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WEEK 5



Mark level completed in box

STRENGTH TRAINING

Push Ups
 Jumping Knees to Chest
 Jump Rope

Level 1

3 sets of 15
 3 sets of 10
 3 sets of 30 seconds

Level 2

5 sets of 25
 5 sets of 10
 5 sets of 30 seconds

Level 3

5 sets of 50
 8 sets of 15
 8 sets of 45 seconds

Days

1	2	3	4	5	6	7

SPEED AND AGILITY

Power Skips with Sprint
 Power Skips with Recovery
 Speed Shuffles
 Figure 8 Sprints (each foot)

Level 1

5 trials
 5 trials
 3 sets of 10 touches
 3 sets of 3

Level 2

8 trials
 8 trials
 5 sets of 10 touches
 5 sets of 3

Level 3

10 trials
 10 trials
 8 sets of 10 touches
 5 sets of 5

Days

1	2	3	4	5	6	7

BALL MASTERY

Juggling
 Scrambler (focus on fast feet)
 Freestyle (focus on pushing off toes)
 Foundation Outside/Inside
 Weaker Foot Shuffles

Level 1

3 minutes
 5 sets of 15 seconds
 5 sets of 15 seconds
 3 sets of 5
 3 sets of 2

Level 2

5 minutes
 8 sets of 25 seconds
 8 sets of 25 seconds
 5 sets of 5
 5 sets of 2

Level 3

10 minutes
 10 sets of 30 seconds
 10 sets of 30 seconds
 5 sets of 8
 5 sets of 3

Days

1	2	3	4	5	6	7