

Agility Workout for all Groups 3/21/20

All Groups:

1. Watch the IMG Video series posted under the Agility Section on the Workouts page from Youtube.
2. 20-30 minutes of cardio: run, bike, skate, elliptical, stepper, etc...
3. Do the IMG Dynamic Warm Up: 15 squat jumps, 20 second ankle hops, 5 single hops (series)

Workout:

12&Under: 2-3 Rounds

13&Over: 3-4 Rounds

JUMPS

10 streamline vertical jumps

10 standing broad jumps

10 lateral bounds

LINE DRILLS

15 second front and back both legs

15 seconds (ON EACH SIDE) alt foot front and back

15 seconds side to side both legs

15 seconds criss cross

Finish by doing Coach Katie's stretching & flexibility.