



Phase 4

	Week 1	Week 2	Week 3	Week 4
A) Partner Lat. 1/2 Kneel vs. Side Standing 10'	2x each/side	2x each/side	2x each/side	2x each/side
B1) Lateral Bound	3x5/side	3x5/side	4x5/side	4x5/side
B2) OH Rot. Med Ball Slam	3x6/s	3x6/s	3x6/s	3x6/s
C1) Vertical Jump (Continuous)	3x8	3x8	4x8	4x8
C2) Front Plank to Push-Up	3x6/side	3x6/side	3x8/side	3x8/side
D1) Split Squat Hold w/ Partner Med Ball Toss Throw Med Ball & Challenge Stability	3x10 throws/side	3x10 throws/side	3x12 throws/side	3x12 throws/side
D2) 1-Leg Glute Bridge	3x(2x10s)/s	3x(2x10s)/s	3x(2x10s)/s	3x(2x10s)/s
D3) 2-Way Skater	3x8 each/side	3x8 each/side	3x8 each/side	3x8 each/side
Team Stretch (30s each)				
Bent Knee Calves Stretch				
Straight Knee Calves Stretch				
1/2 Kneeling Quad Stretch				
Lying Posterior Adductor Stretch				
Lying 2-Way Glute Stretch				
Standing Toe Touch				