

PLYOMETRIC
Split Jumps
Single Leg Hops
Double Leg Hops
3" Speed Box
Box Drills
Jump Rope

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

MR. CLEAN
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

TECHNICAL/MOBILITY
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

NABOROWSKI
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

WEST MAC ARTHUR
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

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

MO BETTA'
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

WESTSIDE BOOGIE
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

JUMPER/HURDLER DAILY
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

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