

Plyometric and Speed Workout
30-40 minutes

5 Minute dynamic warm up

Keep good posture throughout plyometric movements. Shoulder back, curved lower back, feet pointed forward.

Hop-Skips - 3 sets of 10, walk back to start line for active rest and repeat

- Start with your weight on your right foot and your left leg off of the ground.
- Your right knee should be bent so that your thigh is parallel to the ground.
- Keep your hands on your hips
- Jump as high and as far as possible off of your right leg and land on your left foot with your knee bent, left thigh parallel to the ground. Don't let your right foot touch the ground.
- Do not repeat until you have gained total balance on your bent landing leg for 1 full second.
- This may seem awkward at first but it is an important knee balance and injury prevention activity. Start slowly and build up your confidence to jumping higher and farther.

Vertical Jumps -3 sets of 10 30 seconds rest between sets.

- Jump as high as you can off of both feet. Use your arms to reach as high as you can

Broad Jumps -3 sets of 10 walk back to start line for active rest

- Jump as far as you can off of both feet. Use your arms to generate power and drive.

1 Foot Diagonal Jump (Ice Skaters) - 3 Sets of 10 walk back for active rest between sets.

- Jump at a 45 degree angle from your right to left. Try not to put both feet on the ground at the same time. Your non landing leg should swing behind your landing leg so that you resemble a sprinting ice skater.

Sprints – 100% effort, walk back to start for active rest

10 @20 yards

7@50 yards

3@100 yards

1 Leg Wall Sit - for as long as possible

- Sit against a wall so that your back and shoulders are firmly against the wall.
- Thighs parallel to the ground.
- Pick your left foot off of the ground and hold that position on your right leg until failure.
- 1 minute rest, repeat on left leg.

10 Minute cool down and stretch