



PRE-SEASON SUMMER/FALL 2021 STRENGTH TRAINING WEEK 3 | SESSION 3

PART I: ACTIVATION, WARM-UP, & FEET AND ANKLE STRENGTH

1. Mini-band Activation Routine
2. Aerobic Warm-up

PART II: JUMPS & HOPS CIRCUIT

Perform each hop exercise with 30 secs – 1 min recovery between sets. Transition from one exercise to the other with minimal recovery. Repeat circuit 3x with 1-2 mins recovery.

- **LLL:** 10 Hops
- **RRR:** 10 Hops
- **LLRR:** x3
- **Medial Hop (L & R):** 10 Hops on each leg
- **Lateral Hop (L&R):** 10 Hops on each leg

PART III: UPPER & LOWER BODY

Perform the circuit 2x with 1-2 mins recovery between sets. Transition from one exercise to the other with minimal recovery.

- **T Push Up:** AMAP
- **Side Plank Thread the Needle:** 10 Reps each side
- **Devils Press:** 10 Reps
- **Hamstring Bridge March:** 10 Marches on each Leg

PART IV: DYNAMIC FLEXIBILITY

Perform each movement in a slow controlled manner for 20 reps or 10 reps of each side. Move through each exercise leisurely. Repeat 2x.

- **Alternating Knee to Chest**
- **Dynamic Glute (R & L)**
- **Side Bend**
- **Toe Touch Reach**
- **Dynamic Hip Flexor (R & L)**
- **Leg Swing (R & L)**
- **Elbow-Ankle Lunge w/ Rotation (R & L)**
- **Alternating Dynamic Hamstring**
- **Dynamic Calf Stretch**



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DATA RECORDING FORM

PART I: ACTIVATION & WARM-UP

MINI-BAND ACTIVATION ROUTINE

- FORWARD STEP-TOGETHER WALK LEADING RIGHT
- FORWARD STEP-TOGETHER WALK LEADING LEFT
- BACKWARD STEP-TOGETHER WALK LEADING RIGHT
- BACKWARD STEP-TOGETHER WALK LEADING LEFT
- LATERAL WALK RIGHT
- LATERAL WALK LEFT

AEROBIC WARM-UP

CHECK THE ONE PERFORMED

- RUN
- BIKE
- ELLIPTICAL
- JUMP ROPE

PART II: JUMPS & HOPS CIRCUIT

	SET 1	SET 2	SET 3
LLL: 10 HOPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RRR: 10 HOPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LLRR: X3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MEDIAL HOP (L & R): 10 HOPS ON EACH LEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LATERAL HOP (L&R): 10 HOPS ON EACH LEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERFORM EACH HOP EXERCISE WITH 30-60 SECS RECOVERY BETWEEN SETS.
TRANSITION FROM ONE EXERCISE TO THE OTHER WITH MINIMAL RECOVERY.

PART III: UPPER & LOWER BODY

	SET 1	SET 2
T PUSH UP	<input type="checkbox"/>	<input type="checkbox"/>
SIDE PLANK THREAD THE NEEDLE	<input type="checkbox"/>	<input type="checkbox"/>
DEVILS PRESS	<input type="checkbox"/>	<input type="checkbox"/>
HAMSTRING BRIDGE MARCH	<input type="checkbox"/>	<input type="checkbox"/>

1-2 MINS RECOVERY BETWEEN SETS. TRANSITION FROM
ONE EXERCISE TO THE OTHER WITH MINIMAL RECOVERY.

PART IV: DYNAMIC FLEXIBILITY

	SET 1	SET 2
ALTERNATING KNEE TO CHEST	<input type="checkbox"/>	<input type="checkbox"/>
DYNAMIC GLUTE (R & L)	<input type="checkbox"/>	<input type="checkbox"/>
SIDE BEND	<input type="checkbox"/>	<input type="checkbox"/>
TOE TOUCH REACH	<input type="checkbox"/>	<input type="checkbox"/>
DYNAMIC HIP FLEXOR (R & L)	<input type="checkbox"/>	<input type="checkbox"/>
LEG SWING (R & L)	<input type="checkbox"/>	<input type="checkbox"/>
ELBOW-ANKLE LUNGE W/ ROTATION (R & L)	<input type="checkbox"/>	<input type="checkbox"/>
ALTERNATING DYNAMIC HAMSTRING	<input type="checkbox"/>	<input type="checkbox"/>
DYNAMIC CALF STRETCH	<input type="checkbox"/>	<input type="checkbox"/>

PERFORM EACH MOVEMENT IN A SLOW CONTROLLED
MANNER FOR 20 REPS OR 10 REPS OF EACH SIDE. MOVE
THROUGH EACH EXERCISE LEISURELY.