



## **Week 4: Day 1**

### **Complete Warm up series**

<b>Toe punch to zig zag shuffle with stick</b>	<b>3 x each side</b>
<b>Toe punch to zig zag sprint with stick</b>	<b>3 x each side</b>
<b>Toe punch to zig zag sprint/shuffle with stick</b>	<b>3 x each side</b>
<b>30 mini squat into 30 second squat hold</b>	<b>1-2 times</b>

## **Week 4: Day 2**

### **Complete Warm up series**

<b>Pro agility (5-10-5)</b>	<b>3 x each side</b>
<b>Sprint 5/shuffle5/sprint/shuffle/sprint</b>	<b>3 x each side</b>
<b>Sprint 5/shuffle5 vertical jump/sprint/shuffle- vertical jump/sprint</b>	<b>3 x each side</b>
<b>Mountain Climbers into sprints</b>	<b>4-5 x 5-10 yards</b>
<b>Sprint from stomach</b>	<b>3-4 x each side</b>
<b>Split squat jumps</b>	<b>3 x 5-6 each side</b>

# **TheSOARpodcast**

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