

Strength and Conditioning Club Tuesday/Thursday

Speed/Agility/Explosive power workouts:

Speed Ladder:

- One foot hops (R/L)
- Two foot hops
- Two foot (Quick feet)
- One foot hops (diagonal)
- Icky Shuffle
- Backwards Icky Shuffle
- Scissors (facing bleachers)
- Two in, two out (facing bleachers)
- High knees
- Karaoke (facing bleachers)
- Hop-scotch
- Feel free to invent your own!

Mini hurdles:

- High knees (one foot in each)
- High knees (two feet in each)
- Side shuffle over (facing bleachers)
- Two feet hops
- Right side one leg straight, other over
- Left side one leg straight, other over
- R/L alternating leg straight, other over

Other exercises:

- Get-up-and-go's (lie down on belly, get up and sprint!)
- Track starts (using sprint start form)
- Jump-and-go's (jump as high as you can, sprint when you hit ground)
- Lateral Motion Tennis ball drill (with a partner, sprint 5 yards, sprint back to get tennis ball first)
- Medicine Ball Slams (to front x 5, side to side x 5)
- Med ball explosions (hold ball at chest like holding a basketball; explode ball overhead as high as you can. *JUMP!*)
- Med ball launch (hold ball close to ground between feet, launch ball overhead behind you)
- Foam Roll (especially side of quads and glutes!)
- Balance pods (stand on one foot for 30+ seconds, try to touch your toe)