

Conditioning Explanations:

Jump Rope:	Jump Rope forwards and backwards
Squat Jumps:	Bend Knees and Jump Forward as far as you can
Knee to Chest Jump:	Jump as high as you can straight up in the air bringing knees to chest
Split Jumps:	Jump as high as you can straight up in the air doing a split at the top
360 Jumps:	Jump as high as you can straight up in the air and turn a 360 circle
Slalom Jumps:	Straight Line jumps back and forth across line, don't step on line
1 Foot Hop Alt.:	Same as above but use one foot, don't step on line
Long Jump:	With feet together; jump as far forward as possible
Shuttle Run:	Set 4-5 marks out about 5 yards apart, start behind line run to first mark and back, then to second
Lunge:	Lunge walk down the line
Slalom run:	Long stride, arc and jump. Must be fluid.
Sprints:	Sprint to end of line and back.

The following weight conditioning exercises should be supervised. Use a weight that is comfortable for you, increasing slowly.

Leg Press:	Sitting, extending legs to 80%
Bench Press:	Laying on back, push weights forward
Leg Lifts:	Sitting extend legs forward
High Pull:	Sitting, pull weight down