

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
Half Depth Squat	Lower Strength	5	6
Multi Directional Lunge	Lower Strength	5	1
Bulgarian Jumps	Lower Power	5	6
Reverse Lunge Knee Drive	Balance	4	6
Single Leg Squat	Lower Strength	4	6
Plyometric Lunge Jumps	Lower Power	4	6

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Push Press	Upper Strength	5	6
Banded Rows	Upper Strength	5	6
Paloff Press Hold Lunge Left	Core Strength	3	10 sec
Paloff Press Hold Lunge Right	Core Strength	3	10 sec
Plyo Bench Push Ups	Upper Power	3	4
Single Leg Dumbbell Passes	Balance	3	4

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Trap Bar/Barbell Deadlift	Full Body Strength	6	12
Bulgarian Split Squats	Lower Strength	4	6
Walking Lunges	Lower Strength	4	6
Single Arm DB Overhead March Left	Core Strength	3	6
Single Arm DB Overhead March Right	Core Strength	3	6
Copenhagen Knee Drives	Lower Strength	3	8

PRE SEASON

TRAINING GOAL - SPEED & POWER
DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Barbell Squats	Lower Strength	5	4
Side Single Leg Box Jump Inside Left	Jumping	3	8
Side Single Leg Box Jump Inside Right	Jumping	3	8
Side Single Leg Box Jump Outside Left	Speed	3	8
Side Single Leg Box Jump Outside Right	Speed	3	8
Depth Drop Land	Landing Mechanics	3	8

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Agility Cone Hops Side To Side	Agility	5	1 min
Agility Cone Hops Forward And Back	Agility	5	1 min
Calf Raises	Jumping	3	20
Med Ball Slams	Power	3	20
Defensive Jab Steps 45 Degrees Left	Defensive Movement	4	1 min
Defensive Jab Steps 45 Degrees Right	Defensive Movement	4	1 min

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Wall Sprinter Drives Single	Speed	4	12
Wall Sprinter Drives Double	Speed	4	12
Wall Sprinter Drives Triple	Speed	4	12
Romanian Deadlift And Drop	Speed	4	8
Bulgarian Jumps Side To Side Left	Lower Power	3	8
Bulgarian Jumps Side To Side Right	Lower Power	3	8

DURING SEASON

TRAINING GOAL - AGILITY & CONDITIONING
DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Fast Feet On Plate	Speed	3	8
Side To Side Plate Agility	Agility	3	8
Hip Switches	Movement	3	1 min
Lunge KB Under Swings Left	Balance	4	12
Lunge KB Under Swings Right	Balance	4	12
Forward Lunge	Lower Strength	4	8

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Push Ups	Upper Strength	3	12
Banded Rows	Upper Strength	3	12
Banded Single Arm Press	Upper Power	3	6
Burpee Side Shuffle	Movement Patterns	4	12
Double Jab Step	Offensive Movement	4	1 min
Defensive Jab Steps 45 Degrees	Defensive Movement	4	1 min

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Paced Run	Endurance	1	5 min
Push Press	Upper Strength	4	8
Deadlift	Full Body Strength	4	8
Double Rebound Jump	Rebounding	3	6
Broad Jump	Vertical	3	6
Skater Ball Slam	Lateral Movement	4	6