

THURSDAY - MAY. 11, 2023

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Notes	This is a sample program for an athlete Pre-Peak Height Velocity working on general movement skills If you have any questions, please contact Justin (Head of Junior Development): justin.t@precisionathletica.com.au					
Movement Prep						
M Skipping		120 secs				
		0.00%				
M Plank		30 secs				
		0.00%				
M Single Leg Balance		30 secs				
		0.00%				
M Reactive Ball Catch		10				
		0.00%				
	Stand in front of a wall and have a ball thrown over your head without looking and catch the rebound on a full					
Movement Skills						
A High Plank Shoulder Taps		10		10		10
		0.00%		0%		0%
A Side Plank		30 secs		30 secs		30 secs
		0.00%		0%		0%
A Deadbug		6		6		6
		0.00%		0%		0%
	Keep your lower back flat on the ground					
B Tall to Short Landing		5		5		5
		0.00%		0%		0%
	drop into ready position and tense up as much as possible					
B Hopping		10		10		10
		0.00%		0%		0%
	Hop on 1 leg side to side over a line without losing balance					
B Broad Jump to Stick		5		5		5
		0.00%		0%		0%
Power / Strength						
Notes	Athletes need to accumulate 20 reps of each movement. they can break up the 20 reps however they want, as long as they maintain quality and stability through movement					
C Heart Beat Squat		20		20		
		0.00%		0%		
	Hold onto Soccerball					
C Alternating Forward Lunge		10		10		
		0.00%		0%		
C Push Up on Knees		20		20		
		0.00%		0%		
Regeneration						
Cooldown	<ul style="list-style-type: none"> • Foam Roll • Static Stretching: 20-30 sec 					
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