

# AGILITY + CONDITIONING

## WORKOUT

### Single Leg Line Hops

3 Sets of 15 Seconds Each Leg

- Choose a spot or line on the ground to focus on. Hop for 15 seconds as quickly as possible. Track how many (forward & back is 1)
- Forward & back
- Side to side

### Lateral Jumps For Distance

3 Sets of 5 Each Leg

- Push and jump as far as you can to the side off your outside leg.
- Stick the landing and reset before jumping again

### Broad Jumps 3 Sets of 3

Jump as far as you can forward. Stick the landing. Reset and go again

Defensive Slides (3 sets of 15 seconds) Slide side to side (at least 5 yards)

### Box Jumps (3 sets of 5)

Find a box, bleacher, stair etc.... Jump up and step down.

Reset between each rep

Jump Rope (3 sets of 30 sec straight)

Sprints (10 Times) - Run as hard as you can for 10 seconds, walk for 30 seconds recovery.

Cool Down & Stretch for at least 10 minutes