

# MOVEMENT PREPARATION

## DYNAMICS

 MINI SKIP	 BUTT KICKS	 SHUFFLE - L	 SHUFFLE - R	 GRAPEVINE	 BACKWARD MINI-STEPS	 HIGH KNEES	 KNEE HUG + LUNGE	
 MINI SKIP	 SHUFFLE - L	 SHUFFLE - R	 GRAPEVINE	 BACKWARD MINI-STEPS	 BACKWARD RUN	 HIGH KNEES	 R to L HOPS	 KNEE HUG + LUNGE
 MINI SKIP	 SHUFFLE - L	 SHUFFLE - R	 GRAPEVINE	 BACKWARD RUN	 SKIP FOR HEIGHT	 HIGH KNEES	 CONTINUOUS JUMPS	 R to L HOPS

**PROGRESSION:** Level 1: 10 m distance. Level 2: 15 m. Level 3: 20 m. Jog out 10 (15, 20) m, then "on return" do the task.

## ACCELERATIONS

 DROP AND GO	 TWISTIES 2	 TWISTIES 3	 2-2-2
 DROP AND GO	 TWISTIES 2	 TWISTIES 3	 3-3-3
 DROP AND GO	 TWISTIES 2	 TWISTIES 3	 5-5-5

**PROGRESSION:** Level 1: 10 m distance, do two reps each (total of eight sprints). Level 2: 20 m do three reps each (total 12 sprints). Level 3: 30 m, four reps (total 16 sprints).

## CUTTING

 WEAVE RIGHT	 WEAVE LEFT		
 WEAVE RIGHT	 WEAVE LEFT	 BOX RIGHT	 BOX LEFT
 WEAVE RIGHT	 WEAVE LEFT	 BOX RIGHT	 BOX LEFT

**PROGRESSION:** Level 1: do two passes rightward weave, then two passes leftward. Level 2: four passes each weave direction and one left and right box drill. Level 3: four passes plus two left and right box drills.

## LADDERS

 IN-IN OUT-OUT	 ICKY SHUFFLE	 SCISSORS RIGHT	 SCISSORS LEFT	 RAPID THROUGH	 HIGH KNEES	 BACKWARD IN-IN/OUT-OUT			
 IN-IN OUT-OUT	 ICKY SHUFFLE	 SCISSORS RIGHT	 SCISSORS LEFT	 RAPID THROUGH	 HIGH KNEES	 CROSS-OUTS	 TWISTIES	 OUT 3 JUMP 2	 CONTINUOUS JUMPS
 IN-IN OUT-OUT	 ICKY SHUFFLE	 RAPID THROUGH	 HIGH KNEES	 CROSS-OUTS	 TWISTIES	 OUT 5 JUMP 3	 CONTINUOUS JUMPS		

**PROGRESSION:** Level 1: half ladder, one pass each drill. Level 2: full ladder, two passes. Level 3: full ladder, two passes.

## CORE

 PLANK	 UP-UP DOWN-DOWN	 POINTER R + L	 SIDE PLANK RIGHT	 SIDE PLANK LEFT	 SKY-CENTRE SIDE-CENTRE			
 PLANK	 UP-UP DOWN-DOWN	 POINTER R + L	 SUPERMAN R + L	 SIDE PLANK RIGHT	 SIDE PLANK LEFT	 SIDE PLANK ROLLOVER	 SKY-CENTRE SIDE-CENTRE	 TABLE TOP
 PLANK	 UP-UP DOWN-DOWN	 POINTER R + L	 SUPERMAN R + L	 SIDE PLANK ROLLOVER	 ROLLOVER HEEL-TO-SKY	 BENT KNEE V-SIT	 SKY-CENTRE SIDE-CENTRE	 TABLE TOP RUSSIANS

**PROGRESSION:** Level 1: 10 seconds each task, with pause between each. Level 2: 15 seconds each task, work toward no pause. Level 3: 20 seconds each task no pause. **ADDITIONAL:** see "Performance Core".

LEVEL 1      LEVEL 2      LEVEL 3

