

Adaptation/Stabilization Series

Week 1/Day 3 Workout

Active Warm-Up (6-8 Minutes)

Skips
Skip with a twist
High Knees
Heel-Kicks
Side Shuffle
Carioko
Opposite Arm/Opposite Leg Kicks
Step and Pull Forward
Step and Pull Reverse
Step and Reach

Agility Warm-Up Drill (2-4 minutes)

Lateral Zig-Zags
4 total zig-zags

Corrective Exercise

Single Leg Squat
15 repetitions each leg

Introduction to Functional Movements (15 minutes)

Agility Introduction

Ladder Progression + sprint
Normal Single Leg run through ladders + sprints X 4 sets
2 Feet in through ladders plus sprint through end X 4 sets

Lateral Side Steps

20 yard side steps in each direction

Toe Touches

30 toe touches

Ladder drill with burpee station

Ladder drill with students performing 5 burpees at each station
*Perform drill in stations of 8 students per group

****PERFORM CIRCUIT 2 TIMES****

Cool down and Stretch (5 minutes)

Teaching Notes: