

SUMMER PLYO WORKOUT # 4

3 WEEKS

WARM-UP

- 1. 1 LAP WARM-UP**
- 2. DUCK WALKS (30 yds. And back)**
- 3. LUNGE WALKS (20 yds. not back)**
- 4. SIDE LUNGE WALKS (4 each side)**
- 5. STEP PULLS (5 each side)**
- 6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM) (15 yds. And back)**
- 7. CARIOCA (EASY, MEDIUM) (15 yds. And back)**
- 8. BULLDOG-MARCH (10 yds. And back)**
- 9. HIGH KNEES / BUTT KICKERS (20 yds. And back)**
- 10. HIGH KNEES + STRIDE (10 yds. And stride)**
- 11. HIGH KNEES + SPRINT (10 yds. And sprint)**
- 12. BIG BACK PEDAL (20 yds. And back)**
- 13. SKIPS (20 yds. And back)**
- 14. SKIPS + KICKS (20 yds. And back)**

PLYOS

- 1. ANKLE FLIPS 2X6 add sprints**
- 2. ANKLE FLIPS W/TWIST 2X12 add sprints**
- 3. SINGLE LEG ANKLE FLIPS 2X8 add sprints**
- 4. SPLIT SQUAT JUMPS 2X8 add sprints**
- 5. S. SQUAT W/CYCLE 2X8 add sprints**
- 6. ROCKET JUMP 2X6 add sprints**
- 7. TUCK JUMP 2X6 add sprints**
- 8. STAR JUMP 2X6 add sprints**
- 9. GALLOPING 2X20 YDS add sprints**
- 10. BOUNDING 2X20 YDS add sprints**
- 11. SIDE BOUNDS 2X6**
- 12. LINE HOPS 2x20**
- 13. Broad jumps off box 1x6 add sprints**

MEDBALLS

- 1. TORSO CIRCUIT (SIDE/SIDE, FIGURE 8, OVER/UNDER, SIT-UP, BACK CRUNCH)**
- 2. DIAGONAL TOSS 1X10 (EACH SIDE)**
- 3. CHEST PASS 2X10 add sprints**
- 4. 3 HOPS / CHEST PASS / 5 SPRINT STEPS 1X6**
- 5. SOCCER PASS 2X8**
- 6. OAGER TOSS 1X10**
- 7. 3 HOPS / OAGER TOSS / 5 SPRINT STEPS 1X6**
- 8. REVERSE OAGER TOSS 1X10**
- 9. 3 HOPS / REVERSE OAGER TOSS 1X6**
- 10. 5 TUCK JUMPS / 5 SPRINT STEPS 1X6**

CONDITIONING

- 1. FARTLEKS OR GASSERS _____ REPS**
- 2. SKILLED PATTERN RUNNING SET 1,2,3**