**Warm Up**

1. Jumping Jacks x10
2. Squat & Hold x10
3. Knee Hug to Lunge 2x10 yd (jog out for 10 yd)
4. Russian Kicks 2x10 yd (jog out for 10 yd)
5. Walking Quad Stretch (Ankle Grabs) 2x10 (jog out for 10 yd)
6. Inchworm Push Up 2x10 (jog out for 10 yd)
7. A-Walk 2x10 yd (jog out for 10 yd)
8. A-Skip 2x10 yd (jog out for 10 yd)
9. High Knees 2x10 yd (jog out for 10 yd)
10. . High Knee Butt Kick 2x10 yd (jog out for 10 yd)

**Quick Feet**

1. Two Feet Side to Side 3x10 sec.
2. Two Feet Front to Back 3x10 sec.
3. Single Leg Side to Side 3x10 sec.
4. Single Leg Front to Back 3x10 sec.

**Agilities & Conditioning**

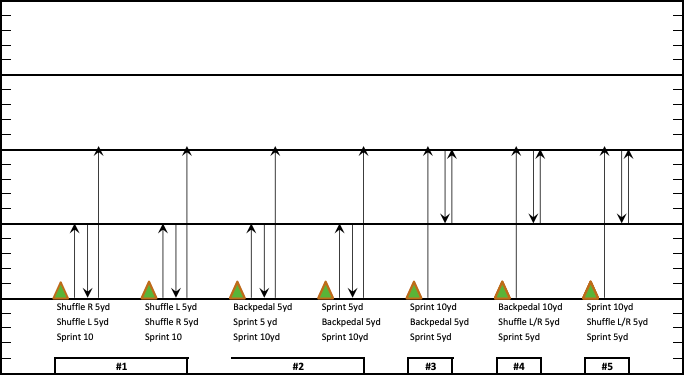
**Weeks 1-8**

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| --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **THURSDAY** | **FRIDAY** |
| 1. Warm Up 2. 2 Cone Agilities x2 each way 3. Sprint-Sprint 4. Sprint-Backpedal 5. Backpedal-Sprint 6. Figure 8 7. 5x10 yd Sprint (walk back rest) 8. 1-minute rest 9. \*\*4x20 yd Sprint (walk back rest) 10. 1-minute rest 11. Stretch   \*\* Add two reps every 3 weeks  Week 1-3 – 4 reps  Week 4-6 – 6 reps  Week 7-8 – 8 reps | 1. Warm Up 2. Plyometric Video   <https://www.youtube.com/watch?v=CzEFtonkXsA>   1. 4x20 yd for each exercise 2. Stretch | 1. Warm Up 2. 5-5-10 x2 each way   Week 1-2 – Pattern 1  Week 3-4 – Pattern 2  Week 5-6 – Pattern 3  Week 7-8 – Pattern 4   1. 5-10-5 Shuttle x2 each way 2. 6-10 30 yd Sprint 3. Full Speed 4. 1-minute rest 5. Stretch | 1. Warm Up 2. Plyometric Video   <https://www.youtube.com/watch?v=CzEFtonkXsA>   1. 4x20 yd for each exercise 2. Stretch |

**2 Cone Agilities – 2 Reps Each Way**

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**5-5-10 Line Drills – 2 Reps Each Way**

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**5-10-5 Shuttle – 2 Reps Each Way**

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