



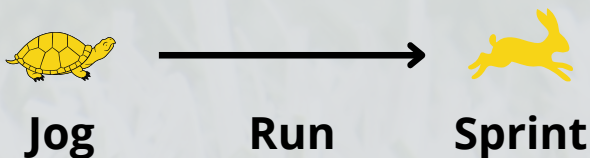
TRAINING SESSIONS

DAY 3

Reading the Program

The exercises in the training sessions are meant to be performed separately. Meaning, your athlete will complete all sets of one drill before moving to the subsequent exercise. The reason I created the program this way is because repetition is key to learn these movements.

And one quick note on conditioning-



Some coaches differentiate between a jog, a run, and a sprint based on effort while others differentiate based on pace. Rather than complicate things, just try to gauge your athlete's intensity. A jog is slower than a run and a run is slower than a sprint. As long as the intensity is not the same across the board, you're good!

***Note:** Not all Training Days include conditioning routines.

Foam Rolling



Calves

:15-:20 seconds each



Hammys

:15-:20 seconds each



Glutes

:15-:20 seconds each



Quads

:15-:20 seconds each

Static Stretching



(Right)



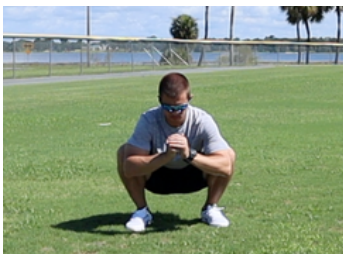
(Middle)



(Left)

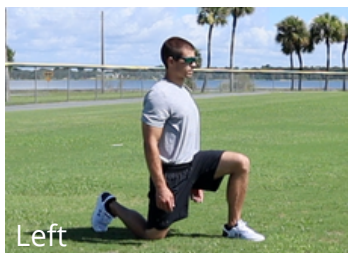
Hammy Stretch

:05-:10 seconds each



Squat

:05-:10 seconds



Left

Leaning Hip Flexor

:05-:10 seconds



Right

Leaning Hip Flexor

:05-:10 seconds



Left

Calf Stretch

:05-:10 seconds



Right

Calf Stretch

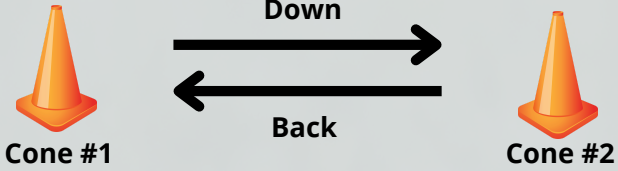
:05-:10 seconds



Cobra

:05-:10 seconds

Dynamic Stretching



Jog
Down & Back



Walking Quad Stretch
Down



Walking Hammy Stretch
Back



Walking Knee Hugs
Down



Walking Hammy Stretch
Back



World's Greatest
Down



Toy Soldier
Back



High Knees

Down



Butt Kicks

Back



Carioca

Down & Back

DAY 3

 **Est.: 30 Min.**

Warm Up *(See Page 3)*

Drill 1



Donkey Kicks

2 Sets x 6 Reps / Each
(:30 seconds rest)



Drill 2



Plank

2 Sets x :30 second HOLD
(:30 seconds rest)



Drill 3

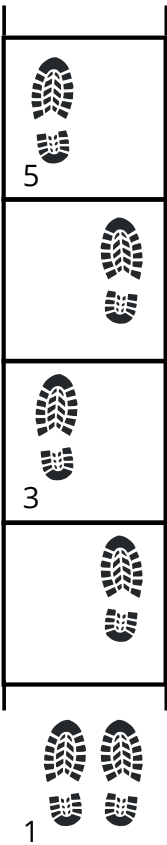


Arm Mechanics Drill

3 Sets x 6 Reps
(:30 seconds rest)



Drill 4

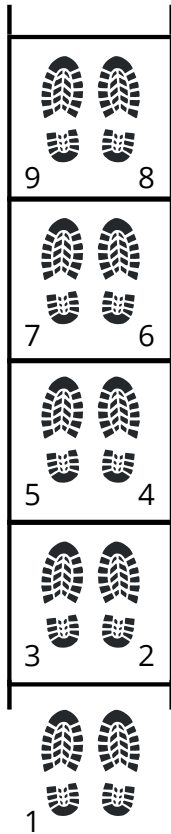


One-In

2 Sets
(:15 seconds rest)



Drill 5

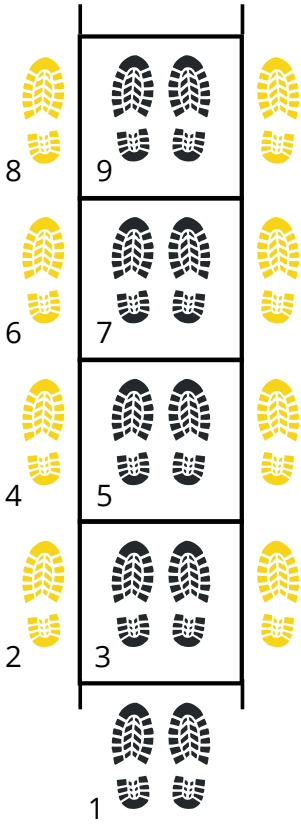


Two-In

2 Sets
(:15 seconds rest)



Drill 6



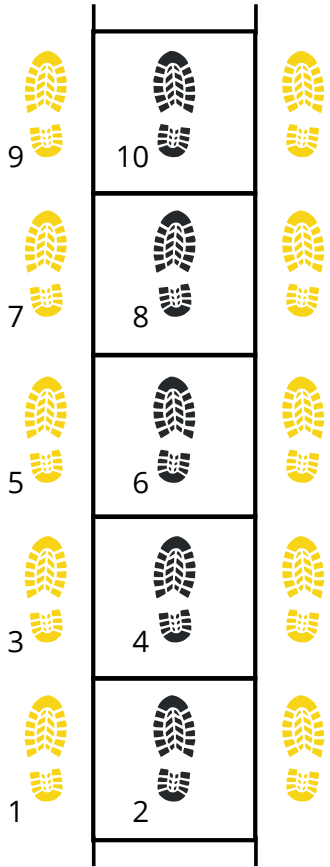
Two-Foot Hopscotch

2 Sets

(:15 seconds rest)



Drill 7



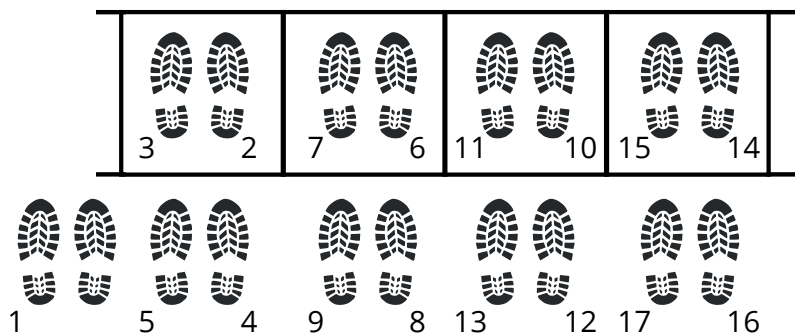
Hopscotch

2 Sets

(:15 seconds rest)



Drill 8



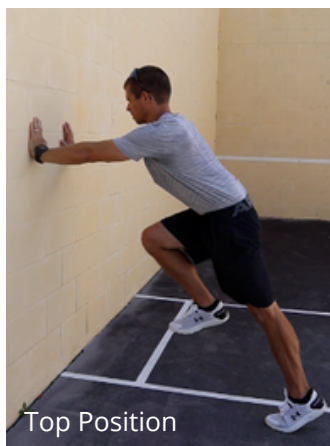
In-In, Out-Out (Lateral)

2 Sets (each direction)

(:15 seconds rest)



Drill 9



Wall Drives (Single-Impulse)

4 Sets x 4 Reps (each side)

(:15 seconds rest)



Cool Down

Jog (or) Walk
(:60 seconds)



(Right)



(Middle)



(Left)

Hammy Stretch
:10-:15 seconds each



Left

Leaning Hip Flexor
:10-:15 seconds



Right

Leaning Hip Flexor
:10-:15 seconds



Left

Calf Stretch
:10-:15 seconds



Right

Calf Stretch
:10-:15 seconds

Optional

Foam Roll
(see page 3)