

SPRING/SUMMER SPEED 2020					
MONDAY		TUE. /WED		THUR. /FRI	
M.O.B. Balls/rocks/roll	MINI BAND A	M.O.B. Balls/rocks/roll	MINI BAND B	M.O.B. Balls/rocks/rolls	MINI BAND SPEED 2 BANDS
Hurdle Mobility 2x each/ Dynamic Stretch	1 STEP SIDE TO SIDE	Hurdle Mobility / See Monday	Frankenstein forward and backward (10)	Hurdle Mobility / See Monday	2 step lateral shuffle
A. Under R@L / 1.Forward Lunge/ 2.Back Lunge	FRONT SQUATS		Monster walk forward and backward (10)		Standing high knee
B. Side Step Over R@L / 1.Scoop/2.Inchworm	OPEN HIP		Lateral step right and left (10)		Jacks
C.Walk Over R@L/ 1.Spiderman 2. Leg swing	WIDE MARCH		Lateral shuffle right and left (10)		High knee march
D. Leg Swing R@L/ 1.Side Lunge 2. Alt. Toe Tch	DROP SQUAT		Hydrants and Donkey kicks x5 each leg		Laying band hip flexor
					High knee march
SPEED TECHNIQUE/FORM	Linear PAL A	CDWP		CDWP	LADDER
High Knee Walk	Wall single leg	backwards H knee skip	high knee skip	form walk	
Easy Skips	Wall double leg	backwards h knee run		high knee run	1 ft hop/ 2 foot hop
1-2 stick 1-2-3 stick (Doubles & Triples)	Wall 1-2-3	high knee open hip		heel ups	1 ft run/ 2 ft run
B-Skips (High kneew/extension grab the ground)	10 Second Run	high knee carioca	backwards reach run	high knee	
Fast High Knees	Linear PAL B	360 run	CHANGE OF DIRECTION	high knee carioca	1 ft fast hig knee
Butt Kick and Reach(Backwards)	Leg Swings R&L	jingle jangle	3 cone cut x2 each way	fast hi knee sprint	lateral run 2 ft.
Prime Times	Leg Swings Across R&L	shuffle to sprint	3 cone circle x2 each way		jump cuts
	Hurdle Over R&L		3 Mini hurdle SL lateral hop x2 each leg		ali shuffle
Ladders	Wall Slide Press	Ladders	3 Mini hurdle dbl leg hop x 2	Ladders	
PLYO		Plyo-Med Ball- week 3 on way to wt rm		PLYO Mini Hurdles 2 ft. 1 ft hops	
Week 6 / Monday 4/27	TUESDAY	Wednesday	Thursday		FRIDAY
1. M.O.B.	1. Warm-up Intro.	OFF	Wickets 2 yards apart 10-14hrdl x5		40 Yard Starts x2
2. Speed Technique/Form	23 second Drill		Plyo Jumps Dbl leg x3		
3. 10 yard fly's (15 yard Buildup) x5			Sngl Leg x3		
Week 7 /Monday 5/4	TUESDAY	WEDNESDAY	Thursday		FRIDAY
Speed Drills/Tech/Form	23 second Drill	OFF	1. Wickets		30 Yard Starts x3
1. 10 Meter Flys (15 yard buildup) x6			2. Plyo Jumps		
			3. Resistive Run		
Week 8 / Monday 5/11	TUESDAY	WEDNESDAY	Thursday		FRIDAY
Speed Drills /Tech/Form	23 second Drill	OFF	1. Wickets		20 Yard Starts x 4
1. 20 Meter Fly's			2. Hurdle Hops		
			3. Resistive Starts		
Week 9 / Monday 5/18	TUESDAY	WEDNESDAY	Thursday		FRIDAY
Speed Drills /Tech/Form	23 second Drill	OFF	1. Wickets		40 yard Starts x 2
1. 10 Meter Fly's			2. Plyo's		
			3. Resistive Run		
Week 5 / Monday 4/20	TUESDAY	WEDNESDAY	Thursday		FRIDAY
Speed Drills / Tech/Form	23 Second Drill	OFF	1.Wickets		30 Yard Starts x 3
			2. Plyo's		
			3.Resistive Run		

Ball foot	Ball foot	OVHD SQT	Rot X-over Scap Reach	1 step side to side	2 step lateral shuffle
Spine-horizontal x arms	Peanut Ball Scap Thoracic	Lunge 45 Scap rotation	X over hip rotators	Front Squats	High Knee March
Glutes * x over	Spine-vertical x arms	SL GM	Scap-Hip	Open Hip	Jacks (out in quick)
Hamstring	Glutes * St leg	In Line Lunge	open book, hurdle, PNF	Wide March	Mountain Climb(circular crawl)
Calves	Groin	UB stick EXT	ALT Ham	Wide base moutain climber	Laying Band Hip Flexor
Psoas	Psoas	Superdog	Scorpion	Drop squat (legs apart & drop)	Standing High Knee
Groin	Lats	Dead Bug	Push up Hip Flexor		
IT Band	Ball shoulder front	Stick flexion progression[10-20]	Scap Mobs-	Frankenstein forward & backward	X-Walk F-B
Quads		Stick stance progression	quad, 45's, RRL, prayer	Monster Walk forward & backward	Knee Shuffle
Patella		Quad Neck	Downward Dog	Spiderman	Bridge ABD
Shins			OHD squat	Hydrants	Seated Scap Activate 3x3
			Pedestal Neck	Donkey Kick	