

Overview

Day 1: Weeks 1-8

Warm-Up*

Exercise
Jog
Skip
Twister Skip
Skip w/ Arms Crossed
Butt Kickers
High-Knee Thigh Taps
Forward Shuffle
Side Shuffle (slide)
Carioca
Backpedal
Backward Skip
Back Shuffle

*Place two cones 15 yards apart; perform each exercise down and back

Dynamic Preparation*

Exercise
Star Drill
- Squat and Reach
- Jump w/ No Turns
- Jump w/ Turns
- Right Leg Squat
- Left Leg Squat
- Foot Fire w/ Jumps
- Foot Fire w/o Jumps

*Perform each exercise five times; rest 20 seconds, then move on to next. Perform first three reps slow and controlled, and the last two reps fast.

Flexibility and Mobility

Exercise	Sets/Reps
Shoulder Punches	1x8 each way
Squat and Reach	1x8
4-Way Pick Up and Reach	1x10
Retro Lunge	1x6 / leg w/ 3-sec hold
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	1x8 / leg
Lateral Squat w/ Medial Reach	1x8 / leg

Set 1*

Exercise	Sets/Reps
3-Way Stop and Go	1x3 each direction
Overhead Stick Squat	1x15
Lawn Mower	1x12 each arm

*Superset each exercise; rest 60-120 seconds before moving onto Set 2

Set 2*

Exercise	Sets/Reps
Power Skip w/ Sprint Return	3x20 yards
Butt Burner	1x12 each leg
Front/Side/Side Bridge	1x30 sec each position

*Superset each exercise; rest 60-120 seconds before moving onto Set 3

Set 3*

Exercise	Sets/Reps
Med Ball Overhead Toss	1x12
Sport Cord Lifts and Chops Single Arm	1x12 each arm

*Superset

Day 2: Weeks 1-8

Warm Up: Hip Mobility Series*

Exercise	Sets/Reps
High Knee Over Hurdle/One Foot Each Square	1x4
Trail Leg Over Hurdle/ Carioca	1x4
Lead Leg Over Hurdle/Backwards Apart-Together- Apart-Skip	1x4

*Place, two feet apart, two groups of four six-inch hurdles, and six feet apart, two ladders.

Dynamic Preparation*

Exercise	Sets/Reps
Dot Drill**	
- Apart-Together	1x6
- Hourglass	1x6
- Apart-Together- Apart-Turn	1x6
MB Single-Leg Throw Downs	1x8 each side

*Superset exercises, resting 30-60 seconds; repeat

**Perform variations in continuous motion

Flexibility and Mobility

Exercise	Sets/Reps
Shoulder Punches	1x8 each way
Squat and Reach	1x8
4-Way Pick Up and Reach	1x10
Retro Lunge	1x6 each leg with 3-sec hold
Single-Leg Quad Stretch With Single-Leg Mini Squat	1x8 each leg
Lateral Squat w/ Medial Reach	1x8 each leg

Set 1*

Exercise	Sets/Reps
Volleyball Speed Lunge and Jump	1x8 each direction
Shoulder Matrix	1x8 each direction
Golf Squat	1x8 each direction

*Superset exercises; rest 60-120 seconds before moving on to Set 2

Set 2*

Exercise	Sets/Reps
MB Squat and Toss	1x12
Sports Cord Lifts and Chops-Double Arm	1x12 each direction
Butt Burner	1x12 each side

*Superset exercises; rest 60-120 seconds before moving on to Set 3

Set 3

Exercise	Sets/Reps
Wall-Sit to Sprint*	1x3

*Perform Wall Sit for 30 seconds, then perform 30-yard sprint down and back

Week 1: Day 1

WARM-UP					
Exercise	Set 1				
Jog	/30 yards				
Skip	/30 yards				
Twister Skip	/30 yards				
Skip w/ Arms Crossed	/30 yards				
Butt Kickers	/30 yards				
High-Knee Thigh Taps	/30 yards				
Forward Shuffle	/30 yards				
Side Shuffle (slide)	/30 yards				
Carioca	/30 yards				
Backpedal	/30 yards				
Backwards Skip	/30 yards				
Back Shuffle	/30 yards				
DYNAMIC PREPARATION					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Star Drill: Squat and Reach	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ No Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Right Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Left Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/ Jumps	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/o Jumps	/slow	/slow	/slow	/fast	/fast
FLEXIBILITY AND MOBILITY					
Exercise	Set 1				
Shoulder Punches	/8 each way				
Squat and Reach	/8				
4-Way Pick Up and Reach	/10				
Retro Lunge	/6 each leg				
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg				
Lateral Squat w/ Medial Reach	/8 each leg				
SUPERSET 1					
Exercise	Set 1				
3-Way Stop and Go	/3 each direction				
Overhead Stick Squat	/15				
Lawn Mower	/12 each arm				
SUPERSET 2					
Exercise	Set 1	Set 2	Set 3		
Power Skip w/ Sprint Return	/20 yards	/20 yards	/20 yards		
Butt Burner	/12 each leg				
Front/Side/Side Bridge	/30 seconds				
SUPERSET 3					
Exercise	Set 1				
MB Overhead Toss	/12				
Sport Cord Lifts and Chops Single-Arm	/12 each arm				

Week 1: Day 2

WARM-UP – HIP MOBILITY SERIES	
Exercise	Set 1
High-Knee Over Hurdle (one foot each square)	/4
Trail Leg Over Hurdle/Carioca	/4
Lead Leg Over Hurdle/Backwards Apart-Together-Apart-Skip	/4
DYNAMIC PREPARATION	
Exercise	Set 1
Dot Drill: Apart-Together	/6
Dot Drill: Hourglass	/6
Dot Drill: Apart-Together-Apart-Turn	/6
MB Single-Leg Throw Downs	/8 each side
FLEXIBILITY AND MOBILITY	
Exercise	Set 1
Shoulder Punches	/8 each way
Squat and Reach	/8
4-Way Pick Up and Reach	/10
Retro Lunge	/6 each leg
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg
Lateral Squat w/ Medial Reach	/8 each leg
SUPERSET 1	
Exercise	Set 1
Volleyball Speed Lunge and Jump	/8 each direction
Shoulder Matrix	/8 each direction
Golf Squat	/8 each direction
SUPERSET 2	
Exercise	Set 1
MB Squat and Toss	/12
Sport Cord Lifts and Chops Double-Arm	/12 each direction
Butt Burner	/12 each side
SUPERSET 3	
Exercise	Set 1
Wall Sit	/30 seconds
Sprint	/60 yards

Week 2: Day 1

WARM-UP					
Exercise	Set 1				
Jog	/30 yards				
Skip	/30 yards				
Twister Skip	/30 yards				
Skip w/ Arms Crossed	/30 yards				
Butt Kickers	/30 yards				
High-Knee Thigh Taps	/30 yards				
Forward Shuffle	/30 yards				
Side Shuffle (slide)	/30 yards				
Carioca	/30 yards				
Backpedal	/30 yards				
Backwards Skip	/30 yards				
Back Shuffle	/30 yards				
DYNAMIC PREPARATION					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Star Drill: Squat and Reach	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ No Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Right Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Left Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/ Jumps	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/o Jumps	/slow	/slow	/slow	/fast	/fast
FLEXIBILITY AND MOBILITY					
Exercise	Set 1				
Shoulder Punches	/8 each way				
Squat and Reach	/8				
4-Way Pick Up and Reach	/10				
Retro Lunge	/6 each leg				
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg				
Lateral Squat w/ Medial Reach	/8 each leg				
SUPERSET 1					
Exercise	Set 1				
3-Way Stop and Go	/3 each direction				
Overhead Stick Squat	/15				
Lawn Mower	/12 each arm				
SUPERSET 2					
Exercise	Set 1	Set 2	Set 3		
Power Skip w/ Sprint Return	/20 yards	/20 yards	/20 yards		
Butt Burner	/12 each leg				
Front/Side/Side Bridge	/30 seconds				
SUPERSET 3					
Exercise	Set 1				
MB Overhead Toss	/12				
Sport Cord Lifts and Chops Single-Arm	/12 each arm				

Week 2: Day 2

WARM-UP – HIP MOBILITY SERIES	
Exercise	Set 1
High-Knee Over Hurdle/One Foot Each Square	/4
Trail Leg Over Hurdle/Carioca	/4
Lead Leg Over Hurdle/Backwards Apart-Together-Apart-Skip	/4
DYNAMIC PREPARATION	
Exercise	Set 1
Dot Drill: Apart-Together	/6
Dot Drill: Hourglass	/6
Dot Drill: Apart-Together-Apart-Turn	/6
MB Single-Leg Throw Downs	/8 each side
FLEXIBILITY AND MOBILITY	
Exercise	Set 1
Shoulder Punches	/8 each way
Squat and Reach	/8
4-Way Pick Up and Reach	/10
Retro Lunge	/6 each leg
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg
Lateral Squat w/ Medial Reach	/8 each leg
SUPERSET 1	
Exercise	Set 1
Volleyball Speed Lunge and Jump	/8 each direction
Shoulder Matrix	/8 each direction
Golf Squat	/8 each direction
SUPERSET 2	
Exercise	Set 1
MB Squat and Toss	/12
Sport Cord Lifts and Chops Double-Arm	/12 each direction
Butt Burner	/12 each side
SUPERSET 3	
Exercise	Set 1
Wall Sit	/30 seconds
Sprint	/60 yards

Week 3: Day 1

WARM-UP					
Exercise	Set 1				
Jog	/30 yards				
Skip	/30 yards				
Twister Skip	/30 yards				
Skip w/ Arms Crossed	/30 yards				
Butt Kickers	/30 yards				
High-Knee Thigh Taps	/30 yards				
Forward Shuffle	/30 yards				
Side Shuffle (slide)	/30 yards				
Carioca	/30 yards				
Backpedal	/30 yards				
Backwards Skip	/30 yards				
Back Shuffle	/30 yards				
DYNAMIC PREPARATION					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Star Drill: Squat and Reach	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ No Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Right Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Left Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/ Jumps	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/o Jumps	/slow	/slow	/slow	/fast	/fast
FLEXIBILITY AND MOBILITY					
Exercise	Set 1				
Shoulder Punches	/8 each way				
Squat and Reach	/8				
4-Way Pick Up and Reach	/10				
Retro Lunge	/6 each leg				
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg				
Lateral Squat w/ Medial Reach	/8 each leg				
SUPERSET 1					
Exercise	Set 1				
3-Way Stop and Go	/3 each direction				
Overhead Stick Squat	/15				
Lawn Mower	/12 each arm				
SUPERSET 2					
Exercise	Set 1	Set 2	Set 3		
Power Skip w/ Sprint Return	/20 yards	/20 yards	/20 yards		
Butt Burner	/12 each leg				
Front/Side/Side Bridge	/30 seconds				
SUPERSET 3					
Exercise	Set 1				
MB Overhead Toss	/12				
Sport Cord Lifts and Chops Single-Arm	/12 each arm				

Week 3: Day 2

WARM-UP – HIP MOBILITY SERIES	
Exercise	Set 1
High-Knee Over Hurdle/One Foot Each Square	/4
Trail Leg Over Hurdle/Carioca	/4
Lead Leg Over Hurdle/Backwards Apart-Together-Apart-Skip	/4
DYNAMIC PREPARATION	
Exercise	Set 1
Dot Drill: Apart-Together	/6
Dot Drill: Hourglass	/6
Dot Drill: Apart-Together-Apart-Turn	/6
MB Single-Leg Throw Downs	/8 each side
FLEXIBILITY AND MOBILITY	
Exercise	Set 1
Shoulder Punches	/8 each way
Squat and Reach	/8
4-Way Pick Up and Reach	/10
Retro Lunge	/6 each leg
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg
Lateral Squat w/ Medial Reach	/8 each leg
SUPERSET 1	
Exercise	Set 1
Volleyball Speed Lunge and Jump	/8 each direction
Shoulder Matrix	/8 each direction
Golf Squat	/8 each direction
SUPERSET 2	
Exercise	Set 1
MB Squat and Toss	/12
Sport Cord Lifts and Chops Double-Arm	/12 each direction
Butt Burner	/12 each side
SUPERSET 3	
Exercise	Set 1
Wall Sit	/30 seconds
Sprint	/60 yards

Week 4: Day 1

WARM-UP					
Exercise	Set 1	Set 2			
Jog	/30 yards	/30 yards			
Skip	/30 yards	/30 yards			
Twister Skip	/30 yards	/30 yards			
Skip w/ Arms Crossed	/30 yards	/30 yards			
Butt Kickers	/30 yards	/30 yards			
High-Knee Thigh Taps	/30 yards	/30 yards			
Forward Shuffle	/30 yards	/30 yards			
Side Shuffle (slide)	/30 yards	/30 yards			
Carioca	/30 yards	/30 yards			
Backpedal	/30 yards	/30 yards			
Backwards Skip	/30 yards	/30 yards			
Back Shuffle	/30 yards	/30 yards			
DYNAMIC PREPARATION					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Star Drill: Squat and Reach	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ No Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Right Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Left Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/ Jumps	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/o Jumps	/slow	/slow	/slow	/fast	/fast
FLEXIBILITY AND MOBILITY					
Exercise	Set 1	Set 2			
Shoulder Punches	/8 each way	/8 each way			
Squat and Reach	/8	/8			
4-Way Pick Up and Reach	/10	/10			
Retro Lunge	/6 each leg	/6 each leg			
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg			
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg			
SUPERSET 1					
Exercise	Set 1	Set 2			
3-Way Stop and Go	/3 each direction	/3 each direction			
Overhead Stick Squat	/15	/15			
Lawn Mower	/12 each arm	/12 each arm			
SUPERSET 2					
Exercise	Set 1	Set 2	Set 3		
Power Skip w/ Sprint Return	/20 yards	/20 yards	/20 yards		
Butt Burner	/12 each leg	/12 each leg			
Front/Side/Side Bridge	/30 seconds	/30 seconds			
SUPERSET 3					
Exercise	Set 1	Set 2			
MB Overhead Toss	/12	/12			
Sport Cord Lifts and Chops Single-Arm	/12 each arm	/12 each arm			

Week 4: Day 2

WARM-UP – HIP MOBILITY SERIES		
Exercise	Set 1	Set 2
High-Knee Over Hurdle/One Foot Each Square	/4	/4
Trail Leg Over Hurdle/Carioca	/4	/4
Lead Leg Over Hurdle/Backwards Apart-Together-Apart-Skip	/4	/4
DYNAMIC PREPARATION		
Exercise	Set 1	Set 2
Dot Drill: Apart-Together	/6	/6
Dot Drill: Hourglass	/6	/6
Dot Drill: Apart-Together-Apart-Turn	/6	/6
MB Single-Leg Throw Downs	/8 each side	/8 each side
FLEXIBILITY AND MOBILITY		
Exercise	Set 1	Set 2
Shoulder Punches	/8 each way	/8 each way
Squat and Reach	/8	/8
4-Way Pick Up and Reach	/10	/10
Retro Lunge	/6 each leg	/6 each leg
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg
SUPERSET 1		
Exercise	Set 1	Set 2
Volleyball Speed Lunge and Jump	/8 each direction	/8 each direction
Shoulder Matrix	/8 each direction	/8 each direction
Golf Squat	/8 each direction	/8 each direction
SUPERSET 2		
Exercise	Set 1	Set 2
MB Squat and Toss	/12	/12
Sport Cord Lifts and Chops Double-Arm	/12 each direction	/12 each direction
Butt Burner	/12 each side	/12 each side
SUPERSET 3		
Exercise	Set 1	Set 2
Wall Sit	/30 seconds	/30 seconds
Sprint	/60 yards	/60 yards

Week 5: Day 1

WARM-UP					
Exercise	Set 1	Set 2			
Jog	/30 yards	/30 yards			
Skip	/30 yards	/30 yards			
Twister Skip	/30 yards	/30 yards			
Skip w/ Arms Crossed	/30 yards	/30 yards			
Butt Kickers	/30 yards	/30 yards			
High-Knee Thigh Taps	/30 yards	/30 yards			
Forward Shuffle	/30 yards	/30 yards			
Side Shuffle (slide)	/30 yards	/30 yards			
Carioca	/30 yards	/30 yards			
Backpedal	/30 yards	/30 yards			
Backwards Skip	/30 yards	/30 yards			
Back Shuffle	/30 yards	/30 yards			
DYNAMIC PREPARATION					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Star Drill: Squat and Reach	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ No Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Right Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Left Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/ Jumps	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/o Jumps	/slow	/slow	/slow	/fast	/fast
FLEXIBILITY AND MOBILITY					
Exercise	Set 1	Set 2			
Shoulder Punches	/8 each way	/8 each way			
Squat and Reach	/8	/8			
4-Way Pick Up and Reach	/10	/10			
Retro Lunge	/6 each leg	/6 each leg			
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg			
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg			
SUPERSET 1					
Exercise	Set 1	Set 2			
3-Way Stop and Go	/3 each direction	/3 each direction			
Overhead Stick Squat	/15	/15			
Lawn Mower	/12 each arm	/12 each arm			
SUPERSET 2					
Exercise	Set 1	Set 2	Set 3		
Power Skip w/ Sprint Return	/20 yards	/20 yards	/20 yards		
Butt Burner	/12 each leg	/12 each leg			
Front/Side/Side Bridge	/30 seconds	/30 seconds			
SUPERSET 3					
Exercise	Set 1	Set 2			
MB Overhead Toss	/12	/12			
Sport Cord Lifts and Chops Single-Arm	/12 each arm	/12 each arm			

Week 5: Day 2

WARM-UP – HIP MOBILITY SERIES		
Exercise	Set 1	Set 2
High-Knee Over Hurdle/One Foot Each Square	/4	/4
Trail Leg Over Hurdle/Carioca	/4	/4
Lead Leg Over Hurdle/Backwards Apart-Together-Apart-Skip	/4	/4
DYNAMIC PREPARATION		
Exercise	Set 1	Set 2
Dot Drill: Apart-Together	/6	/6
Dot Drill: Hourglass	/6	/6
Dot Drill: Apart-Together-Apart-Turn	/6	/6
MB Single-Leg Throw Downs	/8 each side	/8 each side
FLEXIBILITY AND MOBILITY		
Exercise	Set 1	Set 2
Shoulder Punches	/8 each way	/8 each way
Squat and Reach	/8	/8
4-Way Pick Up and Reach	/10	/10
Retro Lunge	/6 each leg	/6 each leg
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg
SUPERSET 1		
Exercise	Set 1	Set 2
Volleyball Speed Lunge and Jump	/8 each direction	/8 each direction
Shoulder Matrix	/8 each direction	/8 each direction
Golf Squat	/8 each direction	/8 each direction
SUPERSET 2		
Exercise	Set 1	Set 2
MB Squat and Toss	/12	/12
Sport Cord Lifts and Chops Double-Arm	/12 each direction	/12 each direction
Butt Burner	/12 each side	/12 each side
SUPERSET 3		
Exercise	Set 1	Set 2
Wall Sit	/30 seconds	/30 seconds
Sprint	/60 yards	/60 yards

Week 6: Day 1

WARM-UP					
Exercise	Set 1	Set 2			
Jog	/30 yards	/30 yards			
Skip	/30 yards	/30 yards			
Twister Skip	/30 yards	/30 yards			
Skip w/ Arms Crossed	/30 yards	/30 yards			
Butt Kickers	/30 yards	/30 yards			
High-Knee Thigh Taps	/30 yards	/30 yards			
Forward Shuffle	/30 yards	/30 yards			
Side Shuffle (slide)	/30 yards	/30 yards			
Carioca	/30 yards	/30 yards			
Backpedal	/30 yards	/30 yards			
Backwards Skip	/30 yards	/30 yards			
Back Shuffle	/30 yards	/30 yards			
DYNAMIC PREPARATION					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Star Drill: Squat and Reach	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ No Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Right Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Left Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/ Jumps	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/o Jumps	/slow	/slow	/slow	/fast	/fast
FLEXIBILITY AND MOBILITY					
Exercise	Set 1	Set 2			
Shoulder Punches	/8 each way	/8 each way			
Squat and Reach	/8	/8			
4-Way Pick Up and Reach	/10	/10			
Retro Lunge	/6 each leg	/6 each leg			
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg			
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg			
SUPERSET 1					
Exercise	Set 1	Set 2			
3-Way Stop and Go	/3 each direction	/3 each direction			
Overhead Stick Squat	/15	/15			
Lawn Mower	/12 each arm	/12 each arm			
SUPERSET 2					
Exercise	Set 1	Set 2	Set 3		
Power Skip w/ Sprint Return	/20 yards	/20 yards	/20 yards		
Butt Burner	/12 each leg	/12 each leg			
Front/Side/Side Bridge	/30 seconds	/30 seconds			
SUPERSET 3					
Exercise	Set 1	Set 2			
MB Overhead Toss	/12	/12			
Sport Cord Lifts and Chops Single-Arm	/12 each arm	/12 each arm			

Week 6: Day 2

WARM-UP – HIP MOBILITY SERIES		
Exercise	Set 1	Set 2
High-Knee Over Hurdle/One Foot Each Square	/4	/4
Trail Leg Over Hurdle/Carioca	/4	/4
Lead Leg Over Hurdle/Backwards Apart-Together-Apart-Skip	/4	/4
DYNAMIC PREPARATION		
Exercise	Set 1	Set 2
Dot Drill: Apart-Together	/6	/6
Dot Drill: Hourglass	/6	/6
Dot Drill: Apart-Together-Apart-Turn	/6	/6
MB Single-Leg Throw Downs	/8 each side	/8 each side
FLEXIBILITY AND MOBILITY		
Exercise	Set 1	Set 2
Shoulder Punches	/8 each way	/8 each way
Squat and Reach	/8	/8
4-Way Pick Up and Reach	/10	/10
Retro Lunge	/6 each leg	/6 each leg
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg
SUPERSET 1		
Exercise	Set 1	Set 2
Volleyball Speed Lunge and Jump	/8 each direction	/8 each direction
Shoulder Matrix	/8 each direction	/8 each direction
Golf Squat	/8 each direction	/8 each direction
SUPERSET 2		
Exercise	Set 1	Set 2
MB Squat and Toss	/12	/12
Sport Cord Lifts and Chops Double-Arm	/12 each direction	/12 each direction
Butt Burner	/12 each side	/12 each side
SUPERSET 3		
Exercise	Set 1	Set 2
Wall Sit	/30 seconds	/30 seconds
Sprint	/60 yards	/60 yards

Week 7: Day 1

WARM-UP					
Exercise	Set 1	Set 2	Set 3		
Jog	/30 yards	/30 yards	/30 yards		
Skip	/30 yards	/30 yards	/30 yards		
Twister Skip	/30 yards	/30 yards	/30 yards		
Skip w/ Arms Crossed	/30 yards	/30 yards	/30 yards		
Butt Kickers	/30 yards	/30 yards	/30 yards		
High-Knee Thigh Taps	/30 yards	/30 yards	/30 yards		
Forward Shuffle	/30 yards	/30 yards	/30 yards		
Side Shuffle (slide)	/30 yards	/30 yards	/30 yards		
Carioca	/30 yards	/30 yards	/30 yards		
Backpedal	/30 yards	/30 yards	/30 yards		
Backwards Skip	/30 yards	/30 yards	/30 yards		
Back Shuffle	/30 yards	/30 yards	/30 yards		
DYNAMIC PREPARATION					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Star Drill: Squat and Reach	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ No Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Right Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Left Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/ Jumps	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/o Jumps	/slow	/slow	/slow	/fast	/fast
FLEXIBILITY AND MOBILITY					
Exercise	Set 1	Set 2	Set 3		
Shoulder Punches	/8 each way	/8 each way	/8 each way		
Squat and Reach	/8	/8	/8		
4-Way Pick Up and Reach	/10	/10	/10		
Retro Lunge	/6 each leg	/6 each leg	/6 each leg		
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg	/8 each leg		
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg	/8 each leg		
SUPERSET 1					
Exercise	Set 1	Set 2	Set 3		
3-Way Stop and Go	/3 each direction	/3 each direction	/3 each direction		
Overhead Stick Squat	/15	/15	/15		
Lawn Mower	/12 each arm	/12 each arm	/12 each arm		
SUPERSET 2					
Exercise	Set 1	Set 2	Set 3		
Power Skip w/ Sprint Return	/20 yards	/20 yards	/20 yards		
Butt Burner	/12 each leg	/12 each leg	/12 each leg		
Front/Side/Side Bridge	/30 seconds	/30 seconds	/30 seconds		
SUPERSET 3					
Exercise	Set 1	Set 2	Set 3		
MB Overhead Toss	/12	/12	/12		
Sport Cord Lifts and Chops Single-Arm	/12 each arm	/12 each arm	/12 each arm		

Week 7: Day 2

WARM-UP – HIP MOBILITY SERIES			
Exercise	Set 1	Set 2	Set 3
High-Knee Over Hurdle/One Foot Each Square	/4	/4	/4
Trail Leg Over Hurdle/Carioca	/4	/4	/4
Lead Leg Over Hurdle/Backwards Apart-Together-Apart-Skip	/4	/4	/4
DYNAMIC PREPARATION			
Exercise	Set 1	Set 2	Set 3
Dot Drill: Apart-Together	/6	/6	/6
Dot Drill: Hourglass	/6	/6	/6
Dot Drill: Apart-Together-Apart-Turn	/6	/6	/6
MB Single-Leg Throw Downs	/8 each side	/8 each side	/8 each side
FLEXIBILITY AND MOBILITY			
Exercise	Set 1	Set 2	Set 3
Shoulder Punches	/8 each way	/8 each way	/8 each way
Squat and Reach	/8	/8	/8
4-Way Pick Up and Reach	/10	/10	/10
Retro Lunge	/6 each leg	/6 each leg	/6 each leg
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg	/8 each leg
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg	/8 each leg
SUPERSET 1			
Exercise	Set 1	Set 2	Set 3
Volleyball Speed Lunge and Jump	/8 each direction	/8 each direction	/8 each direction
Shoulder Matrix	/8 each direction	/8 each direction	/8 each direction
Golf Squat	/8 each direction	/8 each direction	/8 each direction
SUPERSET 2			
Exercise	Set 1	Set 2	Set 3
MB Squat and Toss	/12	/12	/12
Sport Cord Lifts and Chops Double-Arm	/12 each direction	/12 each direction	/12 each direction
Butt Burner	/12 each side	/12 each side	/12 each side
SUPERSET 3			
Exercise	Set 1	Set 2	Set 3
Wall Sit	/30 seconds	/30 seconds	/30 seconds
Sprint	/60 yards	/60 yards	/60 yards

Week 8: Day 1

WARM-UP					
Exercise	Set 1	Set 2	Set 3		
Jog	/30 yards	/30 yards	/30 yards		
Skip	/30 yards	/30 yards	/30 yards		
Twister Skip	/30 yards	/30 yards	/30 yards		
Skip w/ Arms Crossed	/30 yards	/30 yards	/30 yards		
Butt Kickers	/30 yards	/30 yards	/30 yards		
High-Knee Thigh Taps	/30 yards	/30 yards	/30 yards		
Forward Shuffle	/30 yards	/30 yards	/30 yards		
Side Shuffle (slide)	/30 yards	/30 yards	/30 yards		
Carioca	/30 yards	/30 yards	/30 yards		
Backpedal	/30 yards	/30 yards	/30 yards		
Backwards Skip	/30 yards	/30 yards	/30 yards		
Back Shuffle	/30 yards	/30 yards	/30 yards		
DYNAMIC PREPARATION					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Star Drill: Squat and Reach	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ No Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Jump w/ Turns	/slow	/slow	/slow	/fast	/fast
Star Drill: Right Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Left Leg Squat	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/ Jumps	/slow	/slow	/slow	/fast	/fast
Star Drill: Foot Fire w/o Jumps	/slow	/slow	/slow	/fast	/fast
FLEXIBILITY AND MOBILITY					
Exercise	Set 1	Set 2	Set 3		
Shoulder Punches	/8 each way	/8 each way	/8 each way		
Squat and Reach	/8	/8	/8		
4-Way Pick Up and Reach	/10	/10	/10		
Retro Lunge	/6 each leg	/6 each leg	/6 each leg		
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg	/8 each leg		
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg	/8 each leg		
SUPERSET 1					
Exercise	Set 1	Set 2	Set 3		
3-Way Stop and Go	/3 each direction	/3 each direction	/3 each direction		
Overhead Stick Squat	/15	/15	/15		
Lawn Mower	/12 each arm	/12 each arm	/12 each arm		
SUPERSET 2					
Exercise	Set 1	Set 2	Set 3		
Power Skip w/ Sprint Return	/20 yards	/20 yards	/20 yards		
Butt Burner	/12 each leg	/12 each leg	/12 each leg		
Front/Side/Side Bridge	/30 seconds	/30 seconds	/30 seconds		
SUPERSET 3					
Exercise	Set 1	Set 2	Set 3		
MB Overhead Toss	/12	/12	/12		
Sport Cord Lifts and Chops Single-Arm	/12 each arm	/12 each arm	/12 each arm		

Week 8: Day 2

WARM-UP – HIP MOBILITY SERIES			
Exercise	Set 1	Set 2	Set 3
High-Knee Over Hurdle/One Foot Each Square	/4	/4	/4
Trail Leg Over Hurdle/Carioca	/4	/4	/4
Lead Leg Over Hurdle/Backwards Apart-Together-Apart-Skip	/4	/4	/4
DYNAMIC PREPARATION			
Exercise	Set 1	Set 2	Set 3
Dot Drill: Apart-Together	/6	/6	/6
Dot Drill: Hourglass	/6	/6	/6
Dot Drill: Apart-Together-Apart-Turn	/6	/6	/6
MB Single-Leg Throw Downs	/8 each side	/8 each side	/8 each side
FLEXIBILITY AND MOBILITY			
Exercise	Set 1	Set 2	Set 3
Shoulder Punches	/8 each way	/8 each way	/8 each way
Squat and Reach	/8	/8	/8
4-Way Pick Up and Reach	/10	/10	/10
Retro Lunge	/6 each leg	/6 each leg	/6 each leg
Single-Leg Quad Stretch w/ Single-Leg Mini Squat	/8 each leg	/8 each leg	/8 each leg
Lateral Squat w/ Medial Reach	/8 each leg	/8 each leg	/8 each leg
SUPERSET 1			
Exercise	Set 1	Set 2	Set 3
Volleyball Speed Lunge and Jump	/8 each direction	/8 each direction	/8 each direction
Shoulder Matrix	/8 each direction	/8 each direction	/8 each direction
Golf Squat	/8 each direction	/8 each direction	/8 each direction
SUPERSET 2			
Exercise	Set 1	Set 2	Set 3
MB Squat and Toss	/12	/12	/12
Sport Cord Lifts and Chops Double-Arm	/12 each direction	/12 each direction	/12 each direction
Butt Burner	/12 each side	/12 each side	/12 each side
SUPERSET 3			
Exercise	Set 1	Set 2	Set 3
Wall Sit	/30 seconds	/30 seconds	/30 seconds
Sprint	/60 yards	/60 yards	/60 yards