

Agility Workout for all Groups 3/28/20

All Groups:

1. Review the IMG Video series posted under the Agility Section on the Workouts page from Youtube even if you watched it last week.
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: 3 Rounds

13&Over: 4 Rounds

JUMPS

12 streamline vertical jumps

12 standing broad jumps

12 lateral bounds

12 start jumps (get down into your starting position on the blocks and jump as high and as far as you can)

LINE DRILLS

20 seconds front and back both legs

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

20 seconds side to side both legs

20 seconds criss cross

Finish by doing Coach Katie's stretching & flexibility.