



## **Week 3: Day 1**

**Complete Warm up series**

**Snap down to 1 leg stick**

**5 times each leg**

**1 leg vertical jump to 2 leg land**

**5 times each leg**

**Stationary bound**

**2 x 5 times each leg**

**Pistol Squats**

**2 x 10 each leg**

**Frog jump**

**3 x 10 yards**

**Frog jump into sprints**

**3 x 10 yards**

## **Week 3: Day 2**

**Complete Warm up series**

**Step Into lateral sprint**

**5 times each leg**

**L Run**

**5 x each side**

**Mountain Climbers**

**3 x 15-20 reps**

**Mountain Climbers into sprints**

**4-5 x 5-10 yards**

**Sprint from stomach**

**3-4 x each side**

**Sprint from back**

**3-4 x each side**

# **TheSOARpodcast**

*Great Athletes, Coaches and Parents Use Tools to Succeed!*