

SUMMER PLYO WORKOUT # 4 (2x/week July 18 – August 5)

WARM-UP

1. 1 LAP WARM-UP
2. DUCK WALKS (30 yds. And back)
3. LUNGE WALKS (20 yds. not back)
4. SIDE LUNGE WALKS (4 each side)
5. STEP PULLS (5 each side)
6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM) (15 yds. And back)
7. CARIOCA (EASY, MEDIUM) (15 yds. And back)
8. A-MARCH (10 yds. And back)
9. HIGH KNEES / BUTT KICKERS (20 yds. And back)
10. HIGH KNEES + STRIDE (10 yds. And stride)
11. HIGH KNEES + SPRINT (10 yds. And sprint)
12. BIG BACK PEDAL (20 yds. And back)
13. SKIPS (20 yds. And back)
14. SKIPS + KICKS (20 yds. And back)

PLYOS (MONDAY)

1. ANKLE FLIPS 2X6 add sprints
2. ANKLE FLIPS W/TWIST 2X12 add sprints
3. SINGLE LEG ANKLE FLIPS 2X8 add sprints
4. SPLIT SQUAT JUMPS 2X8 add sprints
5. S. SQUAT W/CYCLE 2X8 add sprints
6. ROCKET JUMP 2X6 add sprints
7. TUCK JUMP 2X6 add sprints
8. STAR JUMP 2X6 add sprints
9. GALLOPING 2X20 YDS add sprints
10. BOUNDING 2X20 YDS add sprints
11. SIDE BOUNDS 2X6
12. LINE HOPS 2x20
13. Broad jumps off box 1x6 add sprints

MEDBALLS (Wednesday)

1. TORSO CIRCUIT (SIDE/SIDE, FIGURE 8, OVER/UNDER, SIT-UP, BACK CRUNCH)
2. DIAGONAL TOSS 1X10 (EACH SIDE)
3. CHEST PASS 2X10 add sprints
4. 3 HOPS / CHEST PASS / 5 SPRINT STEPS 1X6
5. SOCCER PASS 2X8
6. OAGER TOSS 1X10
7. 3 HOPS / OAGER TOSS / 5 SPRINT STEPS 1X6
8. REVERSE OAGER TOSS 1X10
9. 3 HOPS / REVERSE OAGER TOSS 1X6
10. 5 TUCK JUMPS / 5 SPRINT STEPS 1X6

CONDITIONING

1. FARTLEKS OR GASSERS _____ REPS

