



## ***In Home Workouts***

***by***

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Each session will take approximately 30 minutes and should include a warm-up and a cool-down to prevent injury.

**\*\*Before starting any new exercise program, it's important to make sure that the player has been cleared for each type of physical activity by a healthcare professional.\*\***

**\*\*Warm-up (5 minutes)\*\***

- Jumping jacks: 1 minute
- Arm circles: 1 minute (30 seconds each direction)
- High knees: 1 minute
- Leg swings: 1 minute (30 seconds per leg)
- Body-weight squats: 1 minute

**\*\*Main Workout (20 minutes)\*\***

**\*\*Monday – Core & Agility\*\***

- Plank: 3 sets x 30 seconds
- Side planks: 2 sets x 30 seconds each side
- Russian twists: 3 sets x 20 reps (use a light medicine ball or a similarly weighted object if available)
- Mountain climbers: 3 sets x 30 seconds
- Lateral shuffle: 3 sets x 30 seconds (set up two points approximately 10 feet apart and shuffle side to side)
- Agility ladder drills: 3 sets (if you don't have an agility ladder, you can mimic one by using tape or chalk on the ground)

**\*\*Wednesday – Legs & Balance\*\***

- Body-weight squats: 3 sets x 15 reps
- Reverse lunges: 3 sets x 10 reps per leg

- Single-leg Romanian deadlifts: 3 sets x 10 reps per leg
- Box jumps: 3 sets x 10 reps (use a stable platform like a step or low bench)
- Calf raises: 3 sets x 15 reps (these can be done on the edge of a step)
- Single-leg balance: 3 sets x 30 seconds per leg (make it more challenging by throwing a ball against a wall and catching it while balancing)

**\*\*Friday – Shoulders & Plyometrics\*\***

- Push-ups: 3 sets x 10-15 reps (modify as needed, can start with knee push-ups)
- Pike push-ups: 3 sets x 10 reps (to target shoulders more)
- Standing dumbbell press: 3 sets x 12 reps (use light dumbbells; can substitute with water bottles)
- Arm scissors: 3 sets x 30 seconds
- Skater jumps: 3 sets x 15 reps per side
- Tuck jumps: 3 sets x 10 reps (focus on explosive upward movement)

**\*\*Cool-down (5 minutes)\*\***

- Walking or light jogging in place to lower the heart rate: 2 minutes
- Dynamic stretches including:
  - Forward bends for hamstrings: 1 minute
  - Quad stretch: 1 minute (30 seconds per leg)
  - Shoulder and arms across the body: 1 minute (30 seconds per arm)

**\*\*Notes\*\***

1. Allow for adequate rest between sets (30 seconds to 1 minute, depending on the player's fitness level).
2. Ensure exercises are performed with proper form to prevent injury and maximize effectiveness. If needed, watch instructional videos or ask a professional coach for guidance.
3. It's beneficial to switch up the exercises slightly each week to prevent plateaus and keep the workouts engaging.

Safety and proper technique should always be the priority. As the player develops and matures, resistance can be gradually added to the exercises, either through light weights or resistance bands, to continue improving strength and endurance.