



Week 2: Day 1

Complete Warm up series

Sprint to stick

3 x 5-10 yards

Sprint to back pedal to stick

3-4 x 5-10 yard

Sprint to back pedal to sprint to stick

3-4 x 5-10 yards

Single leg glute bridge

3 x 15-20 each leg

Forward lunge with pause to push back

3 x 10 each leg

Tempo runs

3 x 20

Week 2: Day 2

Complete Warm up series

Cone jumps to sprints (4 cones)

3 x followed by 5 yard sprint

Lateral cone jumps to sprint

3 x followed by 5 yd. sprint ea. side

Cone jumps forward 2 back 1 into sprint

3 x followed by 5 yard sprint

Lateral drop step pause to push back

2 x 5 each leg

Lateral drop step Reactive

2 x 5 each leg

6-cone drill: Sprints 5 yds - 10 yds

3 sets each side

6-cone drill: Sprints 10 yds - 5 yds

3 sets each side

TheSOPodcast

Giving Athletes, Coaches and Trainers the Tools to Succeed!