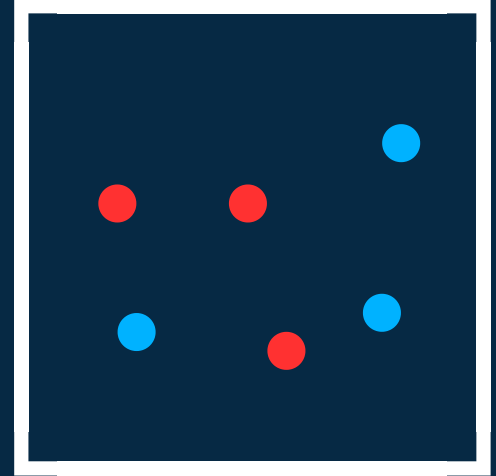




THE SET UP -

Instruction to players -

- As the players arrive they join a field.
- Instruct the players to find a space on the field to perform the plyometric exercises which are powerful aerobic exercises used to increase your speed, endurance, and strength.



PLYOMETRIC EXERCISES

A variety of dynamic movements to active muscle groups

Squat jumps -

- Stand with your feet slightly wider than your hips and lower your body to squat down.
- Press up through your feet, engage your abdominals, and jump up explosively.
- Lift your arms overhead as you jump.
- Upon landing, lower yourself back down to the squatting position.
- Do 2 to 3 sets of 10 repetitions.



Reverse lunge knee-ups

- Start in a standing lunge with your left foot forward.
- Place your right hand on the floor next to your front foot and extend your left arm straight back.
- Explosively jump up to bring your right knee up as high as you can, lifting your left arm and dropping your right arm back and down.
- Upon landing, move back into the starting lunge position.
- Continue for 30 seconds.
- Then do the opposite side.