### Week 9 July 6th

**Day 1**
- **Dynamic Warm-Up** - see website for exercise list and videos
  - **Agility**
    - Partner Mirror Drill (leader run/follower shuffle) 2 x 10 sec. each way
    - 5 Movement Partner Reaction 2 x 5 movements
    - 4 corner reaction 2 x 5 movements
    - *If you don't have a partner do the following*
      - Volleyball Agility Box x 2 each way
      - L Drill x 2 each way
      - 5 cone drill (shuffle out, sprint back) x 2 each way
  - **Plyos**
    - Box Jumps/jump off both/land on 1 leg) 3 x 3 e.l.
    - Band Vertical Jumps (or 15LB DB's) 3 x 6
    - Split Jumps or scissor jumps 3 x 4 e.l.
    - Continuous Lateral Bounds 3 x 8 e.l.
- **Conditioning**
  - Bear Crawl Towel Pushes
  - Volleyball Lines x 2
  - *If you don't have a dot mat than do line hops from Cycle 1*
  - 2:1 rest between reps, meaning rest twice as long as it takes you to do*

**Day 2**
- **Dynamic Warm-Up** - see website for exercise list and videos
  - **Agility**
    - (3 to 1 rest between reps)
      - Backwards push off/set/ sprint or
      - Push off/crossover/ jump
      - Zig Zag (shuffle angles) x 2 each way
  - **Dot Mat (10 sec. between each sets)**
    - Big X w/ Flip 3 x 10 sec.
    - S.L. 4 Corner 1 x 10 sec. Each way/leg
    - S.L. Triangle 1 x 10 sec. each way/leg
    - S.L. Hour Glass 1 x 10 sec. each way/leg
    - *If you don't have a dot mat then do line hops from Cycle 1*
  - **Conditioning**
    - at end of each sprint stop in a defensive stance for 2 sec.
      - 10 x 5yds - 10 sec. rest between reps
      - 10 x 10yds - 15 sec. rest between reps
      - 10 x 15yds - 20 sec. rest between reps

**Day 3**
- **Dynamic Warm-Up** - see website for exercise list and videos
  - **Agility**
    - 3 cone partner reaction (AH on outside cone) x 2 each way
    - 4 cone agility reaction (AH facing partner each rep) 2 x 3 movements
    - 4 corner reaction (AH facing partner each rep) 2 x 5 movements
    - *If you don't have a partner do the following*
      - Pre Agility x 2 each way
      - 5 Cone Drill x 2 each way
      - Zig Zags x 2 each way
  - **Plyos**
    - *no pause between drop and jump*
      - Box Drop (18in. Box) into vertical jump 3 x 4
      - Box Drop (18in. Box) into broad jump 3 x 3
      - Box Drop (18in. Box) lateral hop and vertical jump 3 x 3 e.s.
  - **Conditioning Circuit** - rest 10 sec. between each exercise
    - x 4 rounds
      - Block Jumps x 15 sec. - rest 10 sec.
      - Tuck Jumps x 15 sec. - rest 10 sec.
      - Step Up Jumps x 15 sec. - rest 10 sec.
      - For./Back Line Hops x 15 sec. - rest 10 sec.
      - Continuous Lateral Bounds x 15 sec. - rest 10 sec.

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**Week 10 July 13th**

**Day 1**
- **Dynamic Warm-Up** - see website for exercise list and videos
  - **Agility**
    - Partner Mirror Drill (leader run/follower shuffle) 2 x 10 sec. each way
    - 5 Movement Partner Reaction 2 x 5 movements
    - 4 corner reaction 2 x 5 movements
    - *If you don't have a partner do the following*
      - Volleyball Agility Box x 2 each way
      - L Drill x 2 each way
      - 5 cone drill (shuffle out, sprint back) x 2 each way
  - **Plyos**
    - Box Jumps/jump off both/land on 1 leg) 3 x 3 e.l.
    - Band Vertical Jumps (or 15LB DB's) 3 x 6
    - Split Jumps or scissor jumps 3 x 4 e.l.
    - Continuous Lateral Bounds 3 x 8 e.l.
- **Conditioning**
  - Bear Crawl Towel Pushes
  - Volleyball Lines x 2
  - *If you don't have a dot mat than do line hops from Cycle 1*
  - 3 to 1 rest between reps, meaning rest twice as long as it takes you to do*

**Day 2**
- **Dynamic Warm-Up** - see website for exercise list and videos
  - **Agility**
    - (3 to 1 rest between reps)
      - Backwards push off/set/ sprint or
      - Push off/crossover/ jump
      - Zig Zag (shuffle angles) x 2 each way
  - **Dot Mat (10 sec. between each sets)**
    - Big X w/ Flip 3 x 10 sec.
    - S.L. 4 Corner 1 x 10 sec. Each way/leg
    - S.L. Triangle 1 x 10 sec. each way/leg
    - S.L. Hour Glass 1 x 10 sec. each way/leg
    - *If you don't have a dot mat then do line hops from Cycle 1*
  - **Conditioning**
    - at end of each sprint stop in a defensive stance for 2 sec.
      - sprint into defensive stance
      - 10 x 5yds - 10 sec. rest between reps
      - 10 x 10yds - 15 sec. rest between reps
      - 10 x 15yds - 20 sec. rest between reps

**Day 3**
- **Dynamic Warm-Up** - see website for exercise list and videos
  - **Agility**
    - 3 cone partner reaction (AH on outside cone) x 2 each way
    - 4 cone agility reaction (AH facing partner each rep) 2 x 3 movements
    - 4 corner reaction (AH facing partner each rep) 2 x 5 movements
    - *If you don't have a partner do the following*
      - Pre Agility x 2 each way
      - 5 Cone Drill x 2 each way
      - Zig Zags x 2 each way
  - **Plyos**
    - *no pause between drop and jump*
      - Box Drop (18in. Box) into vertical jump 3 x 4
      - Box Drop (18in. Box) into broad jump 3 x 3
      - Box Drop (18in. Box) lateral hop and vertical jump 3 x 3 e.s.
  - **Conditioning Circuit** - rest 10 sec. between each exercise
    - x 5 rounds
      - Block Jumps x 15 sec. - rest 10 sec.
      - Tuck Jumps x 15 sec. - rest 10 sec.
      - Step Up Jumps x 15 sec. - rest 10 sec.
      - For./Back Line Hops x 15 sec. - rest 10 sec.
      - Continuous Lateral Bounds x 15 sec. - rest 10 sec.
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<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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<tbody>
<tr>
<td><strong>Dynamic Warm-Up</strong> - see website for exercise list and videos</td>
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<td>Partner Mirror Drill (leader run/follower shuffle) 2 x 10 sec. each way</td>
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<td>5 Movement Partner Reaction 2 x 5 movements</td>
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<td>L Drill x 2 each way</td>
<td>Zig Zag (sprint/shuffle angles) x 2 each way</td>
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<td>5 cone drill (shuffle out, shuffle back) x 2 each way</td>
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<td><strong>Plyos</strong> (30 sec. rest between sets)</td>
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<td>Box Jumps (jump off both/land on 1 leg) 3 x 3 e.l.</td>
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<td>Band Vertical Jumps (or 15lb DB’s) 3 x 6</td>
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<td>Continuous Lateral Bounds 3 x 8 e.l.</td>
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<td><strong>Conditioning</strong></td>
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<td>Bear Crawl Towel Pushes</td>
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<td>Volleyball Lines x 2</td>
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<td>- backline to 10th line, back to backline. Repeat for opposite 10th line and opposite backline.</td>
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<td>2x2 rest between reps, meaning rest twice as long as it takes you to do</td>
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