

PLYOMETRIC OPTIONS:

Air Alert- this is a vertical jump program to be done by the team. It is a 12 week program, so do it up until several days before camp begins to allow for a some rest. (the exercises are leap ups, calf raises, step-up, jump without bending knees, burn-outs (jumping on toes). Here is the PDF of the charted weeks for reps of each exercise.

<http://www.aipass.it/upload/Jump%20Training.pdf?PHPSESSID=bacedf0acd9389834f967a6cd5a5d730> Check out YouTube if you are still confused about any exercises. <http://www.youtube.com/watch?v=RtJkMBdgiMc>

Dot Drill- this is a foot quickness drill also mandatory for summer workouts. Do this as a warm-up before every lifting session. If you do not have a pad for the dot drill, find chalk or tape and make your own.

<http://www.biggerfasterstronger.com/uploads/Dot%20Drill%20Info.pdf>

Gambetta Walks- In a push-up position, step simultaneously with the hands and feet to the left, right, backward, and forward. While going to the sides, keep legs straight, arms straight, shoulders and back tight for good core support. While crawling backward/forward you will resemble Spiderman.

Gambetta Drill- Standing on one leg only, squat down to touch the floor outside/inside/front of your foot for a specific number of reps. Switch to the other leg. Reps on both legs are only one set. Remember to squat down (bend at the knee) rather than reaching down by bending at the waist.

MB Cleans = Medicine Ball Cleans & Thrusters – these exercises can be viewed at Crossfit.com in the exercises/demos page

<http://www.crossfit.com/cf-info/exercise.html>