### Option 1

**Dynamic Warm-Up**

- Plyos
  - 2 to 1 rest ratio between sets
  - Vertical Jumps (reset each rep) 3 x 10
  - S.L. Vertical Jumps 2 x 6 each leg
  - Standing Broad Jump (reset each rep) 2 x 6 each leg
  - Standing S.L. Broad Jump 2 x 6 each leg

- Foot Work
  - 10 sec. rest between sets
    - Box Taps 3 x 20 sec.
    - Skip Hops 3 x 20 sec.
    - Lateral Box Hops 3 x 20 sec.

- Conditioning
  - Sprints
    - 80yds x 3
    - (3 to 1 rest between reps)
    - 60yds x 5
    - (4 to 1 rest between 60’s)
    - 5 yd Lead Off Sprints x 6
    - (3 to 1 Rest between starts)

### Option 2

**Dynamic Warm-Up**

- Plyos
  - 2 to 1 rest ratio between sets
  - Continuous Broad Jump 3 x 5 jumps
  - Continuous S.L. Broad Jump 3 x 5 jumps each leg
  - Standing Triple Jump x 3 starting with each leg
  - Forward Tuck Jumps 3 x 10 jumps

- Speed Work
  - Wall Run Double Replacement 3 x 6 each leg
  - 20yd (60ft) sprints x 8

*Start in on base position, 30 sec. rest between reps, this is about quality not conditioning.

- Foot Work
  - 10 sec. rest between sets
    - For./Back Line Hops 3 x 15 sec.
    - Side to Side Line Hops 3 x 15 sec.
    - S.L. For./Back Line Hops 2 x 10 sec. each leg
    - S.L. Side to Side Line Hops 2 x 10 sec. each leg
    - 4 Corner Line Hops 2 x 15 sec. each way
    - S.L. 4 Corner Line Hops 1 x 10 sec. each leg/way

### Option 3

**Dynamic Warm-Up**

- Plyos
  - 2 to 1 rest ratio between sets
  - Continuous Vertical Jumps 3 x 10
  - Split Jumps 3 x 6 each leg
  - Tuck Jumps 3 x 10
  - Continuous Lateral Bounds 3 x 6 each leg

- Foot Work
  - 10 sec. rest between reps and sets
    - Jump rope
      - Double Leg 3 x 30 sec.
      - Single Leg 2 x 15 sec. each leg
      - Alternating 3 x 30 sec.
      - Your Choice 1 x 60 sec.

- Conditioning
  - 2 mile run or 25 minutes

### Option 4

**Dynamic Warm-Up**

- Foot Work
  - 1 to 1 rest ratio
    - Jump Rope
      - Forward Double Leg Hops 2 x 20yds
      - Forward S.L. Hops 2 x 15yds each leg
      - Lateral DL Hops 1 x 20yds each side
      - Lateral S.L. Hops 1 x 10yds each way
      - High Knee Run 2 x 20yds
      - Lateral High Knee Run 1 x 20 yds each side

- Plyos
  - Circuit - no rest between sets, 1 into the next for 3 rounds
    - Lunge Jumps 10 sec. each leg
    - Squat Jumps 15 sec.
    - Lateral Line Hops 15 sec.
    - Tuck Jumps 10 sec.
    - Lateral Line Hops 15 sec.

- Conditioning
  - 1 mile run

### Option 5

**Dynamic Warm-Up**

- Speed Work
  - Wall Run Triple Replacement 3 x 6 each leg
  - 5yd starts x 10 (30 sec. between reps)

- Foot Work
  - 1 to 1 rest between sets
    - Dot Mat
      - X 3 x 15 sec.
      - Hour Glass 2 x 15 sec. each way
      - Triangle 2 x 15 sec. each way

- Conditioning
  - 1 min. rest between sets
    - Sprints Progression x 2
      - | Set | Distance | reps | Rest |
      - | 1   | 5yds    | 5    | 5 sec. |
      - | 2   | 10yds   | 5    | 5 sec. |
      - | 3   | 20yds   | 5    | 10 sec. |

### Additional Conditioning Options

- Option 1 - Jump Rope - 600 Jumps
- Option 2 - 100yd Sprints - x 6
- *3 to 1 rest ratio, run each one between 16 to 20 sec.*
- Option 3 - 3 mile Run or 30 minutes
### Option 1
**Dynamic Warm-Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vertical Jumps</td>
<td>3 x 10</td>
</tr>
<tr>
<td>S.L. Vertical Jumps</td>
<td>2 x 6 each leg</td>
</tr>
<tr>
<td>Standing Broad Jump</td>
<td>2 x 6 each leg</td>
</tr>
<tr>
<td>Standing S.L. Broad Jump</td>
<td>2 x 6 each leg</td>
</tr>
</tbody>
</table>

**Foot Work**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Taps</td>
<td>3 x 20 sec.</td>
</tr>
<tr>
<td>Skip Hops</td>
<td>3 x 20 sec.</td>
</tr>
<tr>
<td>Lateral Box Hops</td>
<td>3 x 20 sec.</td>
</tr>
</tbody>
</table>

**Conditioning**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>80yds</td>
<td>x 4</td>
</tr>
<tr>
<td>60yds</td>
<td>x 5</td>
</tr>
<tr>
<td>5 yd Lead Off Sprints</td>
<td>x 6</td>
</tr>
</tbody>
</table>

### Option 2
**Dynamic Warm-Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous Broad Jump</td>
<td>3 x 5 jumps</td>
</tr>
<tr>
<td>Continuous S.L. Broad Jump</td>
<td>2 x 5 jumps each leg</td>
</tr>
<tr>
<td>Standing Triple Jump</td>
<td>x 3 starting with each leg</td>
</tr>
<tr>
<td>Forward Tuck Jumps</td>
<td>3 x 10 jumps</td>
</tr>
</tbody>
</table>

**Speed Work**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wall Run Double Replacement</td>
<td>3 x 6 each leg</td>
</tr>
<tr>
<td>20yd(60ft) sprints</td>
<td>x 8</td>
</tr>
</tbody>
</table>

*Start in on base position, 30 sec. rest between reps, this is about quality not conditioning.*

**Foot Work**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>For./Back Line Hops</td>
<td>3 x 15 sec.</td>
</tr>
<tr>
<td>Side to Side Line Hops</td>
<td>3 x 15 sec.</td>
</tr>
<tr>
<td>S.L. For./Back Line Hops</td>
<td>2 x 10 sec. each leg</td>
</tr>
<tr>
<td>S.L. Side to Side Line Hops</td>
<td>2 x 10 sec. each leg</td>
</tr>
<tr>
<td>4 Corner Line Hops</td>
<td>2 x 15 sec. each way</td>
</tr>
<tr>
<td>S.L. 4 Corner Line Hops</td>
<td>1 x 10 sec. each leg/way</td>
</tr>
</tbody>
</table>

**Conditioning**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 mile run</td>
<td></td>
</tr>
</tbody>
</table>

### Option 3
**Dynamic Warm-Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous Vertical Jumps</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Split Jumps</td>
<td>3 x 6 each leg</td>
</tr>
<tr>
<td>Tuck Jumps</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Continuous Lateral Bounds</td>
<td>3 x 6 each leg</td>
</tr>
</tbody>
</table>

**Foot Work**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump rope</td>
<td></td>
</tr>
<tr>
<td>Double Leg</td>
<td>3 x 30 sec.</td>
</tr>
<tr>
<td>Single Leg</td>
<td>2 x 15 sec. each leg</td>
</tr>
<tr>
<td>Alternating</td>
<td>3 x 30 sec.</td>
</tr>
<tr>
<td>Your Choice</td>
<td>1 x 60 sec.</td>
</tr>
</tbody>
</table>

**Conditioning**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 mile run or 25 minutes</td>
<td></td>
</tr>
</tbody>
</table>

---

### Option 4
**Dynamic Warm-Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forward Double Leg Hops</td>
<td>2 x 20yds</td>
</tr>
<tr>
<td>Forward S.L. Hops</td>
<td>2 x 15yds each leg</td>
</tr>
<tr>
<td>Lateral DL Hops</td>
<td>1 x 20yds each side</td>
</tr>
<tr>
<td>Lateral S.L. Hops</td>
<td>1 x 10yds each way</td>
</tr>
<tr>
<td>High Knee Run</td>
<td>2 x 20yds</td>
</tr>
<tr>
<td>Lateral High Knee Run</td>
<td>1 x 20 yds each side</td>
</tr>
</tbody>
</table>

**Plyos**

Circuit - no rest between sets, 1 into the next for 3 rounds

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunges</td>
<td>10 sec. each leg</td>
</tr>
<tr>
<td>Squats</td>
<td>15 sec.</td>
</tr>
<tr>
<td>Lateral Line Hops</td>
<td>15 sec.</td>
</tr>
<tr>
<td>Tuck Jumps</td>
<td>10 sec.</td>
</tr>
<tr>
<td>Lateral Line Hops</td>
<td>15 sec.</td>
</tr>
</tbody>
</table>

**Conditioning**

1 mile run

---

### Option 5
**Dynamic Warm-Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wall Run Triple Replacement</td>
<td>3 x 6 each leg</td>
</tr>
<tr>
<td>5yd starts</td>
<td>x 10 (30 sec. between reps)</td>
</tr>
</tbody>
</table>

**Speed Work**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dot Mat</td>
<td></td>
</tr>
<tr>
<td>X</td>
<td>3 x 15 sec.</td>
</tr>
<tr>
<td>Hour Glass</td>
<td>2 x 15 sec. each way</td>
</tr>
<tr>
<td>Triangle</td>
<td>2 x 15 sec. each way</td>
</tr>
</tbody>
</table>

**Conditioning**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Set</th>
<th>Distance</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5yds</td>
<td>6</td>
<td>5 sec.</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>10yds</td>
<td>6</td>
<td>5 sec.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>20yds</td>
<td>6</td>
<td>10 sec.</td>
<td></td>
</tr>
</tbody>
</table>

---

### Additional Conditioning Options

**Option 1**

- Jump Rope - 650 Jumps

**Option 2**

- 100yd Sprints - x 7
  
  3 to 1 rest ratio, run each one between 16 to 20 sec.

**Option 3**

- 3 mile Run or 30 minutes
### Option 1
**Dynamic Warm-Up**

**Plyos**
- Vertical Jumps (reset each rep) $\times 3$ *10*
- S.L. Vertical Jumps $\times 2$ *6 each leg*
- Standing Broad Jump (reset each rep) $\times 2$ *6 each leg*
- Standing S.L. Broad Jump $\times 2$ *6 each leg*

**Foot Work**
- 10 sec. rest between sets
  - Box Taps $\times 3$ *20 sec.*
  - Skip Hops $\times 3$ *20 sec.*
  - Lateral Box Hops $\times 3$ *20 sec.*

**Conditioning**
- Sprints
  - 80yds $\times 4$ (3 to 1 rest between reps)
  - 60yds $\times 6$ (4 to 1 rest between 60's)
  - 5 yd Lead Off Sprints $\times 8$ (5 to 1 Rest between starts)

### Option 2
**Dynamic Warm-Up**

**Plyos**
- Continuous Broad Jump $\times 3$ *5 jumps*
- Continuous S.L. Broad Jump $\times 2$ *5 jumps each leg*
- Standing Triple Jump $\times 3$ *starting with each leg*
- Forward Tuck Jumps $\times 10$ *jumps*

**Foot Work**
- 10 sec. rest between sets
  - Wall Run Double Replacement $\times 3$ *6 each leg*
  - 20yd (60ft) sprints $\times 10$

**Speed Work**
- Vertical Jumps (reset each rep) $\times 3$ *10*
- High Knee Run $\times 2$ *20yds*
- Lateral High Knee Run $\times 1$ *20yds each side*

**Conditioning**
- Sprints Progression $\times 2$
  - *Set Distance reps Rest*
  - 1 5yds 6 5 sec.
  - 2 10yds 6 5 sec.
  - 3 20yds 6 10 sec.
  - 4 40yds 2 20 sec.

### Option 3
**Dynamic Warm-Up**

**Plyos**
- Continuous Vertical Jumps $\times 3$ *10*
- Split Jumps $\times 3$ *6 each leg*
- Tuck Jumps $\times 3$ *10*
- Continuous Lateral Bounds $\times 3$ *6 each leg*

**Foot Work**
- 10 sec. rest between reps and sets
  - Jump rope
    - Double Leg $\times 3$ *35 sec.*
    - Single Leg $\times 2$ *20 sec. each leg*
    - Alternating $\times 3$ *35 sec.*
    - Your Choice $\times 1$ *90 sec.*

**Conditioning**
- 2 mile run or 25 minutes

### Option 4
**Dynamic Warm-Up**

**Foot Work**
- 1 to 1 rest ratio
  - Jump Rope
    - Forward Double Leg Hops $\times 2$ *20yds*
    - Forward S.L. Hops $\times 2$ *15yds each leg*
    - Lateral DL Hops $\times 1$ *20yds each side*
    - Lateral S.L. Hops $\times 1$ *10yds each way*
    - High Knee Run $\times 2$ *20yds*
    - Lateral High Knee Run $\times 1$ *20yds each side*

**Plyos**
- Circuit - no rest between sets, 1 into the next for 3 rounds
  - Lunge Jumps *10 sec. each leg*
  - Squat Jumps *15 sec.*
  - Lateral Line Hops *15 sec.*
  - Tuck Jumps *10 sec.*
  - Lateral Line Hops *15 sec.*

**Conditioning**
- 1 mile run

### Option 5
**Dynamic Warm-Up**

**Speed Work**
- Wall Run Triple Replacement $\times 3$ *6 each leg*
  - 5yd starts $\times 10$ (30 sec. between reps)

**Foot Work**
- 1 to 1 rest between sets
  - Dot Mat
    - Big X $\times 3$ *15 sec.*
    - Figure 8 $\times 2$ *15 sec. each way*
    - 4 Corner $\times 2$ *15 sec. each way*

**Conditioning**
- 1 min. rest between sets
  - Sprints Progression $\times 2$
    - *Set Distance reps Rest*
    - 1 5yds 6 5 sec.
    - 2 10yds 6 5 sec.
    - 3 20yds 6 10 sec.
    - 4 40yds 2 20 sec.

---

**Additional Conditioning Options**

**Option 1 -** Jump Rope - 700 Jumps

**Option 2 -** 100yd Sprints - x 8
  - *3 to 1 rest ratio, run each one between 16 to 20 sec.*

**Option 3 -** 3 mile Run or 30 minutes
### Option 1
#### Dynamic Warm-Up

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Rest Between Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dynamic Warm-Up</td>
<td>2 to 1 rest ratio between sets</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Vertical Jumps (reset each rep)</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>S.L. Vertical Jumps</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>Standing Broad Jump (reset each rep)</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>Standing S.L. Broad Jump</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
</tbody>
</table>

#### Plyos

- Vertical Jumps (reset each rep) 3 x 10
- S.L. Vertical Jumps 2 x 6 each leg
- Standing Broad Jump (reset each rep) 2 x 6 each leg
- Standing S.L. Broad Jump 2 x 6 each leg

#### Foot Work

- 10 sec. rest between sets
  - Box Taps 3 x 20 sec.
  - Skip Hops 3 x 20 sec.
  - Lateral Box Hops 3 x 20 sec.

#### Conditioning

- Sprints
  - 80yds x 4
  - (3 to 1 rest between reps)
  - 60yds x 8
  - (4 to 1 rest between 60's)
  - 5 yd Lead Off Sprints x 8
  - (5 to 1 rest between starts)

---

### Option 2
#### Dynamic Warm-Up

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Rest Between Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dynamic Warm-Up</td>
<td>2 to 1 rest ratio between sets</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Vertical Jumps (reset each rep)</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>S.L. Vertical Jumps</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>Standing Broad Jump (reset each rep)</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>Standing S.L. Broad Jump</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
</tbody>
</table>

#### Plyos

- Continuous Broad Jump 3 x 5 jumps
- Continuous S.L. Broad Jump 2 x 5 jumps each leg
- Standing Triple Jump 3 x 2 starting with each leg
- Forward Tuck Jumps 3 x 10 jumps

#### Speed Work

- Wall Run Double Replacement 3 x 6 each leg
- 20yd (60ft) sprints x 10

*Start in on base position, 30 sec. rest between reps, this is about quality not conditioning.

#### Foot Work

- 10 sec. rest between sets
  - For./Back Line Hops 3 x 15 sec.
  - Side to Side Line Hops 3 x 15 sec.
  - S.L. For./Back Line Hops 2 x 10 sec. each leg
  - S.L. Side to Side Line Hops 2 x 10 sec. each leg
  - 4 Corner Line Hops 2 x 15 sec. each way
  - S.L. 4 Corner Line Hops 1 x 10 sec. each leg/way

#### Conditioning

- Sprints Progression x 2
- Speed Progression x 2

---

### Option 3
#### Dynamic Warm-Up

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Rest Between Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dynamic Warm-Up</td>
<td>2 to 1 rest ratio between sets</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Vertical Jumps (reset each rep)</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>S.L. Vertical Jumps</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>Standing Broad Jump (reset each rep)</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
<tr>
<td>Standing S.L. Broad Jump</td>
<td>2 x 6 each leg</td>
<td></td>
</tr>
</tbody>
</table>

#### Plyos

- Continuous Vertical Jumps 3 x 6 each leg
- Split Jumps 3 x 6 each leg
- Tuck Jumps 3 x 10
- Continuous Lateral Bounds 3 x 6 each leg

#### Foot Work

- 10 sec. rest between reps and sets
  - Jump rope
  - Double Leg 3 x 40 sec.
  - Single Leg 2 x 20 sec. each leg
  - Alternating 3 x 40 sec.
  - Your Choice 1 x 90 sec.

#### Conditioning

- 2 mile run or 25 minutes

---

### Option 4
#### Dynamic Warm-Up

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Rest Between Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dynamic Warm-Up</td>
<td>1 to 1 rest ratio</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Vertical Jumps (reset each rep)</td>
<td>2 x 20yds</td>
<td></td>
</tr>
<tr>
<td>Forward Double Leg Hops</td>
<td>2 x 15yds each leg</td>
<td></td>
</tr>
<tr>
<td>Forward S.L. Hops</td>
<td>1 x 20yds each side</td>
<td></td>
</tr>
<tr>
<td>Lateral DL Hops</td>
<td>1 x 10yds each leg</td>
<td></td>
</tr>
<tr>
<td>Lateral S.L. Hops</td>
<td>1 x 20yds each side</td>
<td></td>
</tr>
<tr>
<td>High Knee Run</td>
<td>2 x 20yds</td>
<td></td>
</tr>
<tr>
<td>Lateral High Knee Run</td>
<td>1 x 20yds each side</td>
<td></td>
</tr>
</tbody>
</table>

#### Plyos

- Circuit - no rest between sets, 1 into the next for 3 rounds
  - Split Jumps 10 sec. each leg
  - Vertical Jumps 15 sec.
  - S.L. Lateral Line Hops 20 sec. (10 each side)
  - Tuck Jumps 10 sec.
  - S.L. Lateral Line Hops 20 sec. (10 each side)

#### Conditioning

- 1 mile run

---

### Option 5
#### Dynamic Warm-Up

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Rest Between Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dynamic Warm-Up</td>
<td>1 to 1 rest ratio</td>
<td>3 x 10</td>
</tr>
<tr>
<td>Vertical Jumps (reset each rep)</td>
<td>2 x 20yds</td>
<td></td>
</tr>
<tr>
<td>Forward Double Leg Hops</td>
<td>2 x 15yds each leg</td>
<td></td>
</tr>
<tr>
<td>Forward S.L. Hops</td>
<td>1 x 20yds each side</td>
<td></td>
</tr>
<tr>
<td>Lateral DL Hops</td>
<td>1 x 10yds each way</td>
<td></td>
</tr>
<tr>
<td>Lateral S.L. Hops</td>
<td>1 x 20yds each side</td>
<td></td>
</tr>
<tr>
<td>High Knee Run</td>
<td>2 x 20yds</td>
<td></td>
</tr>
<tr>
<td>Lateral High Knee Run</td>
<td>1 x 20yds each side</td>
<td></td>
</tr>
</tbody>
</table>

#### Plyos

- Continuous Broad Jump 3 x 5 jumps
- Continuous S.L. Broad Jump 2 x 5 jumps each leg
- Standing Triple Jump 3 x 2 starting with each leg
- Forward Tuck Jumps 3 x 10 jumps

#### Speed Work

- Wall Run Triple Replacement 3 x 6 each leg
- 5yd starts x 10 (30 sec. between reps)

#### Foot Work

- 1 to 1 rest between sets
  - Dot Mat
  - Big X 3 x 15 sec.
  - Figure 8 2 x 15 sec. each way
  - 4 Corner 2 x 15 sec. each way

#### Conditioning

- Sprints Progression x 2
- Speed Progression x 2

<table>
<thead>
<tr>
<th>Set</th>
<th>Distance</th>
<th>reps</th>
<th>Rest</th>
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<tbody>
<tr>
<td>1</td>
<td>5yds</td>
<td>6</td>
<td>5 sec.</td>
</tr>
<tr>
<td>2</td>
<td>10yds</td>
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</tr>
<tr>
<td>3</td>
<td>20yds</td>
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</tr>
<tr>
<td>4</td>
<td>40yds</td>
<td>4</td>
<td>20 sec.</td>
</tr>
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### Additional Conditioning Options

- Option 1 - Jump Rope - 750 Jumps
- Option 2 - 100yd Sprints - x 8
- *3 to 1 rest ratio, run each one between 16 to 20 sec.
- Option 3 - 3 mile Run or 30 minutes

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### Additional Conditioning Options

- Option 1 - Jump Rope - 750 Jumps
- Option 2 - 100yd Sprints - x 8
- *3 to 1 rest ratio, run each one between 16 to 20 sec.
- Option 3 - 3 mile Run or 30 minutes
### Option 1

#### Dynamic Warm-Up

- **Plyos**
  - 2 to 1 rest ratio between sets
  - Vertical Jumps (reset each rep) 3 x 10
  - S.L. Vertical Jumps 2 x 6 each leg
  - Standing Broad Jump (reset each rep) 2 x 6 each leg
  - Standing S.L. Broad Jump 2 x 6 each leg

- **Foot Work**
  - 10 sec. rest between sets
  - Box Taps 3 x 20 sec.
  - Skip Hops 3 x 20 sec.
  - Lateral Box Hops 3 x 20 sec.

- **Conditioning**
  - Sprints
    - 80yds x 4
      - (3 to 1 rest between reps)
    - 60yds x 8
      - (4 to 1 rest between 60’s)
    - 5 yd Lead Off Sprints x 10
      - (3 to 1 Rest between starts)

### Option 2

#### Dynamic Warm-Up

- **Plyos**
  - 2 to 1 rest ratio between sets
  - Continuous Broad Jump 3 x 5 jumps
  - Continuous S.L. Broad Jump 2 x 5 jumps each leg
  - Standing Triple Jump 3 x starting with each leg
  - Forward Tuck Jumps 3 x 10 jumps

- **Speed Work**
  - Wall Run Double Replacement 3 x 6 each leg
  - 20yd (60ft) sprints x 10

*Start in on base position, 30 sec. rest between reps, this is about quality not conditioning.

- **Foot Work**
  - 10 sec. rest between sets
  - For./Back Line Hops 3 x 15 sec.
  - Side to Side Line Hops 3 x 15 sec.
  - S.L. For./Back Line Hops 2 x 10 sec. each leg
  - S.L. Side to Side Line Hops 2 x 10 sec. each leg
  - 4 Corner Line Hops 2 x 15 sec. each way
  - S.L. 4 Corner Line Hops 1 x 10 sec. each leg/way

### Option 3

#### Dynamic Warm-Up

- **Plyos**
  - 2 to 1 rest ratio between sets
  - Continuous Vertical Jumps 3 x 10
  - Split Jumps 3 x 6 each leg
  - Tuck Jumps 3 x 10
  - Continuous Lateral Bounds 3 x 6 each leg

- **Foot Work**
  - 10 sec. rest between reps and sets
  - Jump rope
    - Double Leg 3 x 45 sec.
    - Single Leg 2 x 20 sec. each leg
    - Alternating 3 x 45 sec.
    - Your Choice 1 x 120 sec.

- **Conditioning**
  - 2 mile run or 25 minutes

### Option 4

#### Dynamic Warm-Up

- **Foot Work**
  - 1 to 1 rest ratio
    - Jump Rope
      - Forward Double Leg Hops 2 x 20yds
      - Forward S.L. Hops 2 x 15yds each leg
      - Lateral DL Hops 1 x 20yds each side
      - Lateral S.L. Hops 1 x 10yds each way
      - High Knee Run 2 x 20yds
      - Lateral High Knee Run 1 x 20 yds each side

- **Plyos**
  - Circuit - no rest between sets, 1 into the next for 3 rounds
    - Split Jumps 10 sec. each leg
    - Vertical Jumps 15 sec.
    - S.L. Lateral Line Hops 20 sec. (10 each side)
    - Tuck Jumps 10 sec.
    - S.L. Lateral Line Hops 20 sec. (10 each side)

- **Conditioning**
  - 1 mile run

### Option 5

#### Dynamic Warm-Up

- **Speed Work**
  - Wall Run Triple Replacement 3 x 6 each leg
  - 5yd starts x 10 (30 sec. between reps)

- **Foot Work**
  - 1 to 1 rest between sets
    - Dot Mat
      - Big X 3 x 15 sec.
      - Figure 8 2 x 15 sec. each way
      - 4 Corner 2 x 15 sec. each way

- **Conditioning**
  - 1 min. rest between sets
    - Sprints Progression x 2

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### Additional Conditioning Options

- **Option 1**
  - Jump Rope - 800 Jumps

- **Option 2**
  - 100yd Sprints - x 9

- **Option 3**
  - 3 mile Run or 30 minutes