

These programs are designed to act as the foundation of an athlete's strength and conditioning training, to be followed between training and game-day exercise. An effective athlete will adjust this program to include any exercises they feel are valuable to their specific game, goals and position. The recommended sets and reps may also be adjusted once an athlete becomes accustomed to these programs, to ensure enduring performance progression.

OFF SEASON

TRAINING GOAL - SPORT SPECIFIC STRENGTH
DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Split Squat	Lower Strength	5	8
Forward Lunge	Lower Strength	4	8
Reverse Lunge Knee Drive Left	Balance	4	6
Reverse Lunge Knee Drive Right	Balance	4	6
Single Leg Squat Left	Lower Strength	4	6
Single Leg Squat Right	Lower Strength	4	6

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Kneeling Single Arm Press Left	Upper Strength	5	6
Kneeling Single Arm Press Right	Upper Strength	5	6
Glute Bridge Bench Press	Full Body Strength	3	12
Single Leg Dumbbell Passes	Balance	4	6
Single Arm DB Overhead March Left	Balance	3	8
Single Arm DB Overhead March Right	Balance	3	8

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Trap Bar/Barbell Deadlift	Full Body Strength	6	10
Single Leg Deadlift Left	Full Body Strength	3	6
Single Leg Deadlift Right	Full Body Strength	3	6
Weighted Pull Ups	Upper Power	3	6
Med Ball Push Ups Left	Upper Strength	3	12
Med Ball Push Ups Right	Upper Strength	3	12

PRE SEASON

TRAINING GOAL - SPORT SPECIFIC POWER
DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Med Ball Kneeling Overhead Throw Left	Upper Power	4	8
Med Ball Kneeling Overhead Throw Right	Upper Power	4	8
Lunge Overhead Ball Throw Left	Power	4	6
Lunge Overhead Ball Throw Right	Power	4	6
Kneeling Throw Over Front Left	Power	3	8
Kneeling Throw Over Front Right	Power	3	8

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Clean	Upper Strength	5	8
Push Press	Upper Strength	3	8
Single Arm Banded Row Left	Upper Strength	3	6
Single Arm Banded Row Right	Upper Strength	3	6
Renegade Row Left	Balance	3	8
Renegade Row Right	Balance	3	8

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Med Ball Skater To Throw Left	Movement	3	8
Med Ball Skater To Throw Right	Movement	3	8
Med Ball Triple Extension Slam	Functional Power	3	6
Med Ball Skaters	Movement	3	30 secs
Run Up Step Ball Throw Left	Power	4	8
Run Up Step Ball Throw Right	Power	4	8

DURING SEASON

TRAINING GOAL - REACTIONS & MOVEMENT
DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Fast Feet On Plate	Reactions	4	30 secs
Side To Side Plate Agility	Reaction	3	45 secs
Med Ball Triple Extension Slam	Functional Power	3	6
Lunge KB Under Swings Left	Balance	4	8
Lunge KB Under Swings Right	Balance	4	8
Tibialis Raises	Balance	3	25

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Weighted Chin Ups	Upper Strength	3	8
Around The Worlds	Upper Strength	3	8
Tricep Pulldown	Upper Strength	4	8
Med Ball Push Ups	Upper Strength	4	8
Paloff Press And Rotate Left	Core Strength	3	8
Paloff Press And Rotate Right	Core Strength	3	8

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Paloff Press Hold Lunge Left	Core Strength	3	10 sec
Paloff Press Hold Lunge Right	Core Strength	3	10 sec
Banded Pull Backs	Upper Power	3	8
Bear Crawl Sideways	Movement	3	8
Broad Jump	Speed	4	6
Walking Lunges	Lower Strength	4	12