> </ol>	<p style="text-align: center;"><b>Z CONES</b></p> <ol style="list-style-type: none"> <li>1. Sprint &amp; Shuffle</li> <li>2. Back Pedal &amp; Shuffle</li> <li>3. Sprint &amp; Cut</li> </ol> <p style="text-align: center;"><b>1 LINE</b></p> <ol style="list-style-type: none"> <li>1. Forward 2 Feet (Hurdles)</li> <li>2. Lateral 2 Feet (Hurdles)</li> </ol> <p style="text-align: center;"><b>STAR DRILL</b></p>	<p style="text-align: center;"><b>AGILITY BAGS</b></p> <ol style="list-style-type: none"> <li>1. One Foot - Right Lead</li> <li>2. One Foot - Left Lead</li> <li>3. Two Feet - Right Lead</li> <li>4. Two Feet - Left Lead</li> <li>5. Lateral</li> <li>6. Forward Speed Cuts</li> <li>7. Up and Down</li> <li>8. Change of Direction</li> </ol>
BIG 5		MAT DRILLS	
<p style="text-align: center;"><b>A ROUTINE</b></p> <ol style="list-style-type: none"> <li>1. Squat (5,4,3,2) / Sgt. Jmp. (5)</li> <li>2. Bench (5,4,3,2)</li> <li>3. RDL (4x10) / Su. Sgt. Std. (1)</li> <li>4. Military (4x10)</li> <li>5. Pull-Ups (4x10)</li> </ol> <p style="text-align: center;"><b>B ROUTINE</b></p> <ol style="list-style-type: none"> <li>1. Dead Lift (4x6) / Mt. Clmb. (1)</li> <li>2. Incline (5,4,3,2)</li> <li>3. RDL (4x10) / Su. Sgt. Std. (1)</li> <li>4. Front Squat to Press (4x10)</li> <li>5. Bent Over Rows (4x10)</li> </ol>	<p style="text-align: center;"><b>JUMP ROPE</b></p> <ol style="list-style-type: none"> <li>1. 25 Forward</li> <li>2. 25 Backwards</li> <li>3. 50 Fast</li> <li>4. Side-to-Side</li> <li>5. Forward and Back</li> <li>6. Double Jump</li> <li>7. Square</li> <li>8. Jumping Jacks</li> <li>9. Right Leg</li> <li>10. Left Leg</li> <li>11. Alternate Feet</li> <li>12. Running the Court</li> </ol>	<ol style="list-style-type: none"> <li>1. Forward Roll</li> <li>2. Back Extension</li> <li>3. Shoulder Roll</li> <li>4. Baylor Roll</li> <li>5. Quick Feet</li> <li>6. 6 on - 2 Pt Seat Roll</li> <li>7. 6 on - 4 Pt Seat Roll</li> <li>8. 6 on -Lead Roll (Face RT)</li> <li>9. 6 on -Lead Roll (Face LT)</li> <li>10. 6 on -Lead Pull (Face RT)</li> <li>11. 6 on -Lead Pull (Face LT)</li> <li>12. 9 on -Quarter Eagle</li> <li>13. 9 on -Grass Drill</li> <li>14. Competition- Bear Crawl</li> <li>15. Competition-Forward Roll</li> <li>16. Competition-Seat Roll</li> <li>17. Comp. - fwd/bkwd bkwd/</li> <li>18. Competition - 2 Pnt. Prog.</li> <li>19. Competition - 4 Pnt. Prog.</li> </ol>	<p style="text-align: center;"><b>SPEED LADDER</b></p> <ol style="list-style-type: none"> <li>1. Brake Run-1 FT Each Hole</li> <li>2. Brake Run-2 FT Each Hole</li> <li>3. Lateral Shuffle (Face RT)</li> <li>4. Lateral Shuffle (Face LT)</li> <li>5. Wide Lateral (Face RT)</li> <li>6. Wide Lateral (Face LT)</li> <li>7. Icky Shuffle</li> <li>8. Ali Shuffle</li> <li>9. High Knee Crossover</li> <li>10. Front Crossover</li> <li>11. Back Crossover</li> <li>12. Carioca</li> <li>13. Slalom</li> <li>14. Buzz Saw</li> <li>15. Scissors</li> <li>16. Hopscotch</li> <li>17. Backward Hopscotch</li> <li>18. Up 3 Back 1</li> </ol>
STRIDE CHECKER			
<p>2 Stride Checkers set up in the opposite direction. Each Stride Checker will have 5 tall and 5 short hurdles. <b>Coaching Points:</b> Knees up &amp; toes up over hurdles, balls of feet should land by black dots on stride checker, coach form running.</p>			

**"Every battle is won before it's fought" - Sun Tzu**