

S.A.Q.

Linear Speed

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and healthcare professionals for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
	Acceleration	8 x 20M	100%	1 Minute	Explosiveness and Proper running form
WATERBREAK					
	Flying Sprints	6 x 30M	50%/75%/100%	1 Minute	Jog 10 M Accelerate 10M Sprint/Maintain 10M
WATERBREAK					
	Tempo Runs	6 x 100M TEMPO	75%	1 Minute	Maintain form and speed
WATERBREAK					
	Plyometrics	Bounds 3 x 8 Per Leg Standing Long Jumps 3 x 8 Lateral Bounds 3 x 8 Per Leg	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	Long, exaggerated strides, pushing off explosively with each step. Drive knee upward, Lower into a quarter squat position, then jump forward as far as possible, extending arms Stand with your feet hip-width apart. Jump explosively to the side, pushing off with one
	Cool Down Recovery				
Equipment Needed:					
None					

S.A.Q.

Balanced

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and healthcare professionals for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Rest Time	Video Assistance
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
	Acceleration	4 x 20M	Explosiveness and Proper running form	1 Minute	
WATERBREAK					
	Acceleration and Reaction	Star Drill		1 Minute	Video Assistance
WATERBREAK					
	Agility	W Drill	Explosive Sprint, Controlled side to side movement	1 Minute	Video Assistance
WATERBREAK					
	Core Circuit	Planks 3 x 30 Russian Twists 3 x 30 Seconds Leg Raises 3 x 30 Bicycles 3 x 30		1 Minute 1 Minute	Video Assistance
	Cool Down Recovery				

Equipment Needed:

Cones

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Lateral Agility

Notes:

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Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Footwork/Body Control	4 Cone	Balanced, Stay low, Move Arms	1 Minute	Video Assistance
WATERBREAK					
	Change of Direction	W Drill	Explosive Sprint, Controlled side to side movement	1 Minute	Video Assistance
WATERBREAK					
	Quickness	T Drills	Balanced, Keep feet moving	1 Minute	Video Assistance
WATERBREAK					
	Quickness/Agility	Nebraska Drill	Sharp Turns, Explosive	1 Minute	Video Assistance
WATERBREAK					
	Cool Down Recovery				

Equipment Needed:

Cones

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Plyometrics

Notes:

Plyometric exercises are high-intensity and can be demanding on the joints. Consult with a fitness professional or coach before incorporating plyometrics into your training routine. Always use proper form and listen to your body to prevent injury.



Time	Skill	Drills	Teaching Points	Rest Time	Video Help
	Warm-Ups	Jogging			
		Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Plyometrics	Tuck Jumps 3 x 12	Jump as high as possible, soft landing immediately jumping again	2 Minutes	Video Assistance
		Lateral Bounds 3 x 10 (per leg)	leap as far as possible, jump as soon as landing	2 Minutes	Video Assistance
WATERBREAK					
	Plyometrics	Speed Skaters 3 x 12 (per leg)	Explosive, land with slightly bent knee	2 Minutes	Video Assistance
		Depth Jumps 3 x 8	Jump after landing	2 Minutes	Video Assistance
WATERBREAK					
	Plyometrics	Power Skips 3 x 10	Powerful skips, land softly on the balls of your feet.	1 Minute	Video Assistance
		Single Leg Hops 3 x 10	Emphasize height and distance	1 Minutes	Video Assistance
WATERBREAK					
	Core	Mountain Climbers 3 x 30 Seconds			Video Assistance
		Bicycle Crunches 3 x 30 Seconds			Video Assistance
		Russian Twists 3 x 30 Seconds		1 Minute	Video Assistance
WATERBREAK					
	Cool Down				
	Recovery				

Equipment Needed:

Box Jump

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Agility and Reactive Plyometrics

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and healthcare professionals for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Rest Time	Video Help
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Agility	L-Drill		1 Minute	Video Assistance
WATERBREAK					
	Quickness	T-Drill		1 Minute	Video Assistance
WATERBREAK					
	Footwork	Ladder		1 Minute	Video Assistance
WATERBREAK					
	Reactive	Reactive Broad Jumps 3 x 8		1 Minute	Video Assistance
		Reactive Skater Jumps 3 x 10 (per leg)	Work on quick reaction ones fott lands	1 Minute	Video Assistance
WATERBREAK					
	Cool Down Recovery				

Equipment Needed:

- Cones
- Agility Ladder

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Change of Direction

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach and healthcare professionals for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Rest Time	Video Help
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Change of Direction	L Drill		1 Minute	Video Assistance
WATERBREAK					
	Agility Test	Illinois Test		1 Minute	Video Assistance
WATERBREAK					
	Change of Direction/Acceleration	Cloverleaf		1 Minute	Video Assistance
WATERBREAK					
	Cutting/ Change of Direction	Slalom Weave		1 Minute	Video Assistance
WATERBREAK					
	Core	Planks 3 x 30 Russian Twist 3 x 30 Leg Raises 3 x 30 Bicycles 3 x 30		1 Minute	
WATERBREAK					
	Cool Down Recovery				

Equipment Needed:

Cones

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Reactive Quickness

Notes:

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Time	Skill	Drills	Teaching Points	Rest Time	Video Help
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Reactive	Star	If you have a partner have them randomly call out cones	1 Minute	Video Assistance
WATERBREAK					
	Footwork	Agility Ladder	If you have a partner have them randomly call out different ladder drills	1 Minute	Video Assistance
WATERBREAK					
	Change of Direction	L Drill		1 Minute	Video Assistance
WATERBREAK					
	Quick Feet	X Drill		1 Minute	Video Assistance
WATERBREAK					
	Cool Down Recovery				

Equipment Needed:

- Cones
- Agility Ladder