PHASE I: TECHNIQUE – Weeks 1-2
TOE walks
HEEL walks
Dog & Bush Walk
Quad Hops
Figure 4-walks
Forward Lunge
Backward Lunge
Step Overs
Bear walk FWD/BWD
Dynamic Hamstring
Leg Overs
Prone Scorpions

Phase I: Plyo Technique
Wall Jumps – 25 seconds knees slightly bent and facing straight ahead, arms up and eyes up
Week 2 – 30 seconds
Tuck Jumps – 25 seconds NO DOUBLE BOUNCE
Week 2 -- 30 second
Squat Jumps – 15 seconds begin in squat touching floor by heels, knees under hips
180 jumps – 25 sec soft lightly flexed knees in opposing directions
Week 2 – 30 seconds
Broad Jump with stick: 3 – 5 jumps and hold for 5 seconds

STRETCH: Individual and/or partner
Hamstrings Post Shoulder
ITB against wall Triceps
Quad Hops Pecs/Biceps
Hip Flexor (standing) Low Back
GS and Soleus

PHASE II: FUNDAMENTALS Week 3-4
TOE walks
HEEL walks
Dog & Bush Walk
Quad Hops
Figure 4-walks
Helicopter Lunge walks-FWD and BWD
Step Overs
Bear walk and progress to Inchworms FWD and BWD
Dynamic hamstrings
Leg Overs
Prone Scorpions

PHASE II: fundamentals
Wall Jumps arms up – 30 seconds
Week 2 – 35 seconds
Tuck Jumps – 30 seconds NO DOUBLE BOUNCE
Week 2- 35 second
Squat Jumps – 20 seconds (touch floor by heels)
Week 2 – 25 seconds
Scissor Jumps/Lunge jumps – 30 seconds (begin in long lunge position)
Week 2 –
If fatigue or legs get wobbly stop
Push off with power from front leg

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**Triple Broad Jump Vertical with stick** – 3 jumps
Deep crouch position with each take-off and landing, hold stick for 5 seconds

**Single-Leg hop for distance with stick** – 3 times each leg

**Bounding for distance**—keep knees high; not jog or high knees and use arms with knee drive across gym 1 time week 1 and 2 times week 2

**PHASE II Flexibility PHASE I**

**PHASE III (weeks 5-6) PERFORMANCE**

- Toe walks
- Heel walks
- Dog & Bush Walk
- Quad Hops
- Figure 4-walks
- Lunge walks-FWD and Helicopter lunges BWD
- Step Overs
- Inchworms FWD and BWD
- Dynamic Hamstrings
- Leg Overs
- Prone Scorpions

**PHASE III: PLYOs -- decrease time and increase reps maintaining quality**

- **Wall Jumps arms up** – 20 seconds
  - Week 2 – 35 seconds
- **Tuck Jumps** – 30 seconds NO DOUBLE BOUNCE
  - Week 2 – 35 second
- **Squat Jumps** – 25 seconds (touch floor by heels)
  - Week 2 – 25 seconds
- **Scissor Jumps/Lunge jumps** – 30 seconds (begin in long lunge position)
  - Week 2 – If fatigue or legs get wobbly stop

  **Triple Broad Jump Vertical with stick** – 3 jumps
  **Single leg Hop, Hop, Hop, Stick** – 3 times each leg, hold and stick for 5 seconds

**PHASE III Flexibility PHASE I**

**ELEMENTARY AGE:**

**K-2**

- Basic developmental skills—skipping, jumping, etc.
- They can perform most simple dynamic flexibility
- No weight training

**BODY WEIGHT ACTIVITIES**

- Squats
- Push ups
- Lunges
- Crunches
- Abdominal Progression

**Grades 3-5**

- Same as above but can understand and grasp concepts better

**Running form drills:**

- Arm swings
- “A” Marches and progress to “A” Skips
- “B” Marches and progress to “B” Skips
- Bounding for distance
- Bounding for height
- Carioca/grape vines
- Box jumps
- Initial plyos—double leg jumps