

<b>PLYOMETRIC</b>
Split Jumps
Single Leg Hops
Double Leg Hops
3" Speed Box
Box Drills
Jump Rope

<b>GENERAL SPRINT DRILLS</b>
Walk on Toes
Walk on Heels
Butt Kicks
Skips
Carioca
Skip & Clap
Skip & Claw
Skip for Height

<b>MR. CLEAN</b>
30m Knee to Chest
30m Knee to Elbow
30m Knee to Shoulder
30m Carioca
30m Side Swings
Lunges 50m X 2
Leg Shaking
Jog 50m
Single Leg Butt Kick - R
Single Leg Butt Kick - L
Jog 50m
Sprint 40m
Walk 100m
Backward 200m

<b>TECHNICAL/MOBILITY</b>
125m Stride
30m Side Swings
Butt Kicks 50m X 2
High Knees 50m X 2
Walk 100m - Arm Circles
150m Sprint Float
300 Jog-Sprint-Float
Walk 100m - Arm Circles
30m Skip & Clap
30m Small Steps
400 Walk Curve: Heels/Toes
30m Knee to Chest
30m Knee to Elbow
Backward 200m

<b>NABOROWSKI</b>
30m Power Skip - Height
30m Power Skip - Distance
30m Single Leg - Forward
30m Single Leg - Backward
30m Double Leg Forward
30m Double Leg Backward
30m Lunges
Backward 200m
3 X 30 Crunches R/M/L
3 X :15 Superman Hang

<b>WEST MAC ARTHUR</b>
125m Stride
30m Carioca
Lunges 50m X 2
Straight Legs 50m X 2
Walk 200m
150m Sprint Float
Walk 100m
30m Skip & Clap
30m Small Steps
400 Walk Curve: Heels/Toes
50 Toe Grabs
3 X 30 Crunches
Backward 200m

<b>CORE STRENGTH - MED BALL</b>
Overhand Backward
Underhand Forward
Back to Back Exchange
On Knees Overhand
Sit Up Toss
Side Toss
Chest Pass
Overhand Crunches

<b>MO BETTA'</b>
25 Push Ups
30m Skip and Clap
25 Wide Arm Push Ups
30m Skip and Claw
50 Crunches
60m Run
10 Lunges
60m Run
Double Leg Squat
Single Leg Squat - L
Single Leg Squat - R
High Knees
500m Run

<b>WESTSIDE BOOGIE</b>
200m w/ 2# Weight
2 X 50 Crunches
200m Skipping
2 X 15 Push Ups
20 Toe Touches
3 X 110 Continuous
Walk 100m - Arm Circles
200m Straight Leg
2 X 50 Crunches
200 Backwards

<b>JUMPER/HURDLER DAILY</b>
2 X 15 Push Ups
25 - Double Leg Toe Raises
10 - Single Leg Toe Raise - R
10 - Single Leg Toe Raise - L
2 X 50 Crunches
2 X 15 Squats

<b>PRE MEET DRILLS</b>
Reaction Drill
Shuttle Run
5-4-3-2-1 Baton Drill
Relay Exchanges
Approach Marks
Block Starts