

Day 1: Top End/Upright running	Week 1	Week 2	Week 3	Week 4
Warmup	Jog, high knee running, Glute kicks, snapioca, adductor taps, shuffle shuffle lung lungs, high skips, ankle, knee, hip flips	SL Vertical/Horizontal jump 3x5 each	SL Vertical/Horizontal jump 3x5 each	SL Vertical/Horizontal jump 3x5 each
Plyos	Pogos 4x5m	Pogos 4x5m	Hurdle Hops 4x10m	Hurdle Hops 4x10m
Wickets	3x 20m	3x20m	3x20m	3x20m
Assisted 1080 (Wickets)	3x 20m @5kg assist	3x 20m @5kg assist	3x 20m @5kg assist	3x 20m @5kg assist
Variable/Resisted Sprinting	3x20m @6kg	3x20m @8kg	3x20m @12kg	3x20m @15kg
Flying Sprints (Freelap)	Wickets & 10m after time x2	Wickets & 10m after time x2	Wickets & 10m after time x2	Wickets & 10m after time x2
Day 2: Acceleration	Week 1	Week 2	Week 3	Week 4
Warmup	Jog, high knee running, Glute kicks, snapioca, adductor taps, shuffle shuffle lung lungs, high skips, ankle, knee, hip flips			
Dynamic stretches:				
Plyometrics:	Pogos:3x 10m (1 min rest each)	Straight leg shuffles 3x10m	Straight leg bounds 3x15m	Straight leg bounds 3x 15m
Skip series	Straight leg shuffles 3x10m	Split Box Jump 3x3es	Split Box Jump 3x3es	Split Box Jump 3x3es
	Split Box Jump 3x3es	3x10m (1 min rest each)	3x10m (1 min rest each)	3x10m (1 min rest each)
Falling Start (Freelap)	3x10m (1 min rest each)	3x10m (1 min rest each)	3x10m (1 min rest each)	3x10m (1 min rest each)
Crouch start (Freelap)	3x10m (1 min rest each)	Marches 4x 10m	Bounds 4x15m	Bounds 5x10m 2min rest between each
Prowler series	ISO Hold 3x10 seconds e/s	8kg till 6m/s	5kg till 8m/s	3kg till 8.5m/s 20m, 2 min rest between each
1080 variable resistance	6kg till 7m/s x2			
Day 3 Agility	Week 1	Week 2	Week 3	Week 4
Warmup	Jog, high knee running, Glute kicks, snapioca, adductor taps, shuffle shuffle lung lungs, high skips, ankle, knee, hip flips			
Dynamic stretches:				
plyometrics	Hiedens 3x5es	Hiedens 3x5es	Hiedens 3x5es	Hiedens 3x5es
	Forward/back/side pogos	Forward/back/side pogos	Forward/back/side pogos	Forward/back/side pogos
	Box & depth jumps 3x5	SL Box & depth jumps 3x5	SL Box & depth jumps 3x5es	SL Box & depth jumps 3x5es
	Horizontal jumps 3x5	Horizontal jumps 3x5	SL Horizontal jumps 3x5es	SL Horizontal jumps 3x5es
COD	10m shuttles 3x4 (3 min rest)	20m cone Pivots & Angle cuts x 4 (2min rest between each)	20m cone Pivots & Angle cuts x 2 (2min rest between each)	Reactive coaches call drills:
	20m shuttles 2x2 (4min rest)	40m cone Curve Running and Bending Turns x4	40m cone Curve Running and Bending Turns x2	cones-diagonal, backwards running, side to side
				30 second reps, Coaches call x4 (2 min rest between each)
	Shadow drills/mirror drills 3x 30 sec each	Shadow drills/mirror drills 3x 30 sec each	Shadow drills/mirror drills 3x 30 sec each	Shadow drills/mirror drills 3x 30 sec each
	Sprint to lunge stop 10mx5 (1min rest)	Sprint to Split stop 10x5 (1 min rest)	Sprint to lunge/split stop 10mx2each	Illinois Change of Direction test x 1
	Cod 5-0-5 agility test x 4	Y Agility test x4	Illinois Change of Direction test x2	Y Agility Test x 1