ATHLETIC ENHANCEMENT WORKOUT

WARM-UP
Simulated Rope Jumping (Two Feet, Right Foot, Left Foot, Out to the Side, Wider Stride, Forward and Back, Longer Stride)

IN-PLACE JUMPS (3-4 reps)
Double Leg Tuck Jumps
Glute Kick Jumps
Double Leg Lateral Jumps
Single Leg Lateral Jumps
Split Jumps

LUNGE WALK (Free throw line to free throw line)
Forward, 45 Degree, Side (Both directions), Backward Lunge

With Medicine Ball

FOOTWORK LADDERS
Hopscotch – Every Other One
Two in a Row In – One Out
Right – Right – Out – Left – Left – Out
Hopscotch – Every One
Lateral Run (Both directions)
Slalom
Right Foot In – Left Foot Forward and Back
Left Foot In – Right Foot Forward and Back
In – In – Out
In – In – Out – Out
Backwards – In – In – Out – Out
Backwards – Hopscotch Every One

Hands

REPEAT JUMPS (3 point line to 3 point line)
Repeat Standing Broad Jumps
Double Leg Lateral Jumps (Both directions)
Double Leg Zig Zag
Single Leg Zig Zag
Split Jumps
Power Skip

MEDICINE BALL (With partner – 6.6 lb. ball – 10-25 reps)
SEATED (Feet to feet)
Quick Pass – Chest Pass
Quick Pass – Overhead Pass
(Back-up 10 feet apart)
Chest Pass with Bent Knee Sit-Up
STANDING
Chest Pass – On One Leg
Overhead – On Other Leg
Lunge Position- Twisting Side Pass (Switch front leg)
For Distance – Chest/Overhead/Underhand/Backward/Straight up
BACK TO BACK
Figure 8’s
Below Parallel Squat – Arms Extended/Overhead
Single Leg Deadlift

CORE WORK (Planks – raising arms/legs)

STRETCHING
Single Leg Superman
ADDITIONAL ATHLETIC ENHANCEMENT
https://youtu.be/0tQdD7uXVsU

Right Hand/Left Ankle

**Dynamic Warm-up**

Jog
High Knees – down then back
Glute Kicks – down then back
Lunge Walk down - 45 degree back
Side Shuffle – down then back
Carrioca – down then back
Backward Run – down
Backward Lunge Walk – back

*Upper Body option*

Arm circles forward – small to large
Arm circles backward – small to large
Up and Back
Twist

*Push-ups*

Football pre-game (15 yds)
Down back down
Pop up and go (BD Jacks)

**REACTION BALL FETCH (4/2/1)**

(Different Starting Positions)

Hand Down
Defensive Position R/L
Backward (Turning R/L)
Seated Backward (Turning R/L)
Seated Forward
Lying Face Down
Push-Up Position
Lying Face Up (Turning R/L)
Crab Position (Turning R/L)

Footwork and Go:

- Side to Side
- Forward and Back
- Alternating Feet
- Apart-Together-Apart
- 1 Foot – Side to Side

Plyo Jumps

**MEDICINE BALL**

PARTNER PASSING

Overhead/Chest
Bounce or Slam/Chest
Chest/Chest (L/R)
Parallel Squat – Overhead/Chest
Parallel Squat – Chest/Roll

BALL HANDLING

Around the Body
Figure 8
Rhythm Drill
Rhythm Drill Without a Bounce

Quick Hands
Figure 8 With a Shuffle

SHUFFLE DRILL

Chest
Low
Roll
With Jump
Forward and Back
ON THE RUN
Chest
Overhead
Backwards
Side Shuffle-Chest
Side Shuffle – Underhand
BB/FB/BB
ADDITIONAL ATHLETIC ENHANCEMENT

3 Man weave
Tip Drill
One leg Receiver Drill
Twisting Overhead (Both Directions)

LINE DRILLS
Forward
Side
Down Forward – Back Backward
Combo
(Shooting)
Different Starting positions

CONE DRILLS
Forward
Forward-Touching Cone
Foot Tap – Inside Foot
Foot Tap – Outside Foot
Side Shuffle
Side Shuffle – Back
Inside Pivot
Forward/Back
Pop-Up or Loose Ball

TUG-OF-WAR
1 Hand Grip
Both Hands
Lying Flat
Step Across

HARNESS
2 Man Harness
4 Man Harness-Partner
4 Man Harness- Individual

COMPETITION
Arms Locked
Plate Raises
Bumper Plate Grip
Core with Plates on Back
Team Medicine Ball (standing/seated)

STRETCH CORD
Start
(Sprint)
Agility

TEAM SPRINTS
Football 40’s etc.
Basketball – Suicide/2.5/3
(20/30)