

WEEKS 1-3	DAY 1 - Week 1	Day 1 - Week 2,3	Week 1,3	Week 2	DAY 2	Week 1,3	Week 2	DAY 3	Week 1,3	Week 2
Massage	ball - roll	feet, quad, IT (l, o, f, b)			ball - roll	feet, quad, IT (l, o, f, b)		ball - roll	feet, quad, IT (l, o, f, b)	
Activations	glute bridge one leg glute bridges side pillar (both) open v's runners wall holds	glute bridge one leg glute bridges side pillar (both) open v's runners wall holds	5x5 secs 5x5 secs 5x5 secs 5x5 secs 5x5 secs 3x3 reps	3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x3 reps	glute bridge one leg glute bridges side pillar (both) open v's runners wall holds	5x5 secs 5x5 secs 5x5 secs 5x5 secs 5x5 secs 3x3 reps	3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x3 reps	glute bridge one leg glute bridges side pillar (both) open v's runners wall holds	5x5 secs 5x5 secs 5x5 secs 5x5 secs 5x5 secs 3x3 reps	3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x3 reps
Stretches	table - hamstring table - hips table - quads / hip flexors groin calves	table - hamstring table - hips table - quads / hip flexors groin calves			table - hamstring table - hips table - quads / hip flexors groin calves			table - hamstring table - hips table - quads / hip flexors groin calves		
Jumps - Run Form	hops (2 feet) quick jumps drop & squat	hops (2 feet) quick jumps drop & squat	3x10 3x10 3x10	3x10 3x10 3x10	2 inch run high knee march high knee skips	3x5 secs 3x10 reps 3x5 secs	3x5 secs 3x10 reps 3x5 secs	rotational row kneel hip flex stretch quick jumps wall holds	3x3 reps per side 6 reps 3x3 reps per leg	3x3 reps per side 6 reps 3x3 reps per leg
Set 1	push - pulls squat jumps stick crunch	push - pulls squat jumps stick crunch	3x6 3x6 3x12	3x6 3x6 3x12	catch jumps one leg glute bridge MB slams	3x8 3x8 3x12	3x8 3x8 3x12	bench press stick crunch hamstring band curl	3x10 3x12 3x12	3x10 3x12 3x12
Set 2	bosu squat band push (week 1 only) MB twist	bosu squat push (cybex - split stance) MB twist	3x12 3x12 3x12	3x12 3x12 3x12	one arm DB press one leg dead lift stick crunch	3x8 (each arm) 3x8 (each leg) 3x12	3x8 (each arm) 3x8 (each leg) 3x12	split stance incline press rev crunch glute ham raise	3x5 (per side) 3x12 3x6	3x5 (per side) 3x12 3x6
Set 3	bosu split squat band pull (week 1 only) MB throw	bosu split squat pull (cybex - split stance) MB throw	3x12 3x12 3x12	3x12 3x12 3x12	one arm DB row side lunge rev crunch	3x8 (each arm) 3x8 (each leg) 3x12	3x8 (each arm) 3x8 (each leg) 3x12	one arm band curl stability ball side crunch runner's row (stand right foot - pull left arm; stand left foot, pull right arm)	3x12 (each arm) 3x12 3x6	3x12 (each arm) 3x12 3x6
Set 4	bench press rev crunch one leg lean	bench press rev crunch one leg lean	3x6(@ 5secs) 3x12 3x6	3x6(@ 5secs) 3x12 3x6						
Conditioning	treadmill bike	treadmill bike	6 min 6 min	6 min 6 min	treadmill sprints (HR mon) 15 minutes 5 sets of 3 minutes	Use HR monitor - record HR max 1 min - sprint first 10 secs, rest to 1 min 2 min - sprint first 15 secs, rest to 2 min 3 min - sprint first 20 secs, rest to 3 min		treadmill sprints incline 10 incline 5 incline 0	sprint then rest to the end of the minute sprint - 5 secs sprint - 10 secs sprint - 15 secs	4 reps 3 reps 3 reps

WEEKS 4-6	DAY 1 - Week 1	Week 4, 6	Week 5	DAY 2	Week 4,6	Week 5	DAY 3	Week 4, 6	Week 5
Massage	ball - roll	feet, quad (l, o, f, b)		ball - roll	feet, quad (l, o, f, b)		ball - roll	feet, quad (l, o, f, b)	
Activations	glute bridge one leg glute bridges side pillar (both) open v's runners wall holds	5x5 secs 5x5 secs 5x5 secs 5x5 secs 5x5 secs 3x3 reps	3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x3 reps	glute bridge one leg glute bridges side pillar (both) open v's runners wall holds	5x5 secs 5x5 secs 5x5 secs 5x5 secs 5x5 secs 3x3 reps	3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x3 reps	glute bridge one leg glute bridges side pillar (both) open v's runners wall holds	5x5 secs 5x5 secs 5x5 secs 5x5 secs 5x5 secs 3x3 reps	3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x10 secs 3x3 reps
Stretches	table - hamstring table - hips table - quads / hip flexors groin calves squat - square squat - split squat - cross squat - side			table - hamstring table - hips table - quads / hip flexors groin calves 2 inch run high knee march high knee skips			table - hamstring table - hips table - quads / hip flexors groin calves treadmill rotational pushup bike band work		
Set 1	continuous vertical jumps wall holds push-pulls hip flex stretch	3x8 3x8 3x8		catch jumps one leg glute bridge BB bench press	3x8 3x8 3x6 (5 secs - negative, explode up)			20 secs - push 20 secs - pull 20 secs - curl 20 secs - 1 arm pull 20 secs - 1 arm pull 20 secs - overhead 1 min rest repeat for total of 2 times	6 min
Set 2	alternate DB bench press pullups one leg squat stick crunch	3x8 3x8 3x8 3x12		one arm DB press one leg dead lift stick crunch MB slams	3x8 (each arm) 3x8 (each leg) 3x12 3x12		elliptical pillars	20 secs - front 20 secs - left side 20 secs - right side 1 min rest repeat for total of 2 times	6 min
Set 3	incline BB press slideboard leg curls one leg lean reverse crunch	3x8 3x8 3x8 3x12		one arm DB row side lunge rev crunch	3x8 (each arm) 3x8 (each leg) 3x12		stepmaster DB or BB curl	6 min curl 10 reps press 10 reps curl + press 10 reps 1 min rest repeat for total of 3 times	6 min
Conditioning	bike stepmaster treadmill	6 min 6 min 6 min		treadmill sprints (HR mon) 15 minutes 5 sets of 3 minutes	Use HR monitor - record HR max 1 min - sprint first 10 secs, rest to 1 min 2 min - sprint first 15 secs, rest to 2 min 3 min - sprint first 20 secs, rest to 3 min		treadmill treadmill	4 min 2 min 0-20 secs 21-40 secs 41-60 secs 61-80 secs 81-100 secs 101-120 secs	6 min total 6 min total rest sprint rest sprint rest sprint

name:

team and age group:

	day 1	day 2	day 3	hr max	hr avg	ball work	notes		day 1	day 2	day 3	hr max	hr avg	ball work	notes
week 1						moves		week 4						moves	
week 1						dribbling		week 4						dribbling	
week 1						juggling		week 4						juggling	
week 2						juggling, roofs		week 5						juggling, roofs	
week 2						pass-receive		week 5						pass-receive	
week 2						moves		week 5						moves	
week 3						juggling - no spin		week 6						juggling - no spin	
week 3						shooting		week 6						shooting	
week 3						crossing, bending		week 6						crossing, bending	