

MATCHFIT™
FOOTBALL



SPEED & AGILITY

28 DAY PROGRAMME

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FACEBOOK *GROUP*

Click the button below and request to join the Matchfit Football Facebook Group Community. We look forward to connecting with you!

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EQUIPMENT LIST:

THE FOLLOWING EQUIPMENT WILL BE REQUIRED AS A MINIMUM TO IMPLEMENT THIS PROGRAMME:

- A range of light to medium weight dumbbells or kettlebells
- A swiss ball
- A set of minibands
- A step or platform which adjusts to a range of heights
- A light to medium weight medicine ball or equivalent
- A set of markers
- Optional: Hurdles, agility poles, a plyo box.

If you need any further guidance, please post your questions inside the Matchfit Football Facebook group linked on the previous page.

CLICK THE BUTTON BELOW TO VIEW AN AMAZON SHOPPING LIST OF EQUIPMENT RECOMMENDATIONS FOR A COMPLETE YOUTH FOOTBALLER HOME GYM SETUP:

CLICK HERE



PROGRAMME INSTRUCTIONS

PLEASE WATCH THE VIDEO BELOW BEFORE YOU BEGIN THE PROGRAMME. CLICK THE GREEN BUTTON TO PLAY VIDEO



EXAMPLE WEEKLY LAYOUT

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	GYM SESSION 1A PITCH SESSION 1A		GYM SESSION 2A PITCH SESSION 2A		GYM SESSION 3A PITCH SESSION 3A	MATCH	RECOVERY
WEEK 2	GYM SESSION 1B PITCH SESSION 1B		GYM SESSION 2B PITCH SESSION 2B		GYM SESSION 3B PITCH SESSION 3B	MATCH	RECOVERY
WEEK 3	GYM SESSION 1C PITCH SESSION 1C		GYM SESSION 2C PITCH SESSION 2C		GYM SESSION 3C PITCH SESSION 3C	MATCH	RECOVERY
WEEK 4	GYM SESSION 1D PITCH SESSION 1D		GYM SESSION 2D PITCH SESSION 2D		GYM SESSION 3D PITCH SESSION 3D	MATCH	RECOVERY

NOTES

PERFORM A WARMUP AND COOL DOWN BEFORE AND AFTER EACH SESSION.

DO NOT PERFORM ANY SESSION IN A FATIGUED STATE.

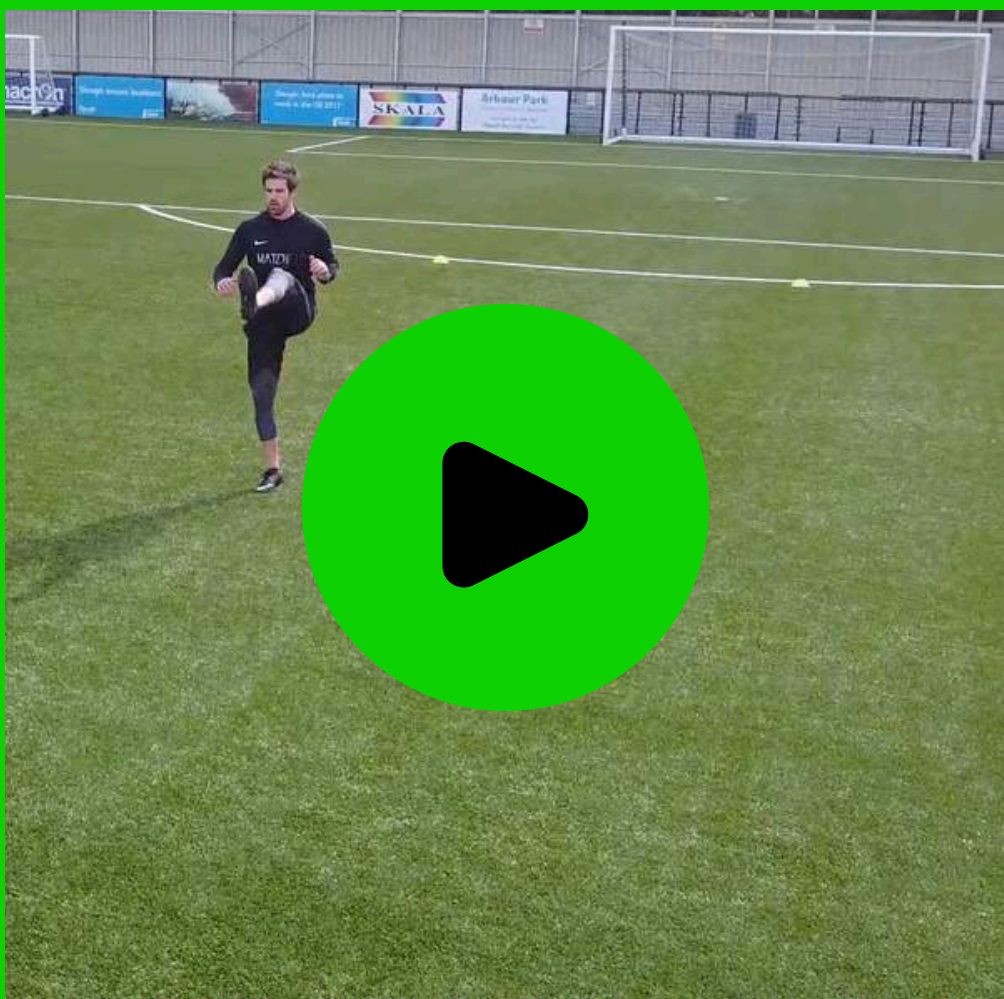
WARM UPS

COMPLETE A WARM UP BEFORE EVERY SESSION. 30 SECS PER EXERCISE (PER SIDE/POSITION).

GYM SESSIONS



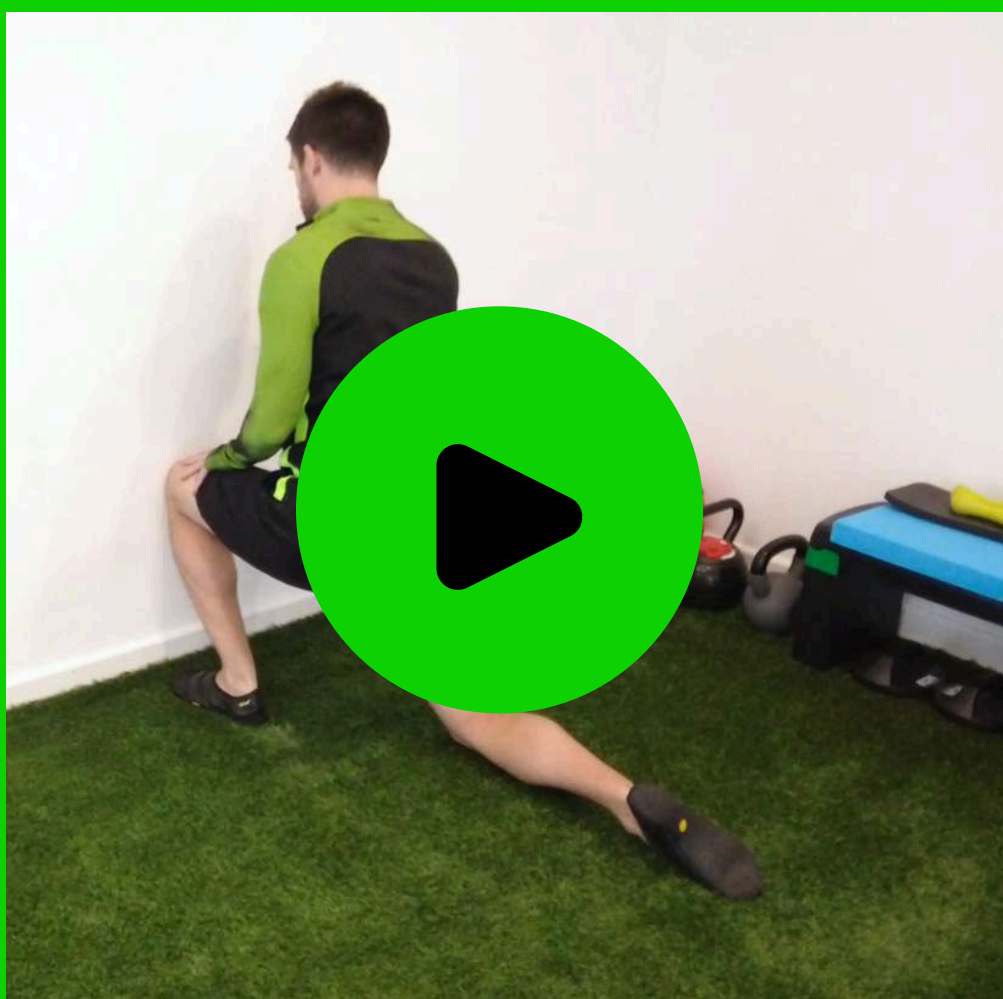
PITCH SESSIONS



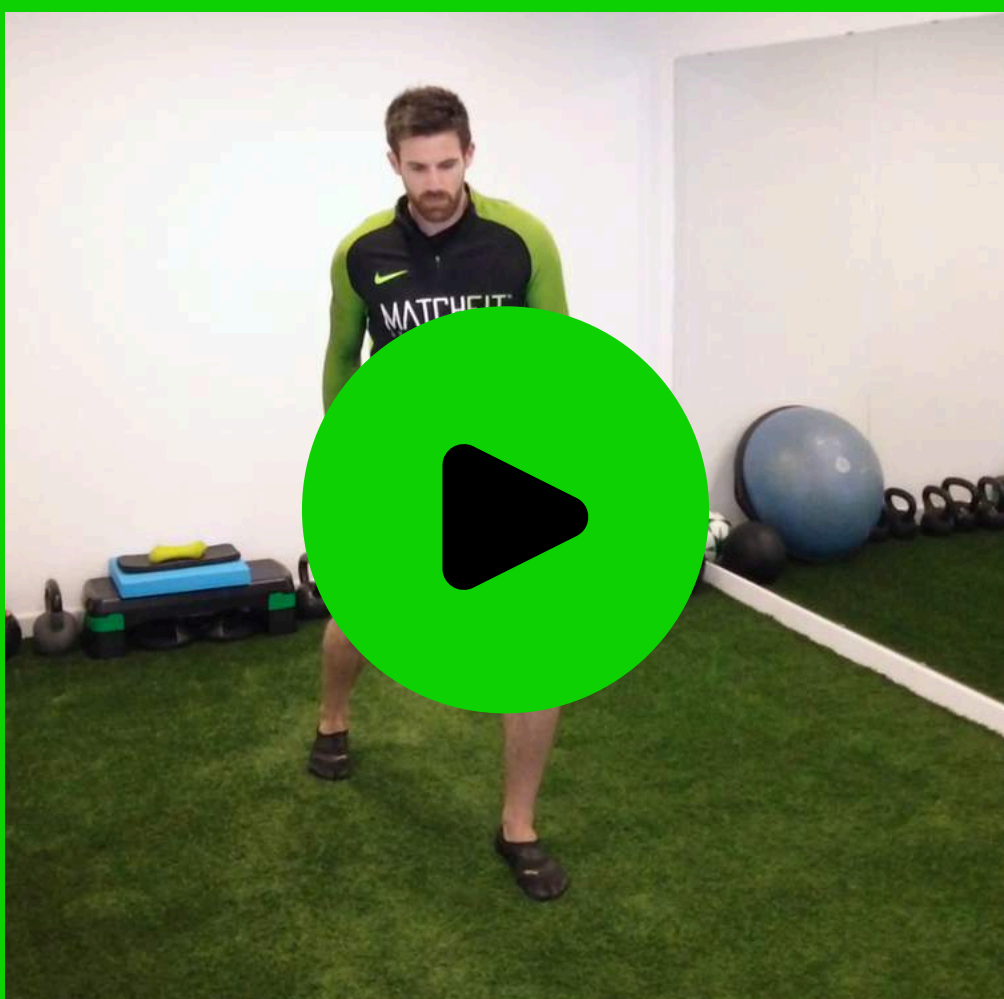
COOL DOWNS

COMPLETE A COOL DOWN AFTER EVERY SESSION. 45-60 SECS PER EXERCISE (PER POSITION/SIDE).

GYM SESSIONS



PITCH SESSIONS



Week 1

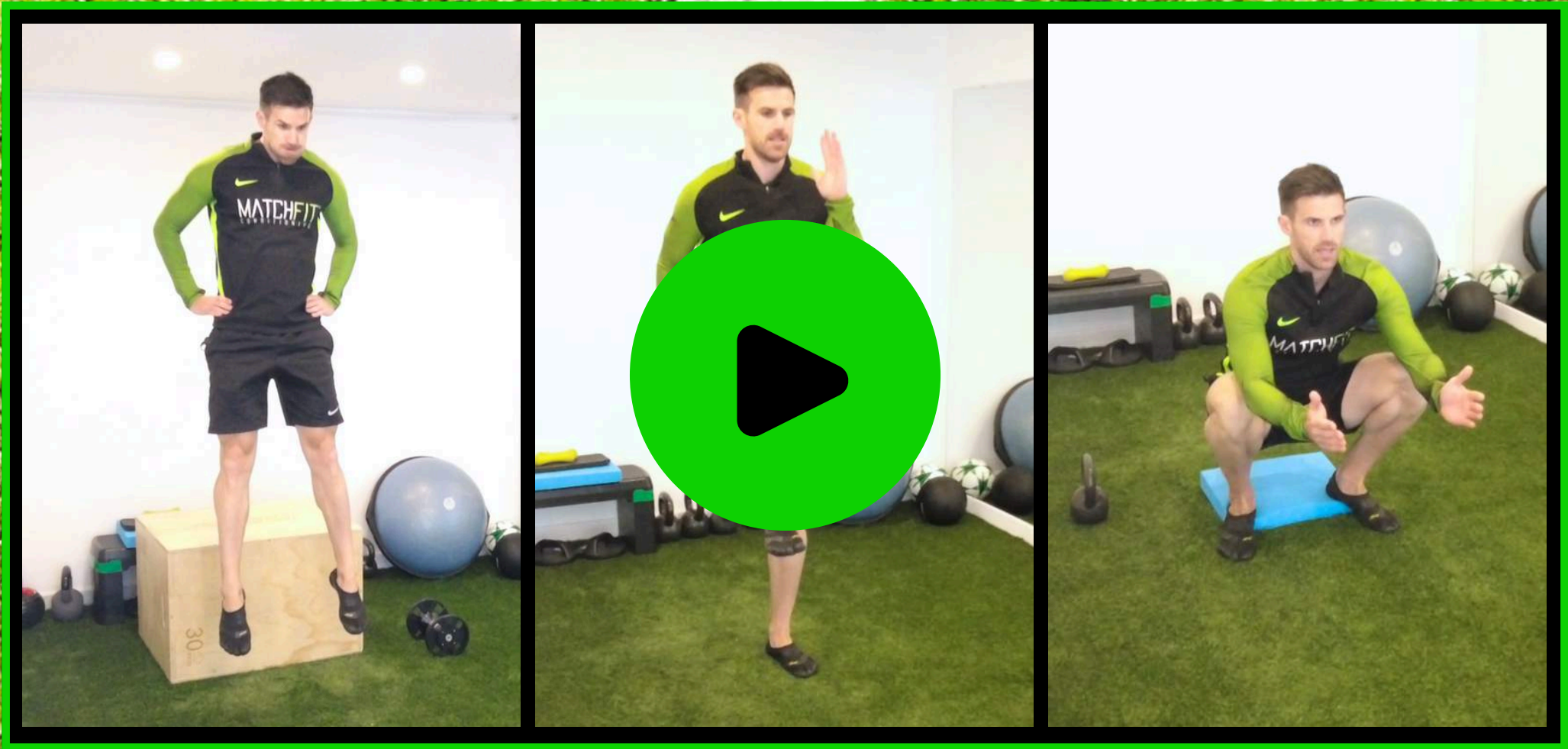


WEEK 1

GYM SESSION 1A

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP TOP TAPS	10 SECS		3	30 SECS	MAX INTENSITY
SINGLE LEG BALANCE	30 SECS EACH SIDE		2	0	
WALL SIT (ARMS TO WALL)	1 MIN		2	0	
SKIPPING	20 SECS		2	0	
STRAIGHT ARM PLANK	1 MIN		2	0	
KB HEEL RAISED GOBLET SQUAT	8		2	0	
BROAD JUMP	6		2	0	
LEG SWITCH	6		2	0	1 LEG SWITCH = 1 REP
MB SINGLE LEG HIP THRUST	8 REPS EACH SIDE	+5KG	2	0	
SEATED VERTICAL JUMP	6		2	0	
ACCELERATE TO DEAD STOP	6		1	30 SECS	REST IS BETWEEN REPS

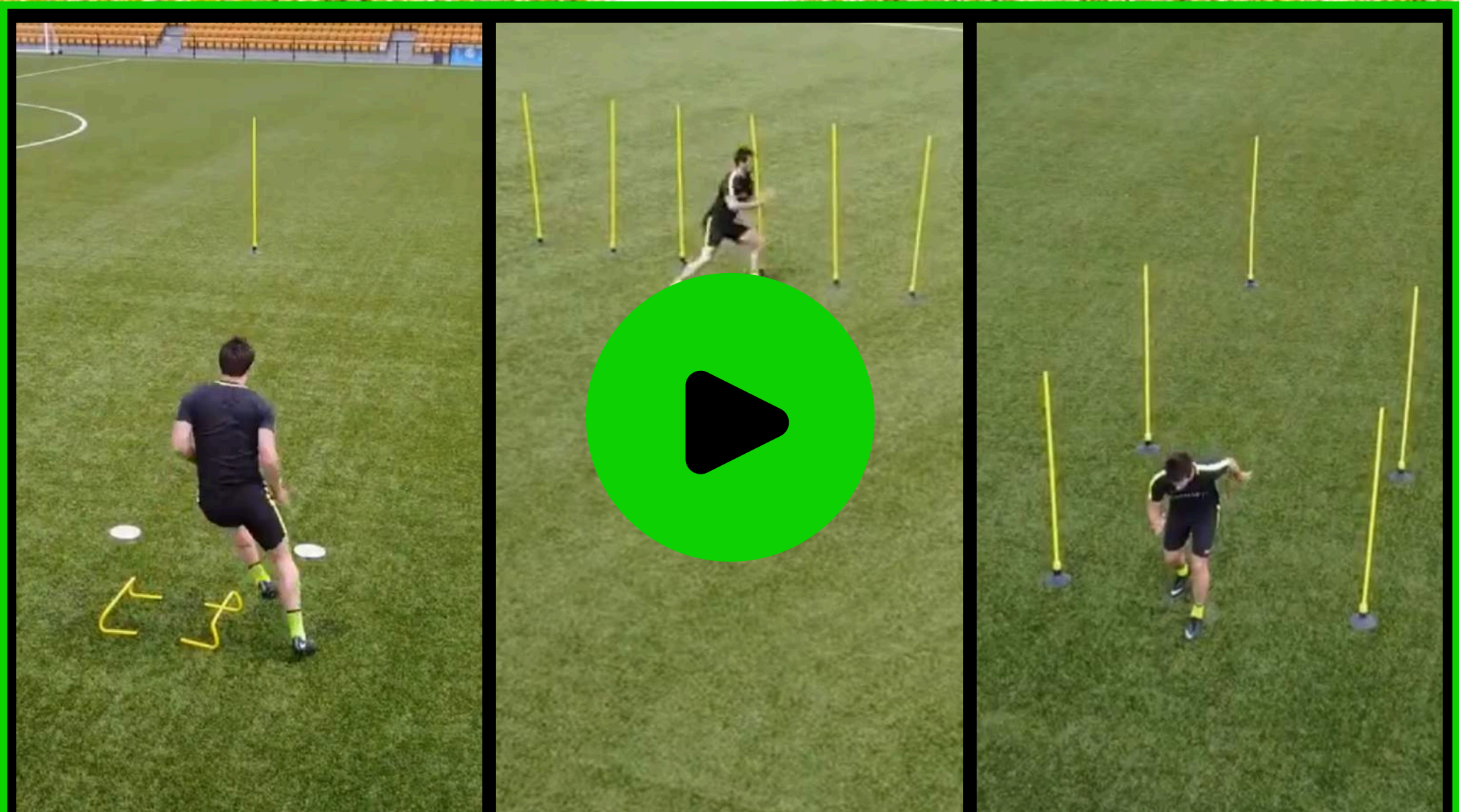
EQUIPMENT: STEP, WALL, KETTLEBELL, MEDICINE BALL, BOX.



PITCH SESSION 1A

EXERCISE	REPS	SETS	REST	NOTES
HURDLE 1 FOOT IN	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE LATERAL STEPS	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
RUNNING STYLE JUMPS	6	4	0	
BOUNDING	6	4	0	1 STEP = 1 REP
PITCH DRILL #26	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #32	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #28	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #34	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 5 OR MORE HURDLES, 6 POLES OR MARKERS.



WEEK 1

GYM SESSION 2A

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP UP/DOWN	10 SECS		3	30 SECS	MAX INTENSITY
SINGLE LEG BALANCE KICKS	30 SECS EACH SIDE		2	0	
SWISS BALL WALL SIT	45 SECS		2	0	
ALTERNATING SKIPPING	20 SECS		2	0	
FOREARM PLANK	1 MIN		2	0	
FORWARD BACKWARD LUNGES	8 EACH SIDE		2	0	
POGO BOX JUMPS	6		2	0	
SINGLE LEG DEADLIFT	6 EACH SIDE		2	0	
DB STEP UP KNEE DRIVE	6 EACH SIDE		2	0	START WITH BODYWEIGHT ONLY
STRICT VERTICAL DEPTH JUMP	6		2	0	
JUMP. SPRINT & STOP	6		1	30 SECS	REST IS BETWEEN REPS

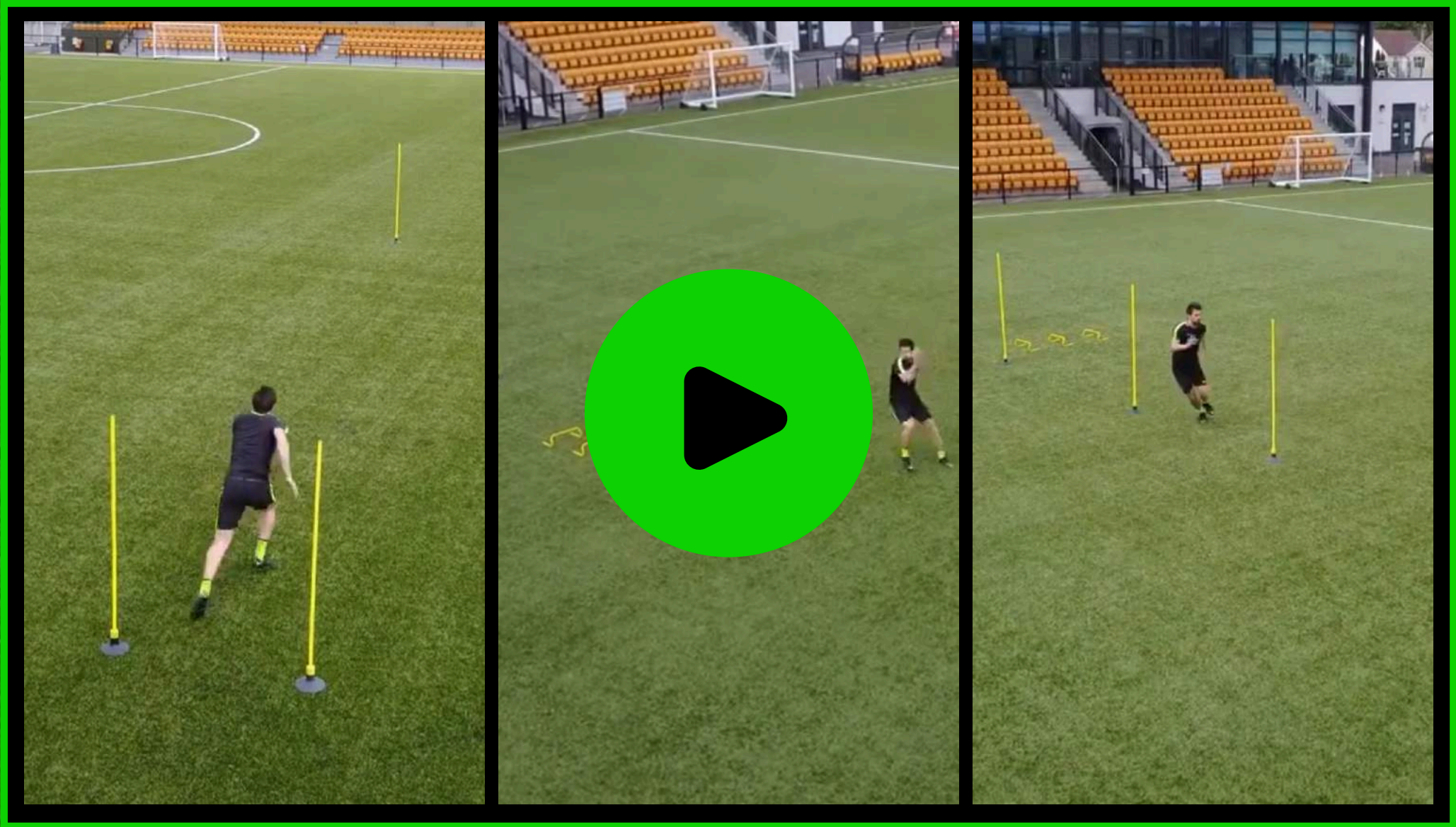
EQUIPMENT: STEP, WALL, SWISS BALL.



PITCH SESSION 2A

EXERCISE	REPS	SETS	REST	NOTES
HURDLE 2 FEET IN	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET. LEAD WITH LEFT FOOT AND THEN RIGHT FOOT
HURDLE DEAD LEGS	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
LATERAL HOPS	6	4	0	1 STEP = 1 REP
KNEE TUCK JUMPS	6	4	0	
PITCH DRILL #29	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #33	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #30	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #31	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 1 BALL, 5 OR MORE HURDLES, 6 POLES OR MARKERS.

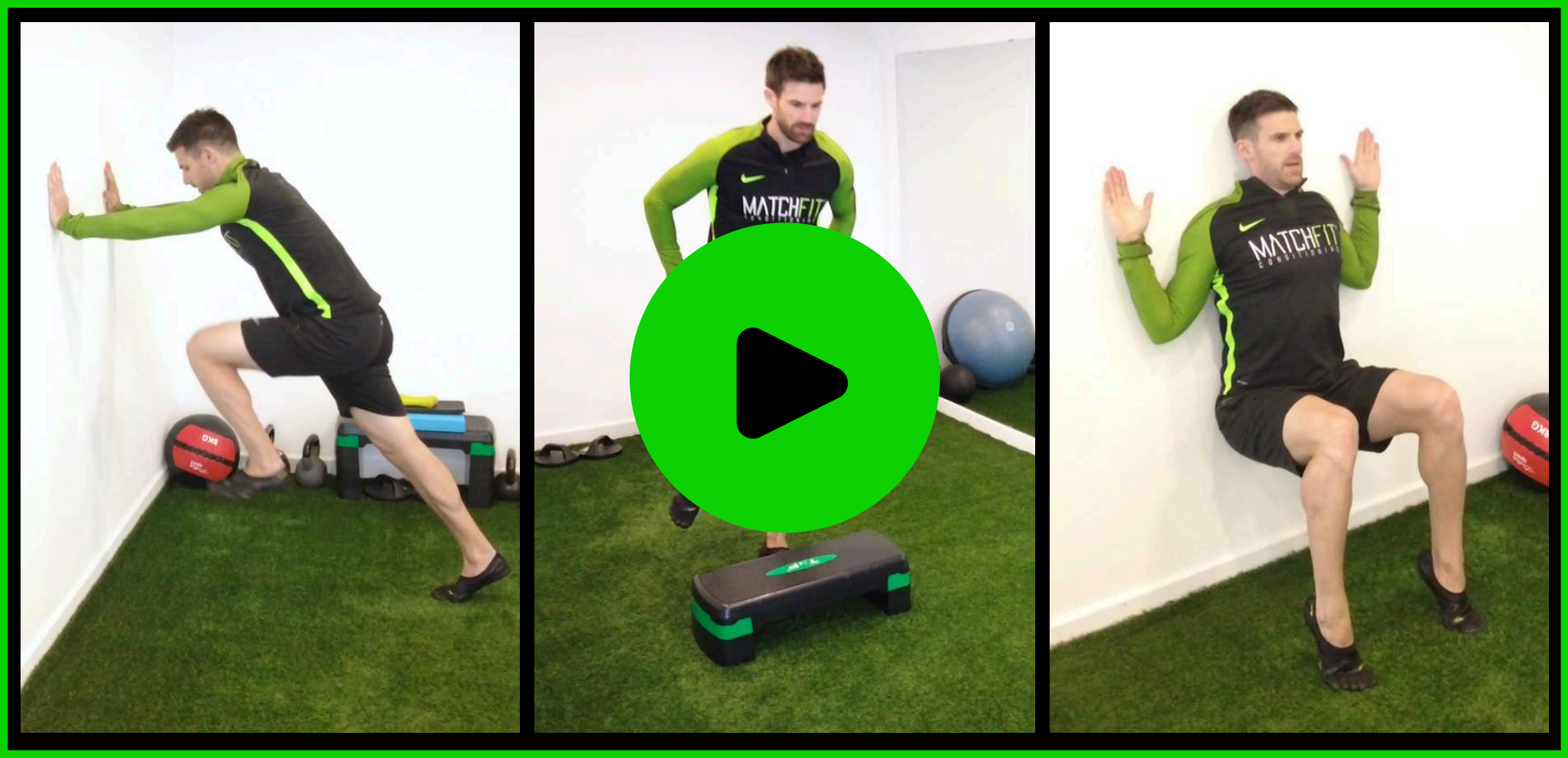


WEEK 1

GYM SESSION 3A

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP SHUFFLE	10 SECS		3	30 SECS	MAX INTENSITY
WALL SPRINT	6		2	0	1 LEG SWITCH = 1 REP
RAISED HEEL WALL SIT	30 SECS		2	0	
MULTIDIRECTIONAL HOPS	10 SECS		2	0	MAX INTENSITY
SIDE PLANK	30 SECS EACH SIDE		2	0	
DB SINGLE LEG CALF RAISE	TO FAILURE		2	0	START WITH BODYWEIGHT ONLY
SINGLE LEG BOX JUMP	6 EACH SIDE		2	0	
KNEE RAISE LATERAL STEPS	6 EACH SIDE		2	0	
TIB RAISE	TO FAILURE		2	0	
LATERAL DEPTH JUMP	6		2	0	
SIDE SHUFFLE STOPS	3 EACH SIDE		1	30 SECS	REST IS BETWEEN REPS

EQUIPMENT: STEP, WALL, HIGH HURDLE OR EQUIVALENT.



PITCH SESSION 3A

EXERCISE	REPS	SETS	REST	NOTES
HURDLE INSIDE LATERAL STEP	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE OUTSIDE LATERAL STEP	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
SINGLE LEG HEADER LEAPS	3 PER SIDE	4	0	
KNEE DRIVES	3 PER SIDE	4	0	
PITCH DRILL #27	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #25	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #23	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #22	5	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 1 BALL, 5 OR MORE HURDLES, 6 POLES OR MARKERS.



Week 2

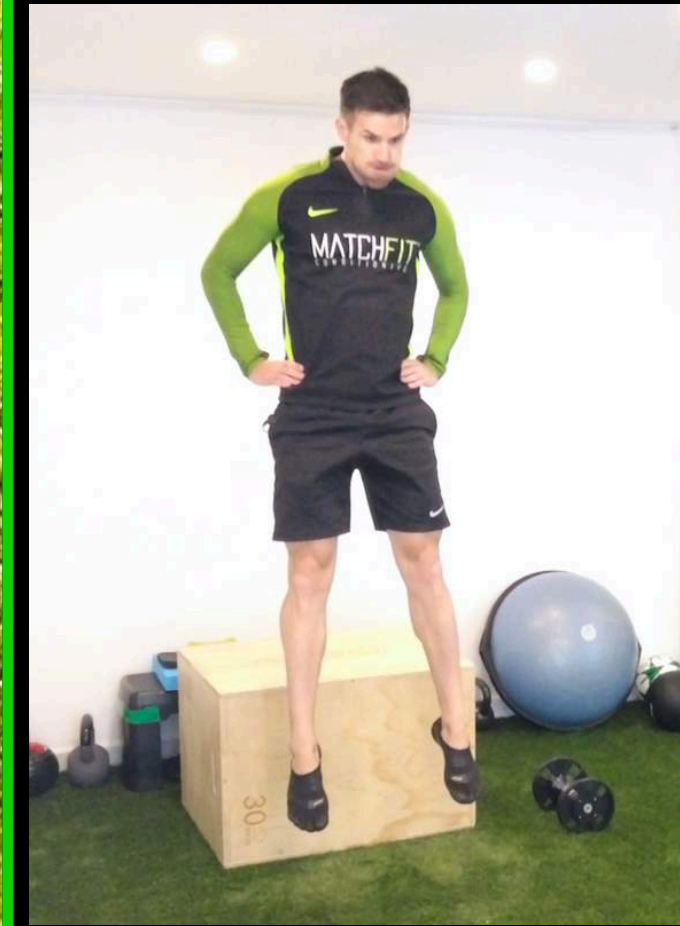


WEEK 2

GYM SESSION 1B

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP TOP TAPS	10 SECS		2	30 SECS	MAX INTENSITY
SINGLE LEG BALANCE	30 SECS EACH SIDE		2	0	
WALL SIT (ARMS TO WALL)	1 MIN	+5KG	2	0	
SKIPPING	20 SECS		2	0	
STRAIGHT ARM PLANK	1 MIN	+5KG	2	0	
KB HEEL RAISED GOBLET SQUAT	7	+5KG	2	0	
BROAD JUMP	5		2	0	
LEG SWITCH	6		2	0	1 LEG SWITCH = 1 REP
MB SINGLE LEG HIP THRUST	7 REPS EACH SIDE	+7.5KG	2	0	
SEATED VERTICAL JUMP	5	+5KG	2	0	
ACCELERATE TO DEAD STOP	5		1	30 SECS	REST IS BETWEEN REPS

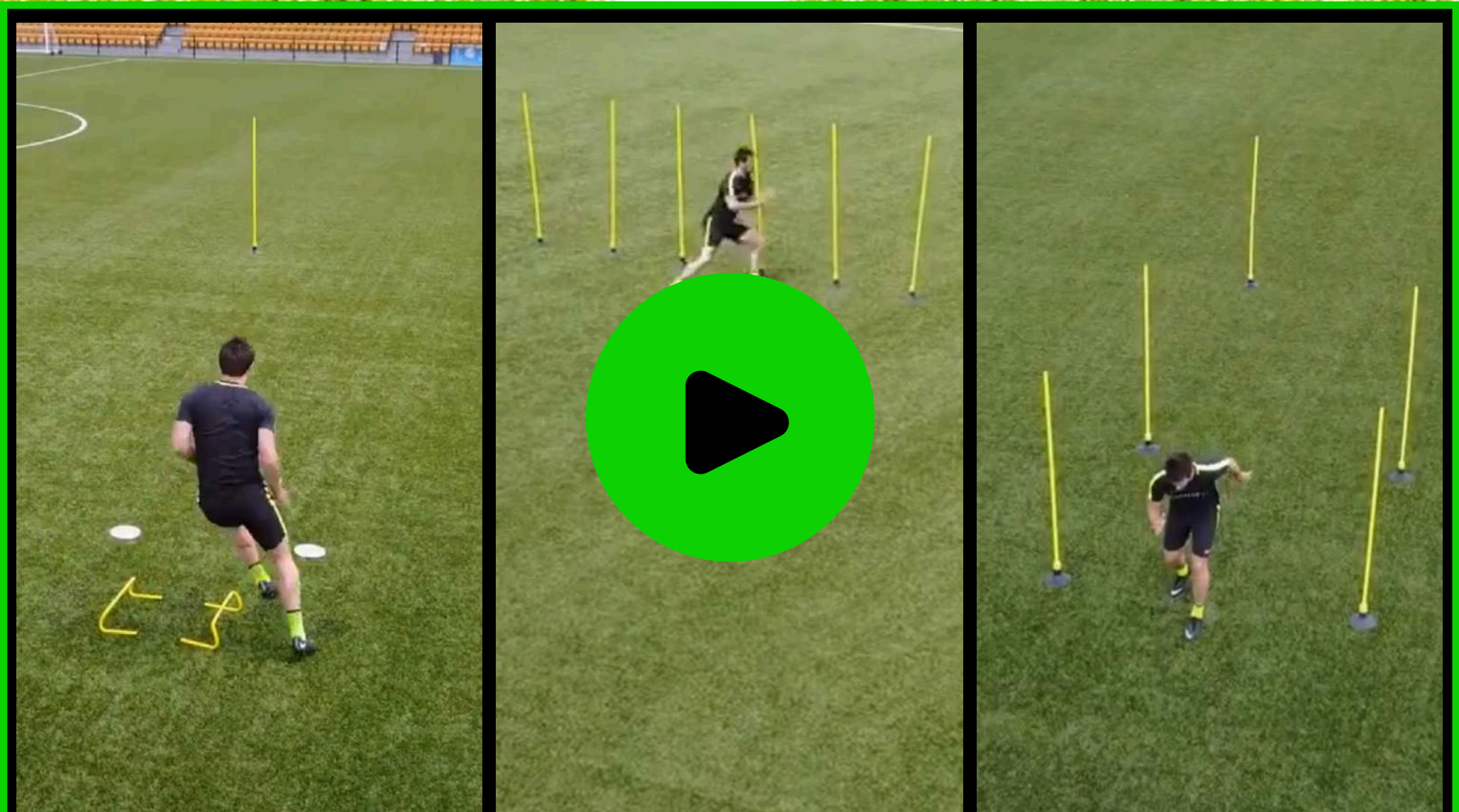
EQUIPMENT: STEP, WALL, KETTLEBELL, MEDICINE BALL, BOX.



PITCH SESSION 1B

EXERCISE	REPS	SETS	REST	NOTES
HURDLE 1 FOOT IN	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE LATERAL STEPS	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
RUNNING STYLE JUMPS	5	4	0	
BOUNDING	5	4	0	1 STEP = 1 REP
PITCH DRILL #26	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #32	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #28	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #34	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 5 OR MORE HURDLES, 6 POLES OR MARKERS.



WEEK 2

GYM SESSION 2B

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP UP/DOWN	10 SECS		2	30 SECS	MAX INTENSITY
SINGLE LEG BALANCE KICKS	30 SECS EACH SIDE		2	0	
SWISS BALL WALL SIT	45 SECS	+ 5KG	2	0	
ALTERNATING SKIPPING	20 SECS		2	0	
FOREARM PLANK	1 MIN	+ 5KG	2	0	
FORWARD BACKWARD LUNGES	7 EACH SIDE	+ 5KG	2	0	
POGO BOX JUMPS	5		2	0	INCREASE STEP HEIGHT FROM W1
SINGLE LEG DEADLIFT	6 EACH SIDE		2	0	
DB STEP UP KNEE DRIVE	6 EACH SIDE	+ 5KG	2	0	
STRICT VERTICAL DEPTH JUMP	6		2	0	
JUMP. SPRINT & STOP	5		1	30 SECS	REST IS BETWEEN REPS

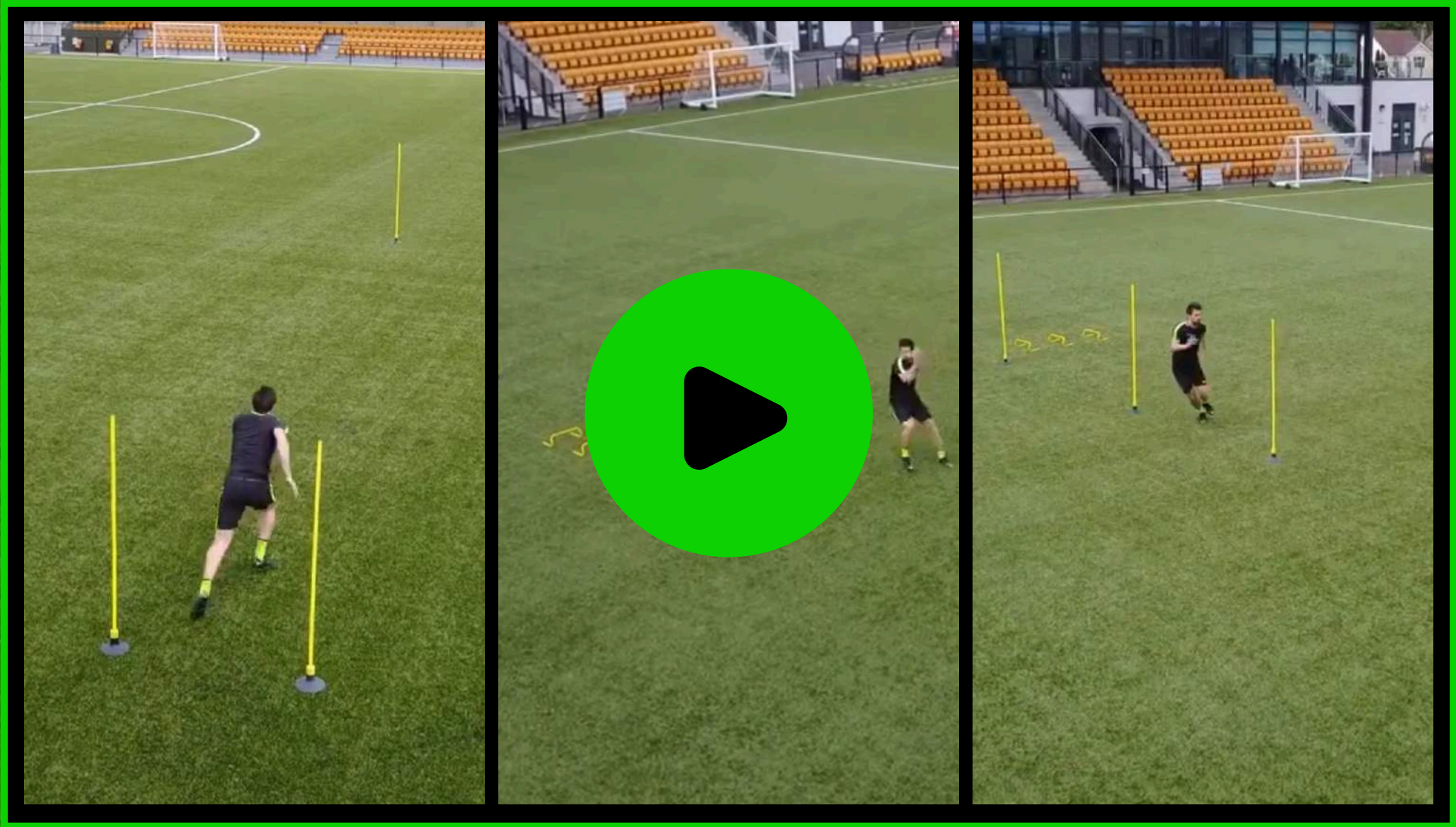
EQUIPMENT: STEP, WALL, SWISS BALL.



PITCH SESSION 2B

EXERCISE	REPS	SETS	REST	NOTES
HURDLE 2 FEET IN	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET. LEAD WITH LEFT FOOT AND THEN RIGHT FOOT
HURDLE DEAD LEGS	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
LATERAL HOPS	5	4	0	1 STEP = 1 REP
KNEE TUCK JUMPS	5	4	0	
PITCH DRILL #29	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #33	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #30	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #31	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 1 BALL, 5 OR MORE HURDLES, 6 POLES OR MARKERS.

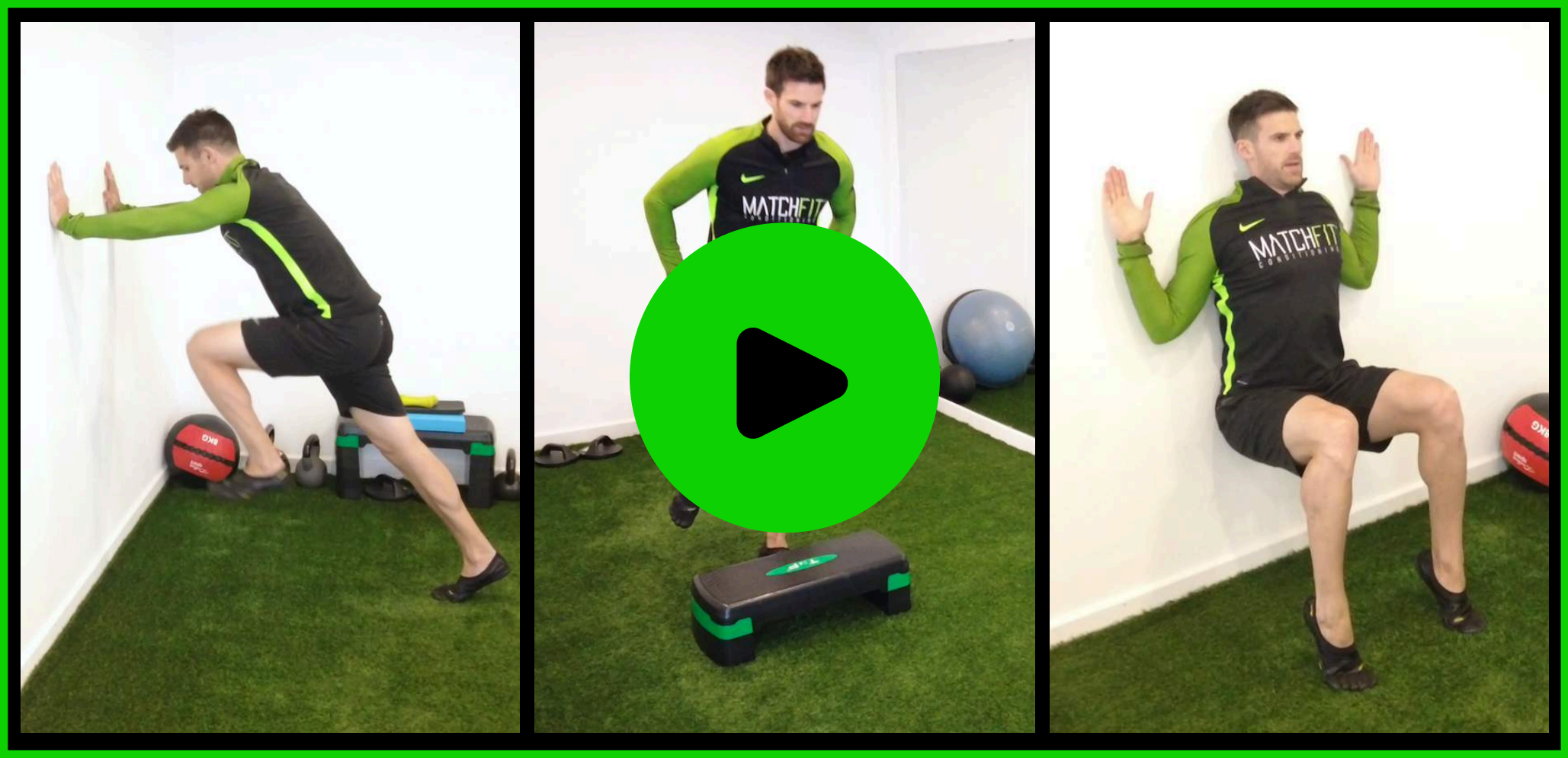


WEEK 2

GYM SESSION 3B

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP SHUFFLE	10 SECS		2	30 SECS	MAX INTENSITY
WALL SPRINT	6		2	0	1 LEG SWITCH = 1 REP
RAISED HEEL WALL SIT	40 SECS		2	0	
MULTIDIRECTIONAL HOPS	10 SECS		2	0	MAX INTENSITY
SIDE PLANK	40 SECS EACH SIDE		2	0	
DB SINGLE LEG CALF RAISE	TO FAILURE	+5KG	2	0	
SINGLE LEG BOX JUMP	5 EACH SIDE		2	0	INCREASE STEP HEIGHT FROM W1
KNEE RAISE LATERAL STEPS	6 EACH SIDE		2	0	
TIB RAISE	TO FAILURE		2	0	
LATERAL DEPTH JUMP	5		2	0	
SIDE SHUFFLE STOPS	3 EACH SIDE		1	30 SECS	REST IS BETWEEN REPS

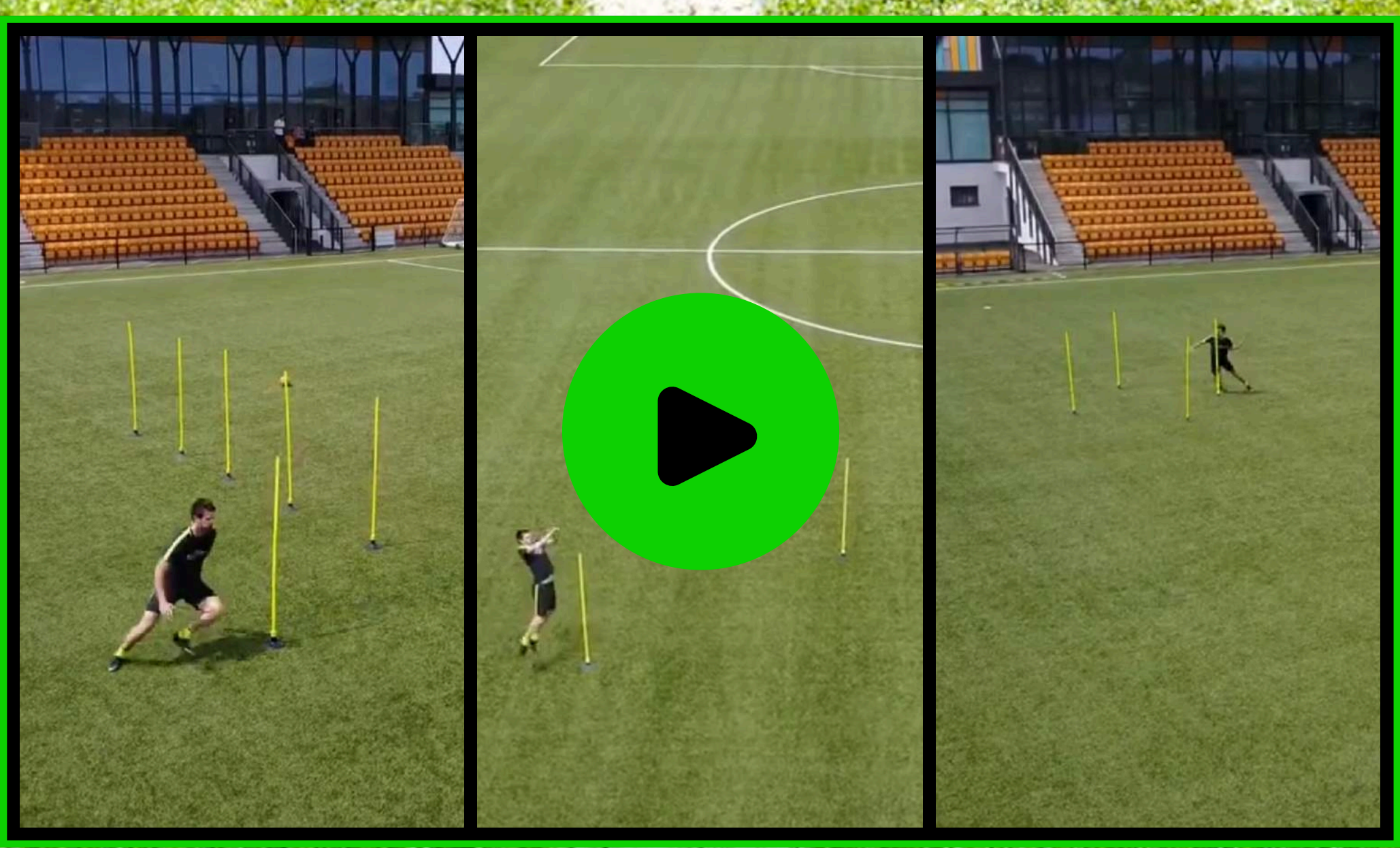
EQUIPMENT: STEP, WALL, HIGH HURDLE OR EQUIVALENT.



PITCH SESSION 3B

EXERCISE	REPS	SETS	REST	NOTES
HURDLE INSIDE LATERAL STEP	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE OUTSIDE LATERAL STEP	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
SINGLE LEG HEADER LEAPS	3 PER SIDE	3	0	
KNEE DRIVES	3 PER SIDE	3	0	
PITCH DRILL #27	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #25	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #23	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #22	4	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 1 BALL, 5 OR MORE HURDLES, 6 POLES OR MARKERS.



Week 3

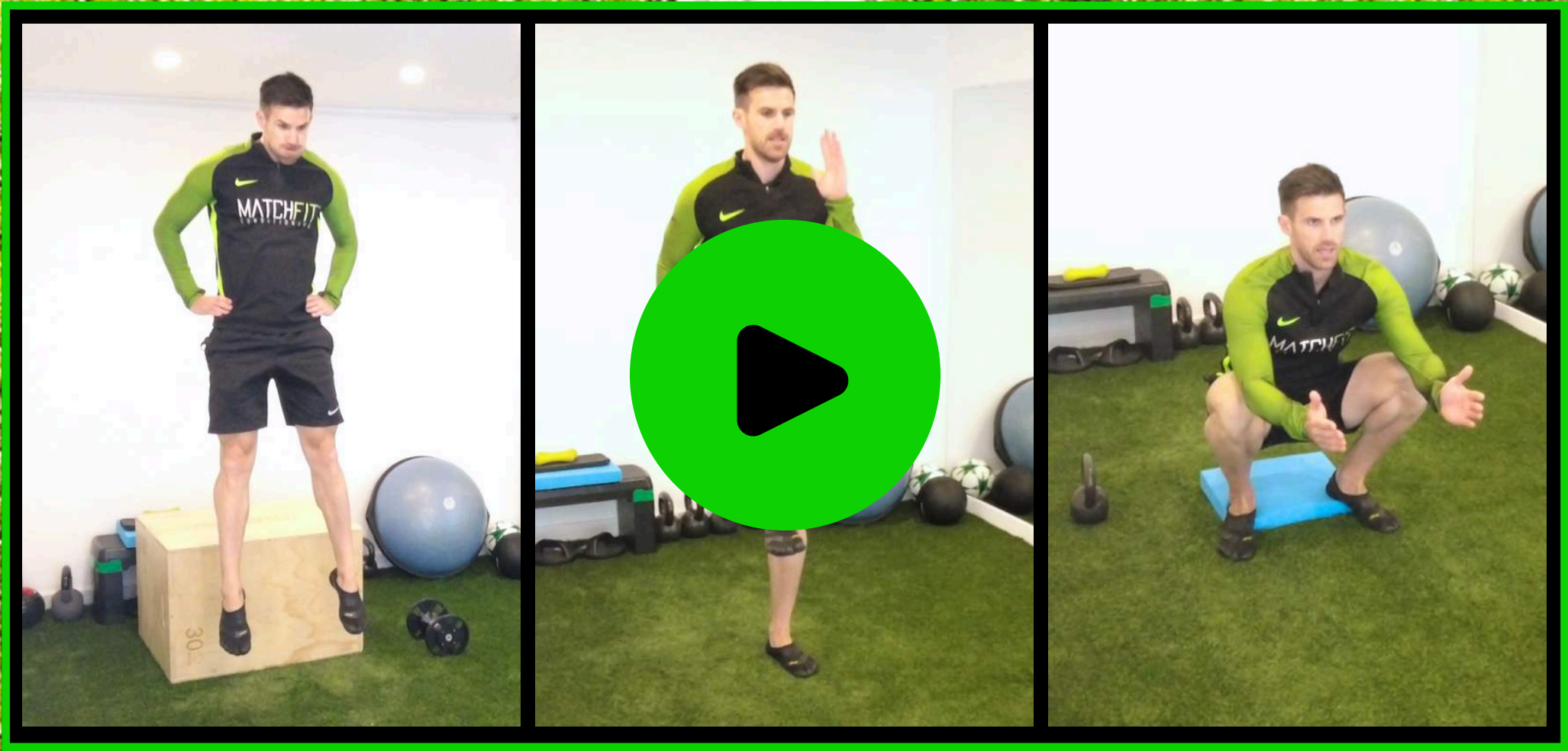


WEEK 3

GYM SESSION 1C

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP TOP TAPS	5 SECS		3	30 SECS	MAX INTENSITY
SINGLE LEG BALANCE	30 SECS EACH SIDE		2	0	
WALL SIT (ARMS TO WALL)	1 MIN	+10KG	2	0	
SKIPPING	20 SECS		2	0	
STRAIGHT ARM PLANK	1 MIN	+10KG	2	0	
KB HEEL RAISED GOBLET SQUAT	6	+7.5KG	2	0	
BROAD JUMP	4		2	0	
LEG SWITCH	6		2	0	1 LEG SWITCH = 1 REP
MB SINGLE LEG HIP THRUST	6 REPS EACH SIDE	+10KG	2	0	
SEATED VERTICAL JUMP	4	+10KG	2	0	
ACCELERATE TO DEAD STOP	4		1	30 SECS	REST IS BETWEEN REPS

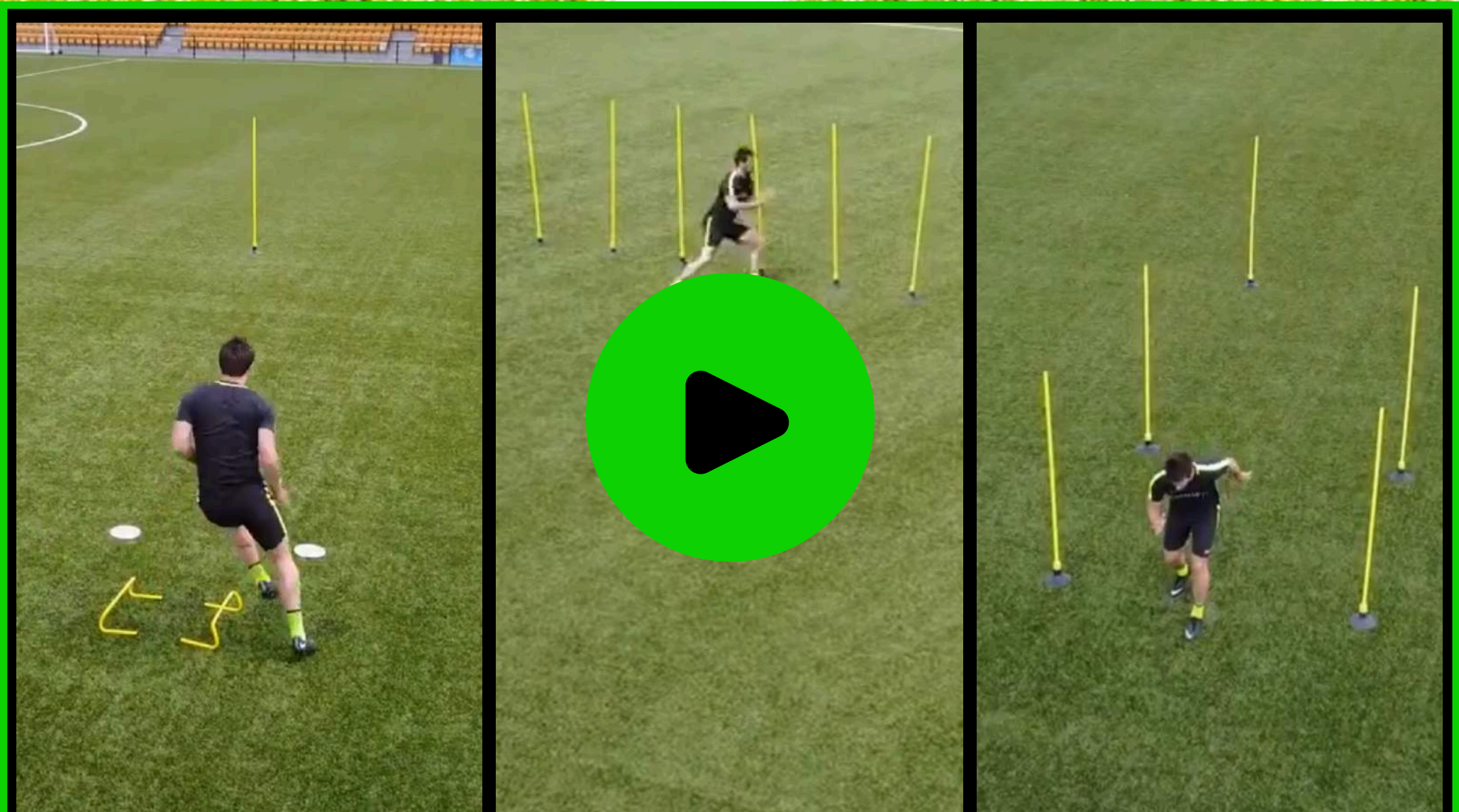
EQUIPMENT: STEP, WALL, KETTLEBELL, MEDICINE BALL, BOX.



PITCH SESSION 1C

EXERCISE	REPS	SETS	REST	NOTES
HURDLE 1 FOOT IN	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE LATERAL STEPS	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
RUNNING STYLE JUMPS	4	4	0	
BOUNDING	4	4	0	1 STEP = 1 REP
PITCH DRILL #26	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #32	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #28	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #34	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 5 OR MORE HURDLES, 6 POLES OR MARKERS.



GYM SESSION 20

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP UP/DOWN	5 SECS		2	30 SECS	MAX INTENSITY
SINGLE LEG BALANCE KICKS	30 SECS EACH SIDE		2	0	
SWISS BALL WALL SIT	45 SECS	+ 10KG	2	0	
ALTERNATING SKIPPING	20 SECS		2	0	
FOREARM PLANK	1 MIN	+ 10KG	2	0	
FORWARD BACKWARD LUNGES	6 EACH SIDE	+ 10KG	2	0	
POGO BOX JUMPS	4		2	0	INCREASE STEP HEIGHT FROM W2
SINGLE LEG DEADLIFT	6 EACH SIDE		2	0	
DB STEP UP KNEE DRIVE	6 EACH SIDE	+ 10KG	2	0	
STRICT VERTICAL DEPTH JUMP	6		2	0	
JUMP. SPRINT & STOP	4		1	30 SECS	REST IS BETWEEN REPS

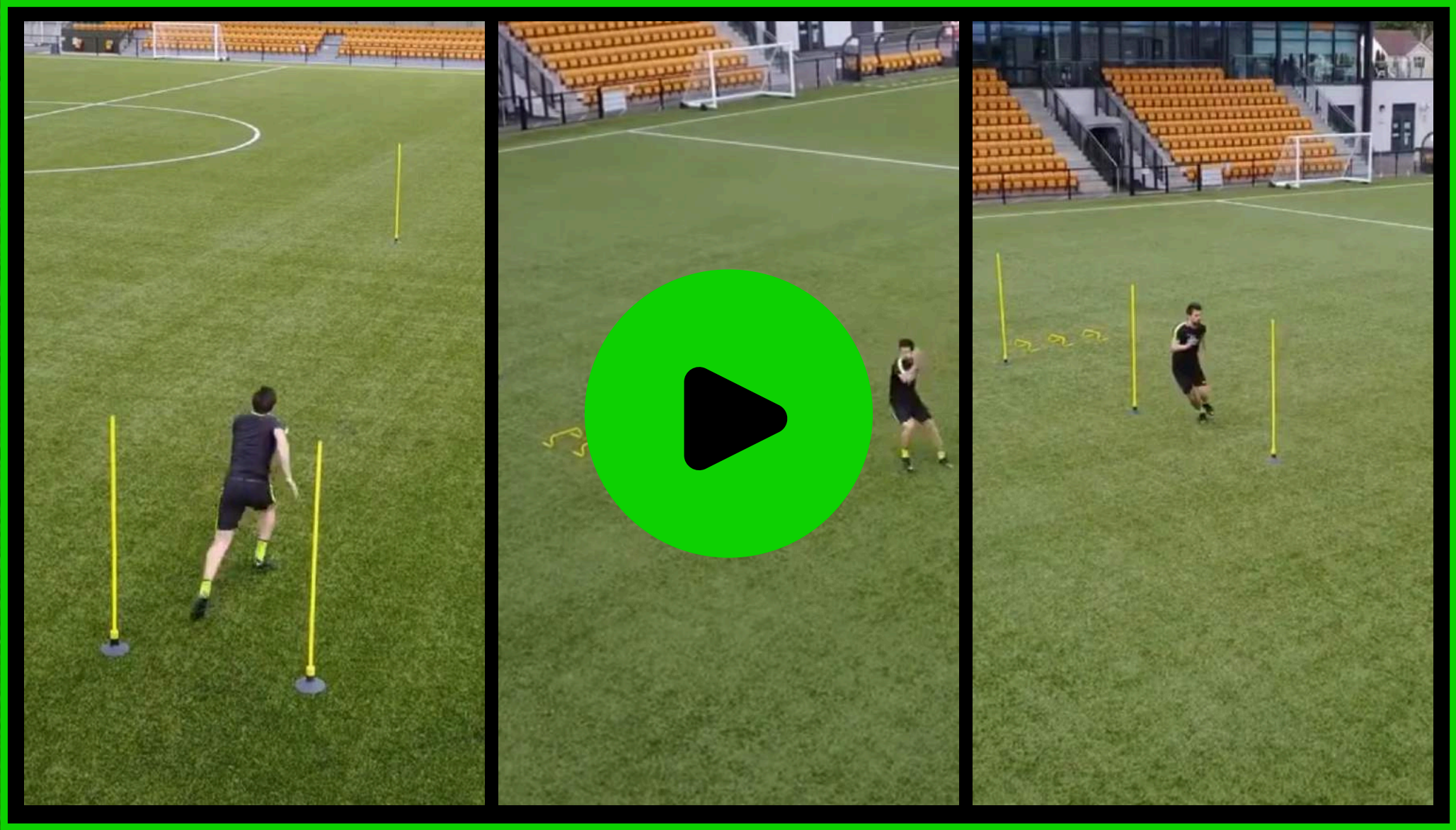
EQUIPMENT: STEP, WALL, SWISS BALL.



PITCH SESSION 20

EXERCISE	REPS	SETS	REST	NOTES
HURDLE 2 FEET IN	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET. LEAD WITH LEFT FOOT AND THEN RIGHT FOOT
HURDLE DEAD LEGS	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
LATERAL HOPS	4	4	0	1 STEP = 1 REP
KNEE TUCK JUMPS	4	4	0	
PITCH DRILL #29	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #33	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #30	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #31	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

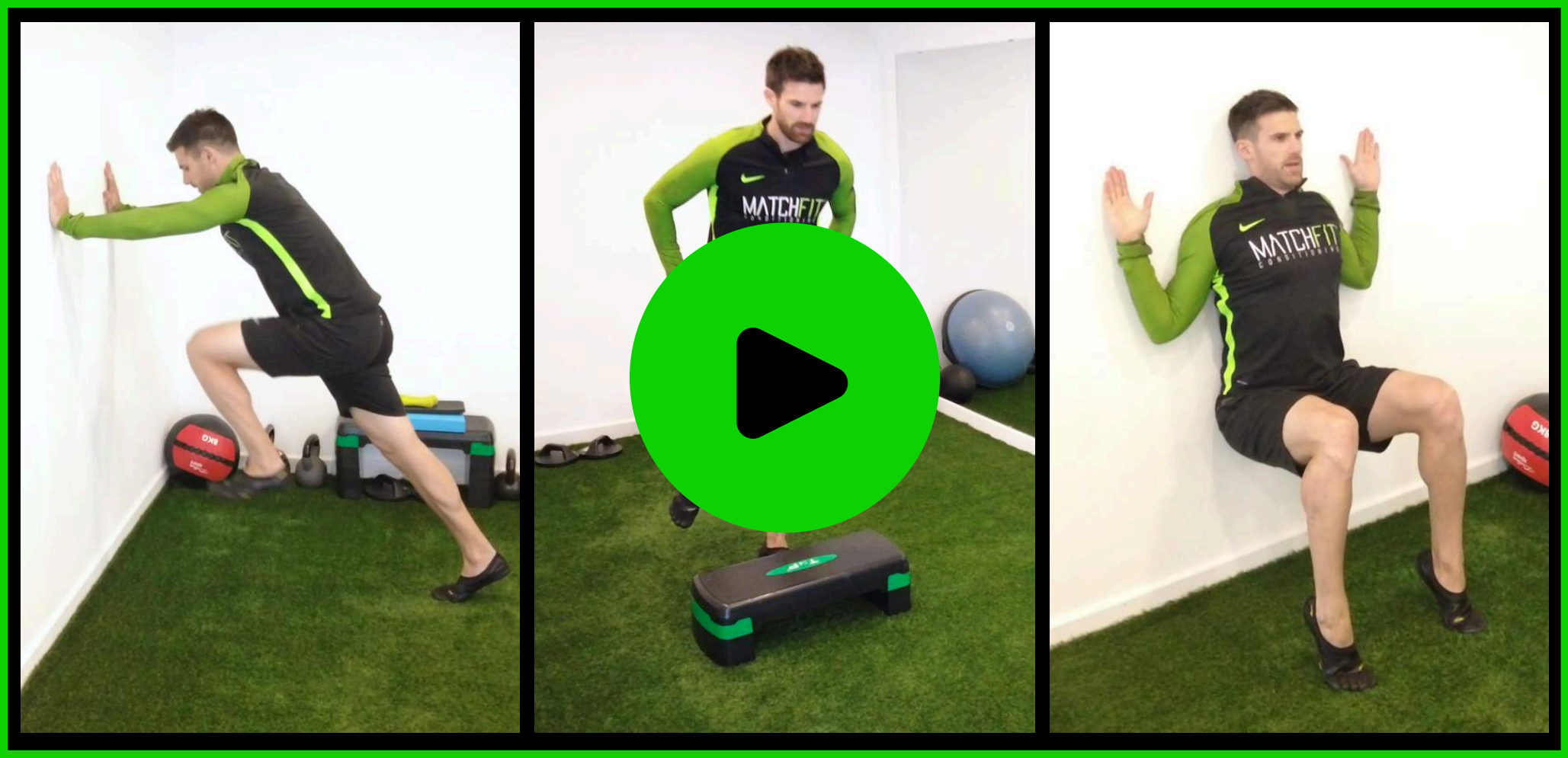
EQUIPMENT: 1 BALL, 5 OR MORE HURDLES, 6 POLES OR MARKERS.



GYM SESSION 3C

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP SHUFFLE	5 SECS		3	30 SECS	MAX INTENSITY
WALL SPRINT	6		2	0	1 LEG SWITCH = 1 REP
RAISED HEEL WALL SIT	50 SECS		2	0	
MULTIDIRECTIONAL HOPS	10 SECS		2	0	MAX INTENSITY
SIDE PLANK	50 SECS EACH SIDE		2	0	
DB SINGLE LEG CALF RAISE	TO FAILURE	+7.5KG	2	0	
SINGLE LEG BOX JUMP	4 EACH SIDE		2	0	INCREASE STEP HEIGHT FROM W2
KNEE RAISE LATERAL STEPS	6 EACH SIDE		2	0	
TIB RAISE	TO FAILURE		2	0	
LATERAL DEPTH JUMP	4		2	0	
SIDE SHUFFLE STOPS	2 EACH SIDE		1	30 SECS	REST IS BETWEEN REPS

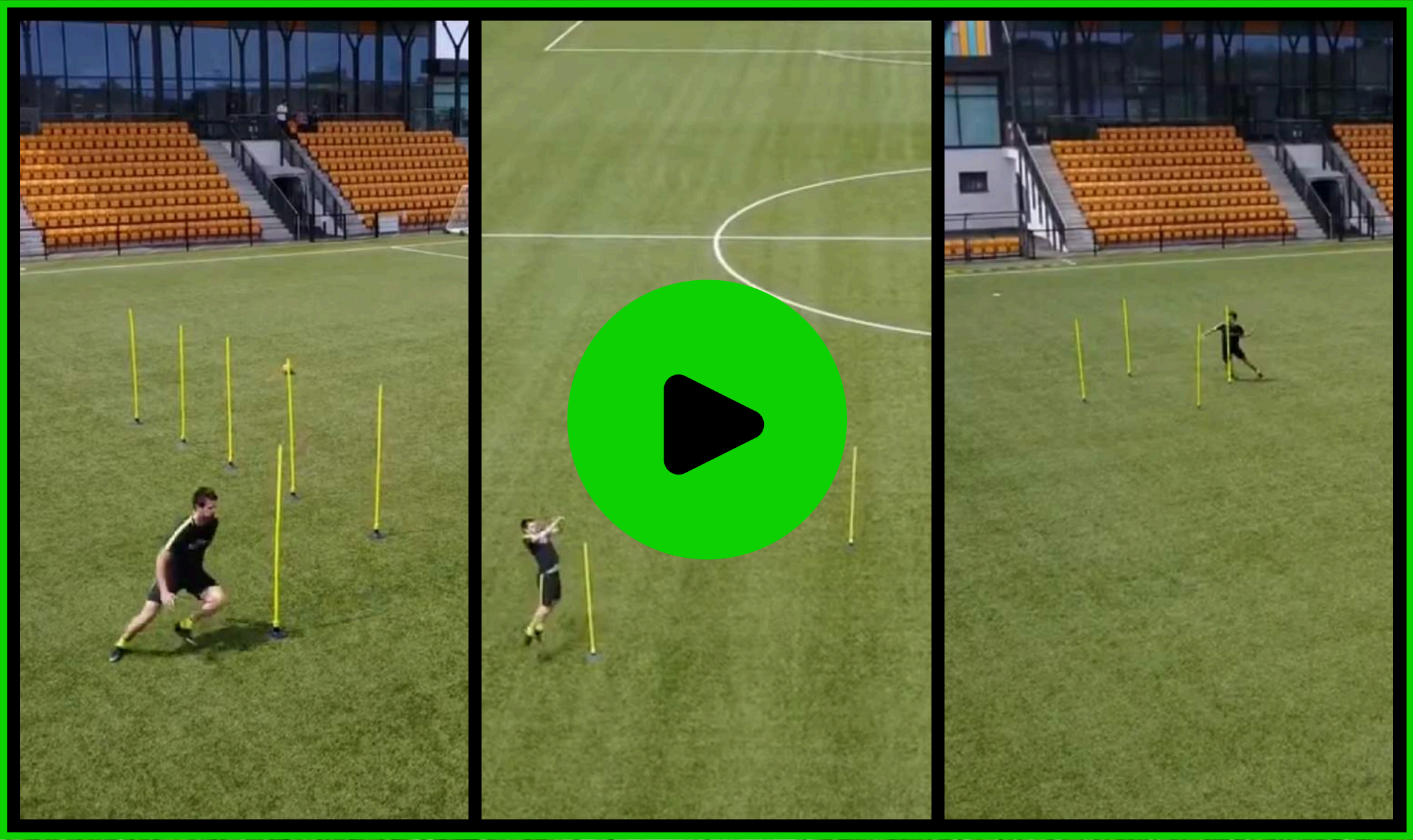
EQUIPMENT: STEP, WALL, HIGH HURDLE OR EQUIVALENT.



PITCH SESSION 3C

EXERCISE	REPS	SETS	REST	NOTES
HURDLE INSIDE LATERAL STEP	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE OUTSIDE LATERAL STEP	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
SINGLE LEG HEADER LEAPS	2 PER SIDE	4	0	
KNEE DRIVES	2 PER SIDE	4	0	
PITCH DRILL #27	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #25	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #23	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #22	3	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 1 BALL, 5 OR MORE HURDLES, 6 POLES OR MARKERS.



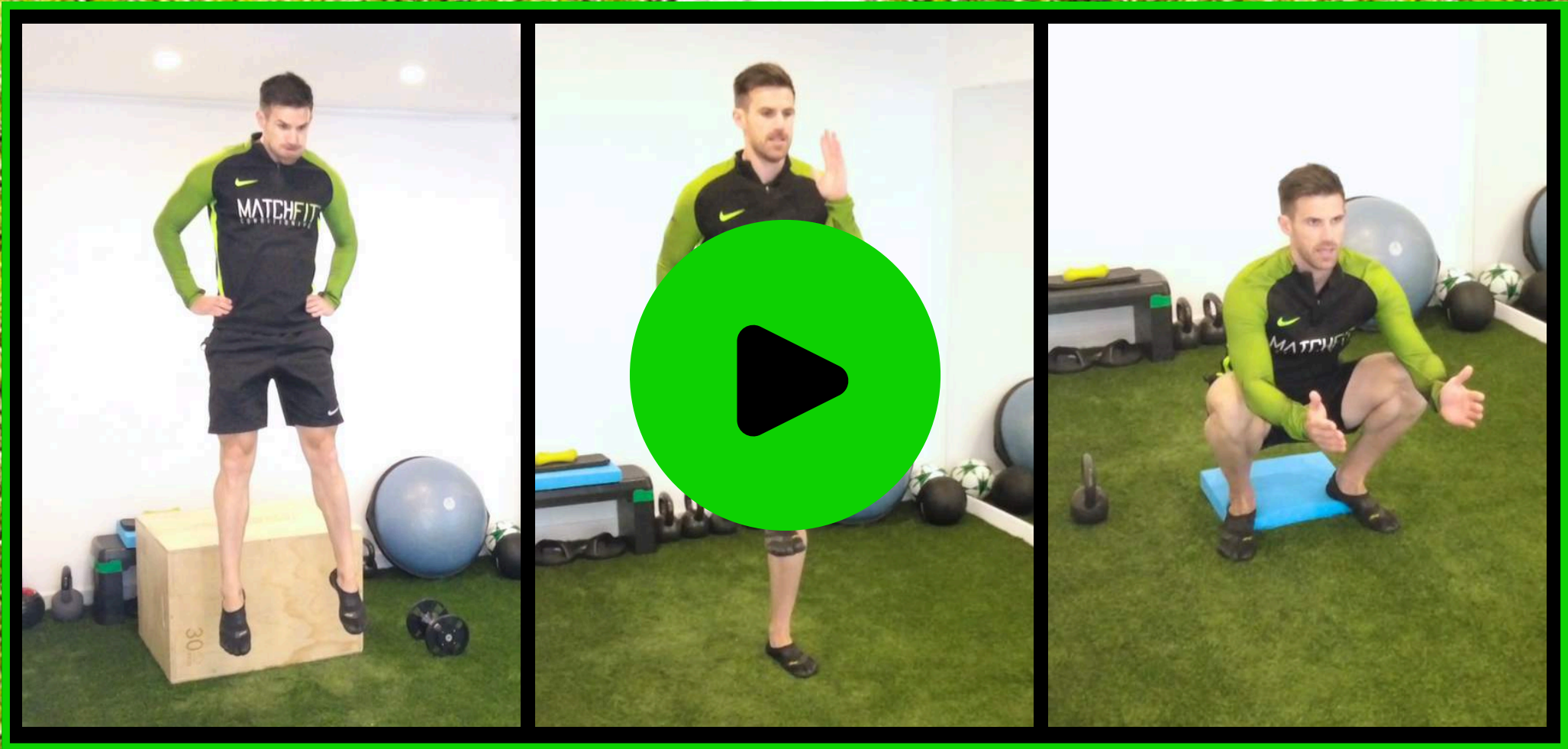
Week 4



GYM SESSION 1D

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP TOP TAPS	5 SECS		2	30 SECS	MAX INTENSITY
SINGLE LEG BALANCE	30 SECS EACH SIDE		2	0	
WALL SIT (ARMS TO WALL)	1 MIN 15 SECS	+10KG	2	0	
SKIPPING	20 SECS		2	0	
STRAIGHT ARM PLANK	1 MIN 15 SECS	+10KG	2	0	
KB HEEL RAISED GOBLET SQUAT	5	+10KG	2	0	
BROAD JUMP	3		2	0	
LEG SWITCH	6		2	0	1 LEG SWITCH = 1 REP
MB SINGLE LEG HIP THRUST	6 REPS EACH SIDE	+10KG	2	0	
SEATED VERTICAL JUMP	4	+10KG	2	0	
ACCELERATE TO DEAD STOP	3		1	30 SECS	REST IS BETWEEN REPS

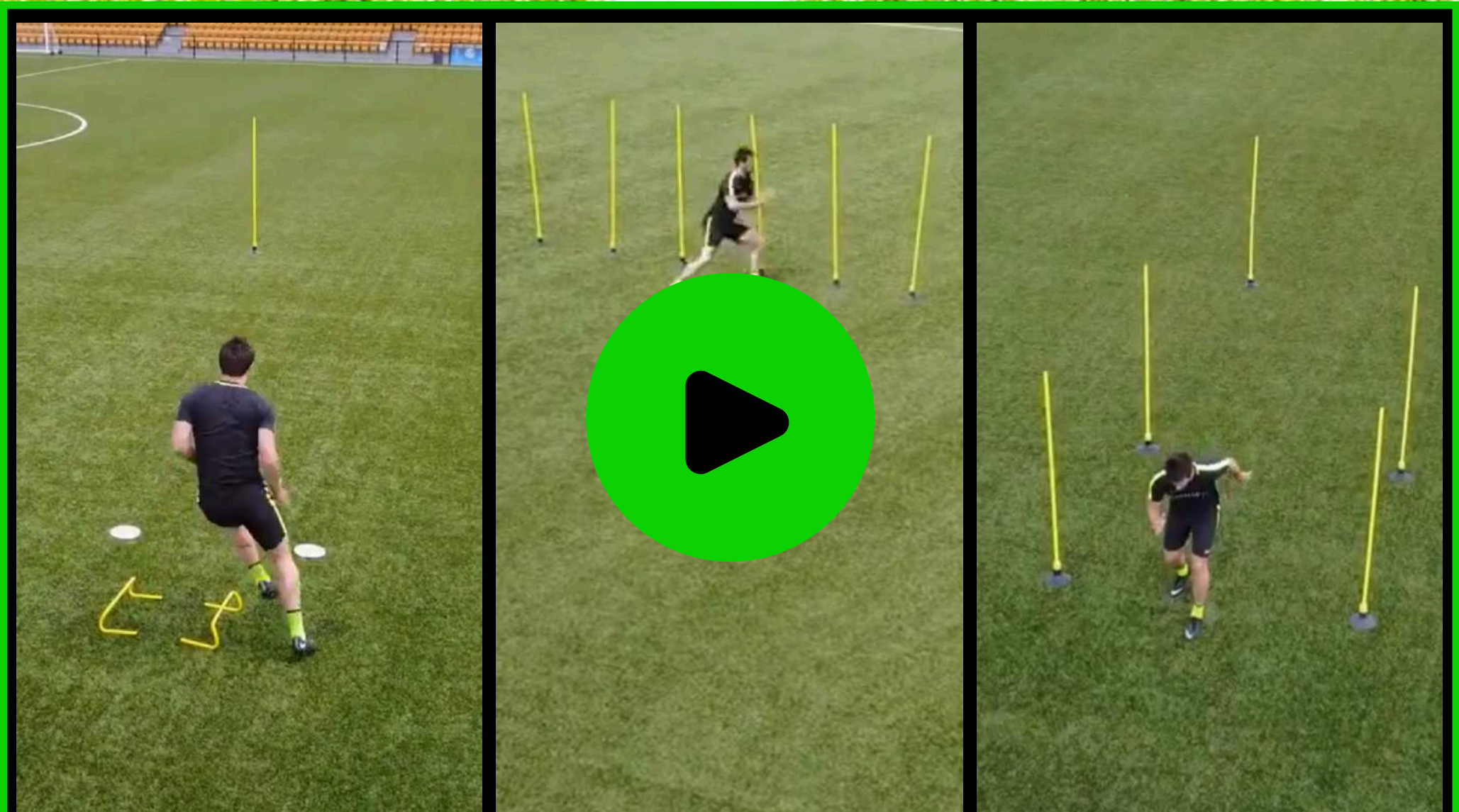
EQUIPMENT: STEP, WALL, KETTLEBELL, MEDICINE BALL, BOX.



PITCH SESSION 1D

EXERCISE	REPS	SETS	REST	NOTES
HURDLE 1 FOOT IN	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE LATERAL STEPS	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
RUNNING STYLE JUMPS	3	4	0	
BOUNDING	3	4	0	1 STEP = 1 REP
PITCH DRILL #26	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #32	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #28	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #34	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

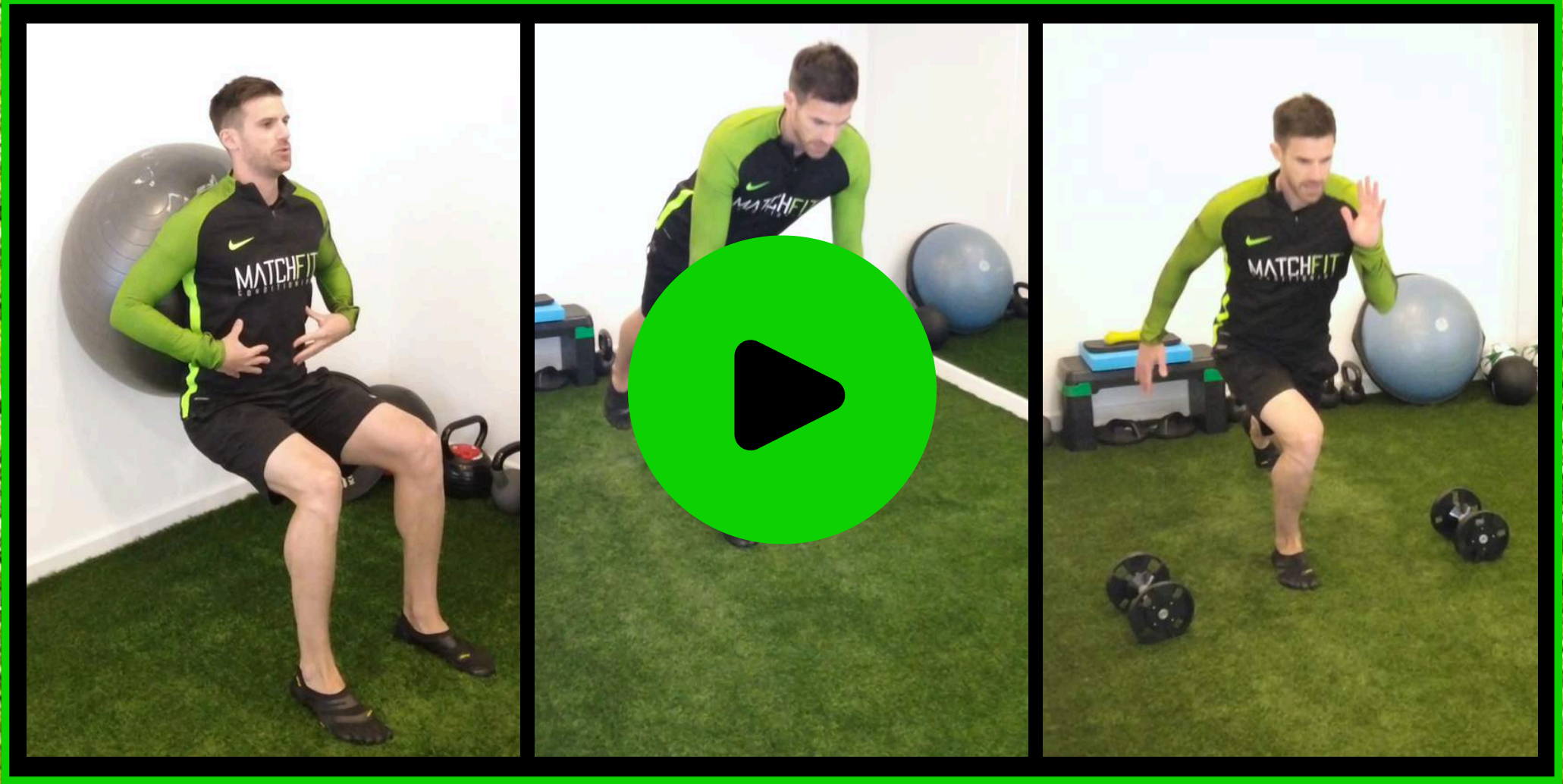
EQUIPMENT: 5 OR MORE HURDLES, 6 POLES OR MARKERS.



GYM SESSION 2D

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP UP/DOWN	5 SECS		2	30 SECS	MAX INTENSITY
SINGLE LEG BALANCE KICKS	30 SECS EACH SIDE		2	0	
SWISS BALL WALL SIT	1 MIN	+ 10KG	2	0	
ALTERNATING SKIPPING	20 SECS		2	0	
FOREARM PLANK	1 MIN 15 SECS	+ 10KG	2	0	
FORWARD BACKWARD LUNGES	5 EACH SIDE	+ 15KG	2	0	
POGO BOX JUMPS	3		2	0	INCREASE STEP HEIGHT FROM W3
SINGLE LEG DEADLIFT	6 EACH SIDE		2	0	
DB STEP UP KNEE DRIVE	6 EACH SIDE	+ 15KG	2	0	
STRICT VERTICAL DEPTH JUMP	6		2	0	
JUMP. SPRINT & STOP	3		1	30 SECS	REST IS BETWEEN REPS

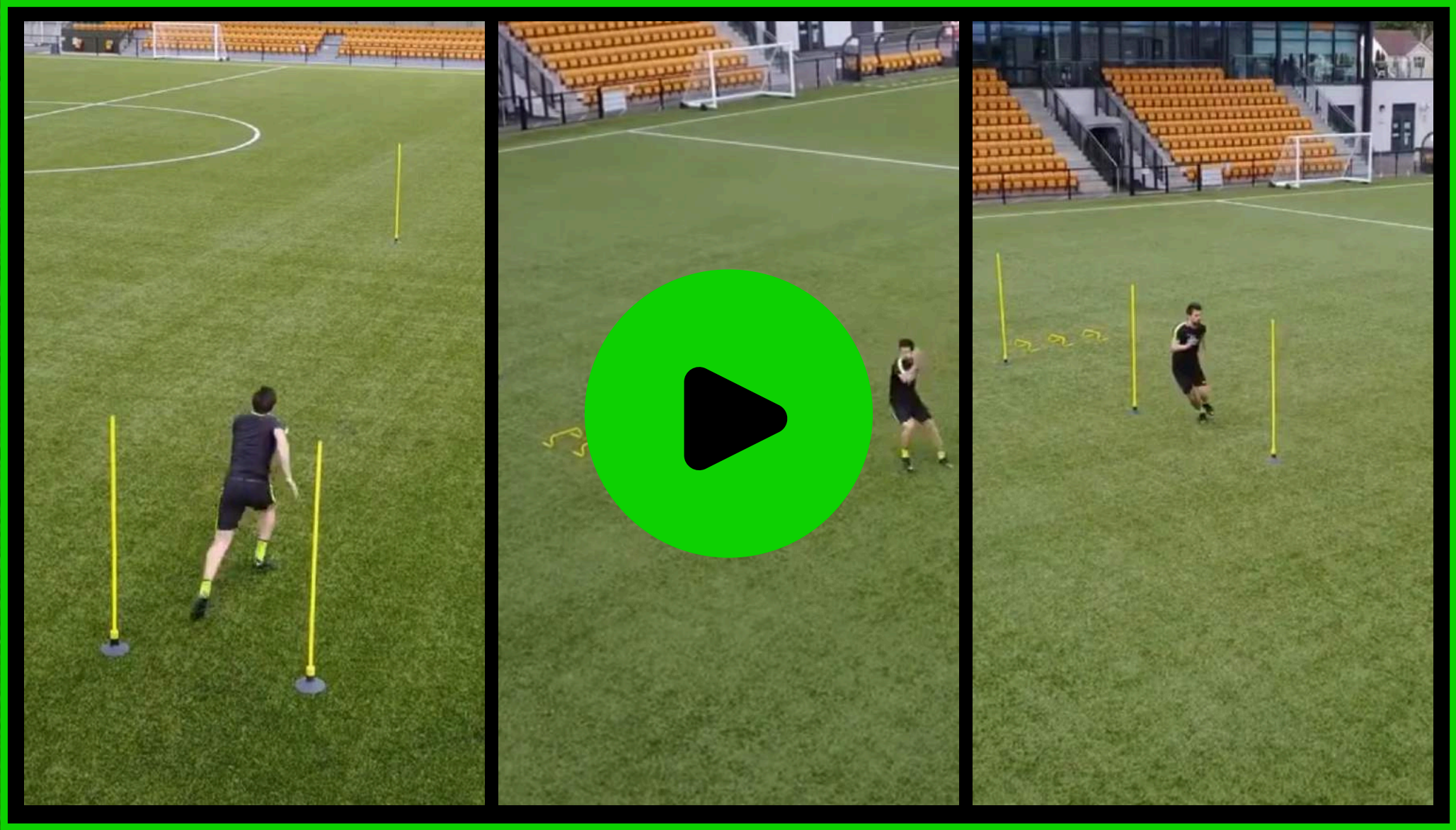
EQUIPMENT: STEP, WALL, SWISS BALL.



PITCH SESSION 2D

EXERCISE	REPS	SETS	REST	NOTES
HURDLE 2 FEET IN	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET. LEAD WITH LEFT FOOT AND THEN RIGHT FOOT
HURDLE DEAD LEGS	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
LATERAL HOPS	3	4	0	1 STEP = 1 REP
KNEE TUCK JUMPS	3	4	0	
PITCH DRILL #29	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #33	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #30	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #31	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

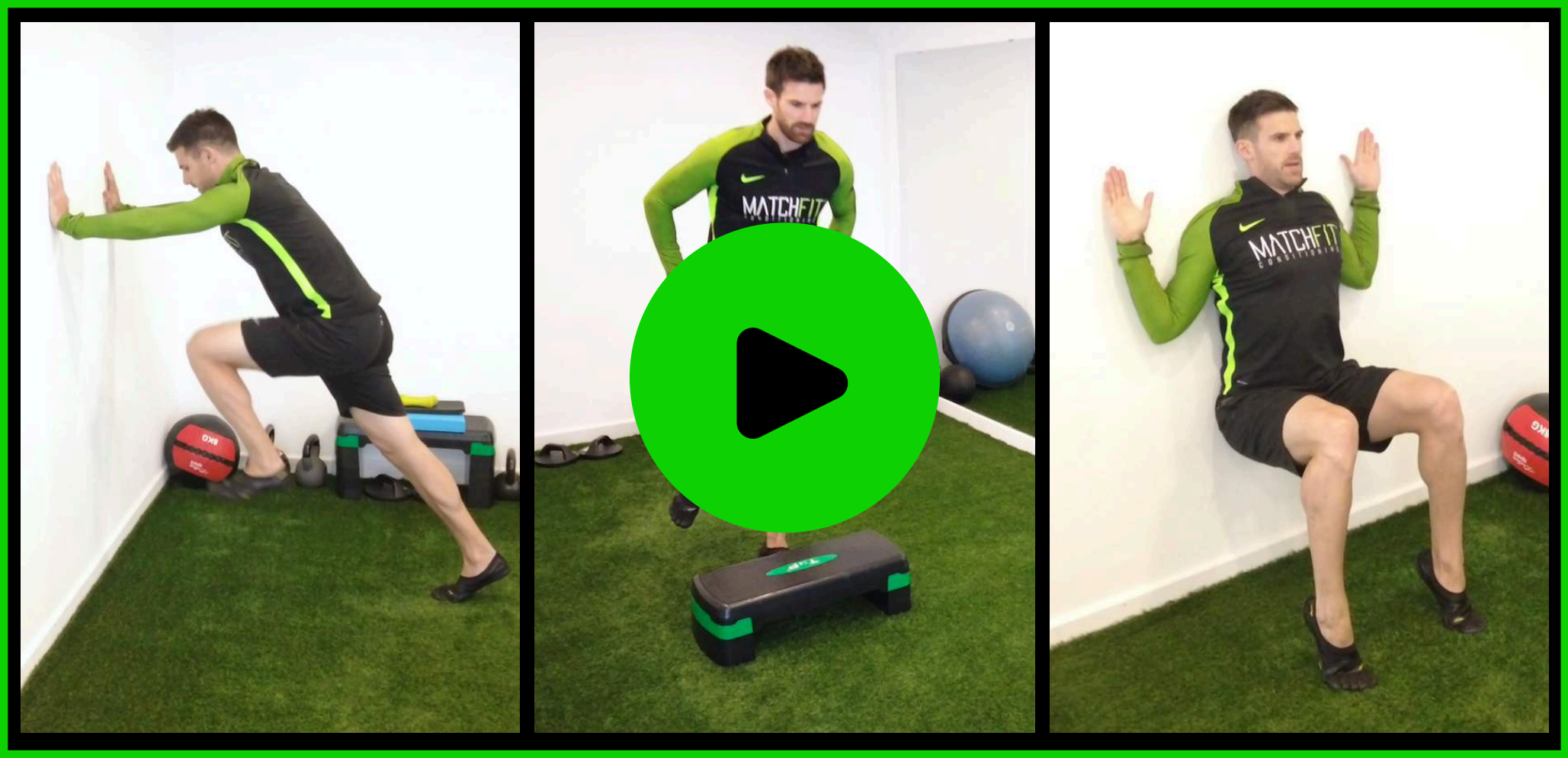
EQUIPMENT: 1 BALL, 5 OR MORE HURDLES, 6 POLES OR MARKERS.



GYM SESSION 3D

EXERCISE	REPS/TIME	WEIGHT	SETS	REST	NOTES
STEP SHUFFLE	5 SECS		2	30 SECS	MAX INTENSITY
WALL SPRINT	6		2	0	1 LEG SWITCH = 1 REP
RAISED HEEL WALL SIT	60 SECS		2	0	
MULTIDIRECTIONAL HOPS	10 SECS		2	0	MAX INTENSITY
SIDE PLANK	1 MIN EACH SIDE		2	0	
DB SINGLE LEG CALF RAISE	TO FAILURE	+10KG	2	0	
SINGLE LEG BOX JUMP	3 EACH SIDE		2	0	INCREASE STEP HEIGHT FROM W2
KNEE RAISE LATERAL STEPS	6 EACH SIDE		2	0	
TIB RAISE	TO FAILURE		2	0	
LATERAL DEPTH JUMP	3		2	0	
SIDE SHUFFLE STOPS	2 EACH SIDE		1	30 SECS	REST IS BETWEEN REPS

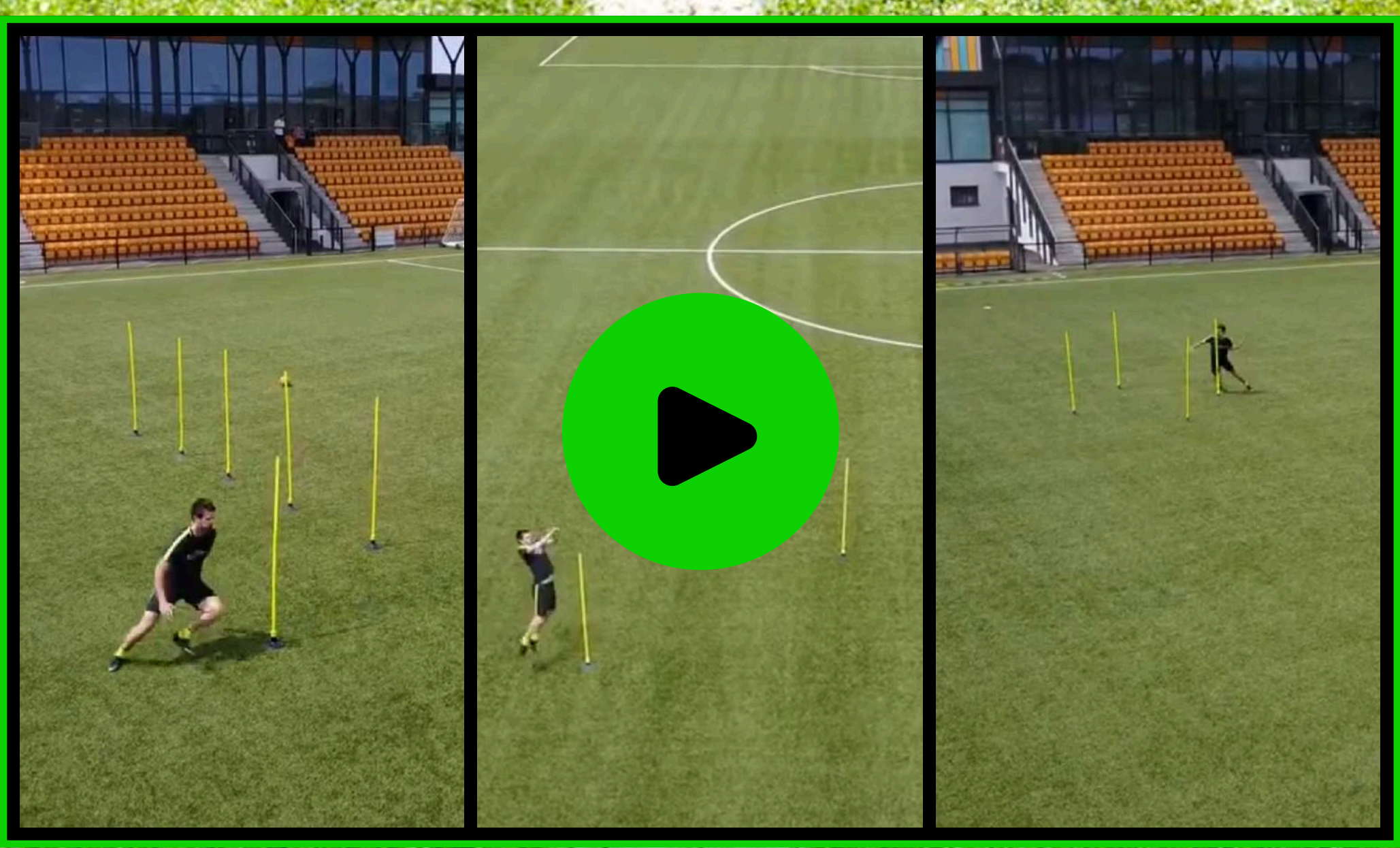
EQUIPMENT: STEP, WALL, HIGH HURDLE OR EQUIVALENT.



PITCH SESSION 3D

EXERCISE	REPS	SETS	REST	NOTES
HURDLE INSIDE LATERAL STEP	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE OUTSIDE LATERAL STEP	10 EACH SIDE	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
HURDLE RUN THROUGH	10	4	0	1 REP = 1 STEP. JOG BACK TO START BETWEEN SETS AND IMMEDIATELY BEGIN THE NEXT SET
SINGLE LEG HEADER LEAPS	2 PER SIDE	3	0	
KNEE DRIVES	2 PER SIDE	3	0	
PITCH DRILL #27	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #25	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #23	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP
PITCH DRILL #22	2	1	2 MINS	RECOVERY TIME IS BETWEEN EACH REP

EQUIPMENT: 1 BALL, 5 OR MORE HURDLES, 6 POLES OR MARKERS.



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