Hip and Leg Mobility/Stretching



FOOT WORK

Warm Up		If the girls don't own a jump rope they can emulate the motion with their body, arms and wrist flicking
Jump Rope	5 minutes	Try and go as long as you can without stopping. Then start again
10 Jump Rope sprints	10 seconds on and 10 seconds off	
Ladder	**2 x Through Each**	You can make a ladder with chalk!
High Knees	2x	
2ft in each	2x	
1 ft HOP	2x	Do on each foot 2x
1ft in and drive UP/Down	2x	Do on each foot 2x
Face Sideways	2x	
(Shuffle) 2 ft in	2x	Do 2x each direction
Forward/Forward/Back/Back	2x	Do 2x each direction
Icky Shuffle	2x	
Icky Shuffle Backward	2x	
PLYOS	**2-3 rounds**	
Pogo Jumps	15	
Split Jumps	16	For height
Seated to Jump	15	For height
Step ups or Box Jumps	15	
Footwork over stick	**2-3 Rounds**	15 sec on FAST and 15 sec OFF rest for each
Step Forward 2 feet/Backward 2feet	15 on/15 rest	
Scissors	15 on/15 rest	
Quick Hops 2 FT Fwd/Backward	15 on/15 rest	
1 Ft Hop Fwd/Backward	15 on/15 rest	Do on each foot
1 Ft Hop Sideways	15 on/15 rest	Do on each foot

Sprint Work

2x/week	1x/week SHORT sprints
	1/xweek LONG sprints
1x/week	take 2 from "short sprints" and 2 from "longer sprints"

Acceleration & Short Sprints (Explosiveness)

5 x	**10-yard sprints**	(walk back recovery)
5 x	**"5-10"**	(walk back recovery)
	Sprint 5yd straight, then cut and sprint 10-yd diagonal	
5 x	**25-yard sprints**	(45 sec rest in between each)
5 x	**"10-20-30"-yard sprints**	
	Sprint to the 10 and back; sprint to the 20 and back; sprint to the 30 and back	
	Progression: start with "5-10-20" and work up to "10-20-30"	

Long Sprints & Speed Endurance

4 x	100-yard "flying sprints"
	jog 10yd; sprint 20yd; jog 10yd; sprint 20yd;jog 10yd; sprint 30yd
4 x	50-yard sprints
4 x	100-yard sprint "jog backs"
	sprint 100 yds and jog back slowly 100yds

Cardio/EnduranceStamina

1 - 2 x week	.5 miles to 3 miles
	Slowly build up on distance and speed
Purpose:	**1.** Get in game shape
	2. Learn how to mentally/physically push themselves through discomfort
	3. Build Confidence over time

Introduction to Strength and Body Weight Movement

Options:	2x a week	
	3x week	

Movements:	Squats	
	Push Ups	
	Sit Ups	
	Pull Ups (if have) or Pull Aparts	

Goal:	Build Strict Strength
	Build a good foundation/form
	Strict/Least movement as possible

Rep Scheme Progressions	**L1**	**L2**	**L3**
Squats	8-10	12-15	20
Push Ups	8-10	12-15	20
Sit Ups	10	15	20
Pull Ups/ Table Pull Ups/ Band Pull Aparts	3-5	6-8	10
* move to next level when you can do all of these without stopping and great form!			