

CR Women's Basketball
SUMMER PLYO WORKOUT #1

WARM-UP

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| 1. 1 LAP WARM-UP | |
| 2. DUCK WALKS | Flex toes, Lock knees- walk for 20yds |
| 3. LUNGE WALKS | Big step, push up off of heels- walk for 20yds |
| 4. SIDE LUNGE WALKS | Big lateral step, change lead leg- 20yds |
| 5. STEP PULLS | Step, reach back, pull- change lead leg- 20yds |
| 6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM) | 20yds up and back |
| 7. CARIOCA (EASY, MEDIUM) | 20yds up and back |
| 8. A-MARCH | Walking sprint form- 20yds |
| 9. HIGH KNEES (EASY,MEDIUM) | 20 yds up and back |
| 10. BUTT KICKERS | 20 yds up and back |
| 11. HIGH KNEES + STRIDE | High knees 10yds, stride 20yds- up and back |
| 12. HIGH KNEES + SPRINT | High knees 10yds, sprint 20yds- up and back |
| 13. BIG BACK PEDAL | 20yds up and back |
| 14. SKIPS | 20yds up and back |
| 15. SKIPS + KICKS | 20yds up and back |

PLYOS

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|----------------------------------|---|
| 1. ANKLE FLIPS | 2X6 (explode up using just ankle reflex) |
| 2. ANKLE FLIPS W/TWIST | 2X12 (add a ¼ turn left, middle, right & repeat) |
| 3. SINGLE LEG ANKLE FLIPS | 2X8 (same as #1 but use one leg at a time/alternate) |
| 4. ROCKET JUMP | 2X6 (squat down and explode up, reach for the sky/repeat) |
| 5. TUCK JUMP | 2X6 (explode up and tuck knees to chest/repeat) |
| 6. STAR JUMP | 2X6 (an exploding jumping-jack/repeat) |
| 7. GALLOPING | 2X20 YDS (ride a stick horse, same leg forward) |
| 8. BOUNDING | 2X20 YDS (explode from each leg for distance/repeat) |
| 9. LINE HOPS | 2x20 (legs together, alternate legs, carioca) |

MEDBALLS

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| 1. TORSO CIRCUIT (SIDE/SIDE, FIGURE 8, OVER/UNDER, SIT-UP, BACK CRUNCH) | |
| 2. CHEST PASS | 2X10 (explode with legs and push ball with arms) |
| 3. SOCCER PASS | 2X8 (explode with legs and "soccer pass" ball) |
| 4. OAGER TOSS | 2X10 (explode with legs and throw ball backwards and up) |

CONDITIONING

- 1. FARTLEKS or GASSERS** _____ reps

*Fartleks-(Stride the straight-away, shuffle jog the circle on the track)

**Gassers- (Run the width of the football field and back)