

Strength Training (make sure you have a proper warm up and cool down)

1. Wall sits (30 seconds at a time)
2. Squats (25)
3. Lunges (20 per leg)
4. Reverse lunges (20 per leg)
5. Shoulder press w/squat (25)
6. Push ups (25)
7. Planks (30 seconds, 2x)
8. Russian twists (30)
9. Supermans (3 sets of 10)
10. Burpees (2 sets of 20)
11. Calf raises (25 each way—toes pointing out, toes pointing in, toes straight 2x)
12. Sit ups (2 sets of 25)
13. Bicep curls w/squat (2 sets of 25)
14. Leg circles (25 per leg, per direction)
15. Tricep press, kneeling (25)
16. Weighted arm circles (25 front, 25 back)
17. Sumo squats (25)
18. Single leg deadlifts (25 per leg)
19. Mountain climbers (2 sets of 25)
20. Chest press with glute bridge (3 sets of 10)

Plyometrics (make sure you have a proper warm up and cool down)

1. Standing tuck jump (2 sets of 20)
2. Stair jump (2 sets of 20)
3. Line jumps (25 each direction—front to back, side to side)
4. Speed skaters (get into a low speed skater position, jump from side to side keeping that position) (2 sets of 20)
5. Ankle jumps (stand tall, keep legs stiff, jump from this position holding the stiff positioning) (3 sets of 10)
6. Obstacle jumps (place 5 different objects of the same height, evenly spaced in a straight line; jump the obstacles with 2 feet quickly) (3 sets of 5)
7. 1-legged obstacle jumps (same as obstacle jumps with 2 feet but you are only using one leg to jump the obstacles) (3 sets of 5, each leg)
8. Diagonal obstacle jumps (3 sets of 5)
9. Squat jumps (2 sets of 15)
10. Frog jumps (2 sets of 15)
11. Jumping jacks (2 sets of 25)
12. Star jumps (2 sets of 20)
13. Weighted tuck jumps (3 sets of 10)
14. Wall sits (1 minute, 2 sets) / Wall jumps (30 seconds, 2 sets)

Speed/Agility (make sure you have a proper warm up and cool down)

1. 4-cone defensive drill (designate an area with about 20 feet on each side to make a box; front defensive shuffle, side shuffle, back shuffle, side shuffle; do this about 5 times)
2. Backpedal
3. Uphill runs (find a small hill, about 25 yards, and run up it about 5-10 times)
4. Karaoke
5. High knee skips
6. High knees
7. Butt kicks
8. Walking lunges
9. Toe raises while walking
10. Long jump leaps (bounds)
11. Sprinting around obstacles
12. Explosions (lay down flat on stomach, at sound of clap/whistle/yell, get up and sprint to particular spot and back)
13. Jump rope (4 sets of 30 sec)
14. Walking toe touches
15. Heel walks
16. Side shuffle with arm swing
17. The Box (create a box area at least 20 feet apart, start in middle, call out ABCD, sprint to that cone then back to middle, 30 sec, 2 sets)

Running (make sure you have a proper warm up and cool down)

1. Run for 10/15/20 minutes without stopping; nice, easy pace (not a full sprint, should be able to talk to someone while you are running)
2. Hills (find a good hill—not too short, not too steep) sprint up hill, jog down: 10x/15x
3. Stairs (find a set of bleachers, run up/down through entire bleacher area): 10 mins
4. Fartleks (interval running of alternating sprinting/jog running): jog for 1 minute/sprint for 1 minute, continue this pattern for 15-25 minutes (depending on age of runner)
5. Pyramids: run for 30 seconds/rest for 30 seconds; run for 1 minute/rest for 1 minute; run for 90 seconds/rest for 90 seconds; run for 2 minutes/rest for 2 minutes; run for 3 minutes/rest for 3 minutes; run for 4 minutes/rest for 4 minutes; run for 5 minutes/rest for 5 minutes; then go back down 4-3-2-90-1-30.
6. Jumping rope: 15-25 mins depending on age of runner