



Mid-Season Single Leg Power Workout

For great single leg take offs, hurdles, leaps, jumps, round offs and step-ins! Great year r but also a great touch up workout for mid-season! Hey Coach, tired of athletes not getting enough out of their legs for BIGGER skills? This workout will help build strength, balance and power for bigger, better skills, leaps and jumps!

Level:

Intermediate to Advanced, lower levels can lower reps and modify skill.

Time and Frequency:

30 minutes, two times a week, once at the beginning once at the end for best results.
Complete each exercise in the circuit moving from one excursive to the next.
Then repeat each exercise again.

Equipment:
Spotting Blocks

Circuit One:

Name	Reps/Minute
Active Needle Kick with Squat	20 Each Leg
Single Leg Squats	15 Each Leg
Single Leg Jump from Elevated Plank	15 Each Leg

Circuit Two:

Name	Reps/Minute
Single Leg Jump to Two Feet Landing	10 Each Leg
Single Leg Punch Swings	15 Each Leg
Single Leg Lateral Jumps	*4 Passes *add weight for advanced athletes

Circuit Three:

Name	Reps/Minute
Single Leg Hamstring Tuck UP	15 Each Leg
Lunge Kettle Grab Under Step-In	15 Each Leg
Legs Hurdle Drills	5 Each leg