

# 09/23/2022

GEAR SIZES FORM (GRADES 9-12 NEED TO FILL THIS OUT) – CLICK ON LINK

**FRIDAY, SEPTEMBER 23, 2022**

- **CONES AT 15', 30', 60'**
- **ATTENDANCE**
- **DIVIDE INTO 6 GROUPS & SET UP CONES AT 30', 45', 60'**
- **WARM-UP**
  - 1. Extensive pogo (blood flow) x 30 seconds
  - 2. Inchworm (hamstrings) x 5
  - 3. Gates (hips) x 5 each
  - 4. Side lunge (adductors) x 5 each
  - 6. BW squat x 5
  - 7. Intensive pogo x 15 seconds
  - 8. Frankenstein/Scoops
  - 9. Hamstring Pulls
  - 10. Sprints – 60'
    - $\frac{1}{2}$  Speed
    - $\frac{3}{4}$  Speed
    - Full Speed
    - Full Speed
  - 11. Extensive Broad Jump/Hands on Hips (20 yards – repeat contacts w/rhythm)
  - 12. Intensive Broad Jump (20 yards – max distance/minimal contact – use arms)
  - 13. One Leg Broad Jump EACH WAY (20 yards)
  - 14. Skater Jump (20 yards – full speed – minimal contact)

- **OPPORTUNITY TO GET BETTER TODAY – DAILY PROCESS**
- **REMINDER – WE ARE LOOKING FOR MAX EFFORT WORK**
- **REPEATED TESTING TO TRACK PROGRESS**
- **STARTS – EVERYONE**
- **Ice Skater Jump – to the right, to the left – GO**
- **Ice Skater Jump – to the left, to the right – GO**
- **2 REPS EACH DIRECTIONS**
- **30' SPRINT**
- **60 SECOND REST**
  - **STATIONS – SCALE DOWN 6 GROUPS INTO 3 GROUPS**
    - **SLEDS**
- **Heavy Push**
- **IMPROVE FORCE INPUT INTO GROUND**
- **FORCES GOOD MECHANICS (BODY ANGLE/FOOT CONTACT)**
- **3 REPS AT 15'**
- **60-90 SECONDS REST**
- **RESISTED SPRINTS**
- **Band/Partner Sprint**
- **STRESS BODY ANGLE/FOOT CONTACT**
- **3 REPS AT 30'**
- **60-90 SECONDS REST**

- **MED BALLS**
- **Take Off/1st Step Med Ball Throw**
- **Drive the ball through the chest of their partner (ensure as much horizontal projection as possible)**
- **Challenge of stability & decel on landing**
- **3 REPS EACH LEG**
  - **Pogo Series – BAREFOOT OR SHOES???**
    - **2 Feet Intense Pogos**
    - **1 Foot Pogos**
    - **(build resilient ankles, feet, calves – stiff contact through your toes)**
- **6 LINES – SPREAD OUT LINES**
- **10 SECONDS EACH**
- **2 SETS EACH**

**2:50 – LEAVE FOR WEIGHT ROOM – GRADE 9 & WHITE DAY LIFTERS**

**OTHERS STAY & FINISH WORKOUT**

### **ITEMS NEEDED**

- All Green Bands (see storage inside and under press box)-Mercer & Moore
- 3 Sleds – ALL PLATES (plates from storage near Halt's room)-Grade 10 (last name B-D)
- Cones – Hein
- All Med Balls – Grade 11 (last name M&O)
- Tape Measure – Coach Swartz