

Monday	
Linear Speed - Acceleration	
Lax Skills (Fundamentals/Medium)	
Lower Body Lift - Intro	
Light Conditioning	

Tuesday	
360° Speed - Agility/Quickness/Deceleration	
Lax Skills (Advanced/Intense)	
Medium Conditioning	

Wednesday	
"Quicks" - Quickness/Reactions	
Lax Skills (Stick Handling/Light)	
Upper Body Lift - Intro	
Active Recovery - Rollout and Flexibility	

Ready	Warmup #1				
	Sets	Dist	%	Rest	
	Fwd/Bwd Skip	2	20y	50%	15s
	Cradle to Chest->Lunge	1	10y	50%	15s
	Quad Stretch->Lunge	1	10y	50%	15s
	Side Shuffle w/ Arms	2	20y	50%	15s
	Side Lunge w/ Pivot	1	10y	50%	15s
	1-2-3 Touch	1	20y	50%	15s

Ready	Warmup #2				
	Sets	Dist	%	Rest	
	Stuntman Fall	2	20y	50%	15s
	Inchworm	1	10y	50%	15s
	Lunge w/ 3 Rotations	1	10y	50%	15s
	Karioka	2	20y	50%	15s
	X-Over Lunge w/ Pivot	1	10y	50%	15s
	Angled Speed Skaters	1	20y	50%	15s

Ready	Warmup - MB				
	Sets	Reps	%	Rest	
	MB Around the World	1	10e	3kg	15s
	MB OH Side2Side	1	10e	3kg	15s
	MB Pendulum	1	20	3kg	15s
	MB Swing	1	10e	3kg	15s
	MB Side Taps	1	20e	3kg	15s
	360° Lunges	1	1m	BW	15s

Aim	Linear Speed				
	Sets	Reps	%	Rest	
	Power Skips - Height	2	20y	75%	30s
	Alter. Split Jumps-1	2	5e	90%	1m
	Broad Jumps	2	20y	90%	1m
	MB Accelerations	2	8e	90%	1m
	Falling Starts	8	10y	90%	>30s

Aim	360° Speed				
	Sets	Reps	%	Rest	
	Ladder-Fwd+Lat 2Feet	2e	1	75%	30s
	MB Side Toss	2	8e	90%	1m
	Hurdles-Fwd+Lat2 Feet	2e	10	75%	30s
	Back-Pedal Snake	2	20y	90%	1m
	4Cone Fundamentals-1	1e	10y	90%	1m

Aim	"Quicks"/ Skills				
	Sets	Reps	%	Rest	
	Jump Rope	3	100	BW	30s
	TennisBall Reactions	3	2m	BW	30s
	MB OH Pass in Wall	3	10	3kg	1m
On the Wall	1	10m	50%	0	

Fire-1	Lax Skills				
	Sets	Reps	%	Rest	

Fire-1	Lax Skills				
	Sets	Reps	%	Rest	

Fire	Lift #2				
	Sets	Reps	Wt.	Rest	
	DB Lying Lat Raise	2e	30	5#	30s
	Push Press	4	5	75%	2m
	Bench Press	4	10	75%	1m
	Bentover Row	4	10	75%	1m
	L-Overs	2	10e	BW	30s
Chinups/Angled Chins	3	10	BW	1m	

Fire-2	Lift #1				
	Sets	Reps	Wt.	Rest	
	Plank	2	30s	BW	1m
	Depth Drop	3	6	BW	1m
	Hang Clean Pull	4	5	75%	2m
	Back Squat	3	10	75%	90s
	RDL	3	10	75%	90s
	Box Step Ups	1	12e	BW	1m
Jack Knives (Glute Iso)	2e	15	BW	1m	

Fire-2	Conditioning				
	Sets	Reps	%	Rest	
	40y Shuttle - 10y Splits	2	4	75%	0
	1-Leg Lat Line Hops	2e	5s	90%	1m
	40y Shuttle - 10y Splits	2	4	75%	0
	Tapioka	2e	5s	90%	1m
	40y Shuttle - 10y Splits	2	4	75%	0
Quick Box Jump/Run	2	10s	90%	1m	

Clear 1	Rollout				
	Sets	Hold	%	Rest	
	O/S Leg	1e	30s	NA	0
	Quads	1e	30s	NA	0
	Glutes	1e	30s	NA	0
	Hamstring	1e	30s	NA	0
	Chest	1e	30s	NA	0
	Lats	1e	30s	NA	0
Shoulder	1e	30s	NA	0	

Fire-3	Conditioning				
	Sets	Dist	%	Rest	
Tempos	6	100y	75%	1m	



Clear	Cooldown #1				
	Sets	Hold	%	Rest	
	4 Way Ankle Walk	1e	80f	BW	0
	Side Lean	1e	30s	NA	0
	Pretzel	1e	30s	NA	0
	Side Lying Quad	1e	30s	NA	0
	X-Over Hamstring	1e	30s	NA	0
	Elbow Behind Head	1e	30s	NA	0

Clear	Cooldown #2				
	Sets	Hold	%	Rest	
	Wall Chest Stretch	1e	30s	NA	0
	Side Lean w/ Reach	1e	30s	NA	0
	Butterfly	1e	30s	NA	0
	Figure 4 - Face Down	1e	30s	NA	0
	Kneeling Lunge	1e	30s	NA	0
	Half Hug	1e	30s	NA	0

Clear-2	Flexibility				
	Sets	Hold	%	Rest	
	Hamstring	1e	30s	NA	0
	Modified Hurdler Push	1e	30s	NA	0
	Scissor Quad	1e	30s	NA	0
	Iron Cross	1e	30s	NA	0
	Lean Away Row	1e	30s	NA	0
	Wall Pec Deck	1e	30s	NA	0

Thursday				
360° Speed - Agility/Quickness/Deceleration				
LAX Skills (Advanced/Intense)				
Medium Conditioning				

Friday				
Linear Speed - Max Velocity/Deceleration				
LAX Skills (Fundamentals/Medium)				
Total Body Lift - Intro				
Light Strength/Conditioning				

Saturday				
Lax Skills (Stick Handling/Shooting/Light)				
Active Recovery - Rollout & Flexibility				

Ready	Warmup #3				
	Sets	Dist	%	Rest	
	Gizzi Shuffle	2	20y	50%	15s
	Walk Over Fence	1	10y	50%	15s
	Opp. Foot to Hand	1	10y	50%	15s
	A-Skips	2	20y	50%	15s
	Crescent Kicks	1	10y	50%	15s
	Fwd Skip + Spins	1	20y	50%	15s

Ready	Warmup #4				
	Sets	Reps	%	Rest	
	Jumping Jack Skip	2	20y	50%	15s
	Ultimate Lunge	1	10y	50%	15s
	Toe Grab	1	10y	50%	15s
	Side Skips	2	20y	50%	15s
	RchRvLunge w/Rot	1	10y	50%	15s
	Backpedal Striders	1	20y	50%	15s

Ready	Warmup				
	Sets	Time	%	Rest	
	Bike/Walk/Jog	1	30m	50%	0
	OR				
	Light Hoops	1	30m	50%	0
	OR				
Light 1 on 1s	1	30m	50%	0	

Aim	360° Speed				
	Sets	Reps	%	Rest	
	Split Squat Chops&Lifts	1e	10e	75%	30s
	3 Hurdle w/ Pause	2e	4	75%	30s
	Ladder 2In1Out+2In2Out	2e	1	75%	30s
	MB Windmill Throw	2	6e	90%	30s
AngelRun Decelerations	2	20y	90%	30s	

Aim	Linear Speed				
	Sets	Reps	%	Rest	
	Fwd/Bwd Leap Stall	1e	20y	75%	30s
	Hurdles Fast Legs-1	2e	10	90%	1m
	MB Chest Pass into Wall	3	10	3kg	30s
	Linear Decelerations	2	40y	90%	90s
Buildups 50%>75%>90%	2	40y	>>>	2m	

Aim	Technique				
	Sets	Time	%	Rest	
	Stick Skills	1	10m	50%	0
	Shooting	1	10m	50%	0
On the Wall	1	10m	50%	0	

Fire-1	LAX Skills				
	Sets	Reps	%	Rest	

Fire	LAX Skills				
	Sets	Reps	%	Rest	

Fire	Rollout				
	Sets	Hold	%	Rest	
	O/S Leg	1e	30s	NA	0
	Quads	1e	30s	NA	0
	Glutes	1e	30s	NA	0
	Chest	1e	30s	NA	0
	Lats	1e	30s	NA	0
Shoulder	1e	30s	NA	0	

Fire-2	Conditioning				
	Sets	Reps	Wt.	Rest	
	Jog @50% for 20m w/ Random Plyo Drills				
	Split Run	3	10s	BW	0
	Hip Pivot	3	10s	BW	0
	Funky Split Run	3	10s	BW	0
	Sumo-□/□-Sumo	3	10s	BW	0
90° Spins	3	10s	BW	0	

Fire-2	Lift #3				
	Sets	Reps	Wt.	Rest	
	MB Reverse Barrel Toss	3	6	3kg	1m
	Incline Press	3	10	75%	1m
	Split Squat	2e	10	BW	1m
	Side Bridge	2e	30s	BW	30s
	Alter. Side Split Squat	2	10e	BW	1m
DB I/Y/T	2	15	5#	1m	

Clear	Flexibility				
	Sets	Hold	%	Rest	
	Hamstring	1e	30s	NA	0
	Modified Hurdler Push	1e	30s	NA	0
	Scissor Quad	1e	30s	NA	0
	Iron Cross	1e	30s	NA	0
	Lean Away Row	1e	30s	NA	0
Wall Pec Deck	1e	30s	NA	0	

Clear-1	Rollout				
	Sets	Hold	%	Rest	
	Calf	1e	30s	NA	0
	I/S Leg	1e	30s	NA	0
O/S leg	1e	30s	NA	0	

Fire-3	Conditioning				
	Sets	Dist	%	Rest	
	Forward Lunge	2	30y	BW	30s
	Reverse Lunge	2	30y	BW	30s
Side Lunge	2	30y	BW	30s	

Clear-2	Cooldown #1				
	Sets	Hold	%	Rest	
	4 Way Ankle Walk	1e	80f	BW	0
	Side Lean	1e	30s	NA	0
	Pretzel	1e	30s	NA	0
	Side Lying Quad	1e	30s	NA	0
	X-Over Hamstring	1e	30s	NA	0
Elbow Behind Head	1e	30s	NA	0	

Clear	Cooldown #2				
	Sets	Hold	%	Rest	
	Wall Chest Stretch	1e	30s	NA	0
	Side Lean w/ Reach	1e	30s	NA	0
	Butterfly	1e	30s	NA	0
	Figure 4 - Face Down	1e	30s	NA	0
	Kneeling Lunge	1e	30s	NA	0
Half Hug	1e	30s	NA	0	





Symbol	=	Definition
%	=	Percentage of perceived effort
#	=	Pounds (lbs.)
>>>	=	50% > 75% > 90%
▲	=	Start at ___%; add 5-10lbs each set
360° Speed	=	Running/Re-directing in all directions
50%	=	A light and focused effort
75%	=	A smooth and intensified effort
90%	=	Full speed with a calm face+C10
BW	=	Bodyweight
Cooldown	=	Light stretching or rolling out
Conditioning	=	Work Capacity Augmentation
Dist	=	Distance covered for set/rep
e	=	Each side / leg / arm
Flexibility	=	Stretching to promote recovery
Hold	=	Time you hold a stretch / rollout
kg	=	Kilograms (kg X 2.2 = lbs.)
Lift	=	Exercises for the weightroom
Linear Speed	=	Running Forward
m	=	Minute(s)
MB	=	Medicine Ball
MR	=	Manual (Partner) resistance
NA	=	Not Applicable
Playing Speed	=	Combining Linear, 360°, & Conditioning
Prep	=	Explosive movements / Plyos / Ballistics
Reps	=	Repetition(s) per set (Distance covered)
Rest	=	Rest between sets
Rollout	=	Rolling muscles out on a MB or foam roller
s	=	Seconds
Sets	=	Number of set(s)
Technique	=	Controlled and deliberate practice
Time	=	Time of each set
Warmup	=	Basic movements to get started
Wt.	=	Weight percentage of 1rep max
y	=	Yards
<b>Ready</b>	=	General warmup - 50% effort
<b>Aim</b>	=	Specific warmup - 75-90% effort
<b>Fire</b>	=	Focus of the workout
<b>Clear</b>	=	Stretching and cooldown activities
Exercise 1	=	Superset --> No rest between 1 & 2; Rest after 2 only
Exercise 2		