



PHASE 1: RUNNING, CUTTING AND LANDING MECHANICS

	Reps	Out	In
1	2 reps	Jog (focusing on upper body technique)	A Skip
2	2 reps	½ Pace Run (focusing on lower body technique)	Ice Hockey Stop
3	2 reps	Jump, Catch and Land	Pick Ups
4	2 reps	Partner Shuffle	Lunge Stops
5	2 reps	Slow Plant & Cut	Squat Stops

PHASE 2: STRENGTH, PLYOMETRICS AND BALANCE

Alternate between Circuits 1 and 2 on a monthly basis

	Reps	Circuit 1	Reps	Circuit 2
1	5 reps per leg	Arabesque	5 reps per leg	Arabesque
2	10 swings each side	Leg Swings (front)	10 swings each side	Leg Swings (lateral)
3	10 reps – 5 reps each leg	Partner Push into Lunge (straight)	10 reps	Partner Push into Lunge (multi-directional)
4	5 reps initially (increasing to 10)	Nordic Hamstring Curl	5 reps initially (increasing to 10)	Nordic Hamstring Curl
5	Hold of 10s (increasing to 30s)	Front Plank	10 reps holding for 2 secs	Front Plank with Leg Lift
6	10 reps each side	Side Plank with leg lift – bent knee	10 reps each side	Side Plank with leg lift – straight leg
7	5 reps per leg	Split Leg Squats	10 reps	Scissor Jumps
8	5 reps per leg	Lateral Hop and Hold	5 reps per leg	Diagonal Hop and Hold
9	10 reps	Prisoner Squats	10 reps	Prisoner Squats
10	10 reps	Counter Movement Jump	10 reps	Counter Movement Jump with a Twist

PHASE 3: AGILITY & POWER

	Reps	Out	In
1	2 reps	¾ Pace Run	High Skip
2	2 reps	2 Forwards 1 Back	Bounds
3	2 reps	Fast Plant & Cut with Ball	One on One
4	10 reps	Fast Feet Shuffle: Front to Back (Two legs)	Fast Feet Shuffle: right to left (single leg)
5	5 reps each leg	Dynamic Lunge	