

## Power - Explosive movements



### Juniors

Lunges - Do 1x a week

Always do a thorough warm up, Feet on edge of service box.

Run, lunge and touch edge of other service box. Recover back to service box.

**20 times**, Alternating each leg. **Maximum speed and power with good technique.**

**Do 3 sets. Rest for 3 minutes between sets.**

Take this rest fully so can get maximum speed and power next set.

Cool Down

### Seniors and U17 and U19 when achieved physical maturity.

#### 1 Split Squat jumps

Get into a lunge position, jump up as high as you can, swap legs.

Check position of knee on front leg does not go past toes.

Sets	Reps	Rest between sets
2	6	2 Minutes

#### 2 Standing long jump

Both feet parallel, Swing arms, Jump as far as you can.

Sets	Reps	Rest between sets
2	6	2 Minutes

#### 3 Tuck Jumps

Sets	Reps	Rest between sets
2	6	2 Minutes

#### 4 Hopping for distance

Hop as far as you can, Land on the same leg

Sets	Reps	Rest between sets
2	6 on each leg	2 Minutes

#### 5 Jump squats

Stand tall, move into squat, jump as high as you can and reach up.

Sets	Reps	Rest between sets
2	6	2 Minutes

#### 6 Cross over hops

Hop as far as you can, crossing side to side over a line each hop.

Sets	Reps	Rest between sets
2	6 on each leg	2 Minutes

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In a session do not do more than 100 explosive movements/impacts on each leg as this will increase the chance of injury.