

### PREPARATION DRILL

1. Handstand Push-Ups (10 counts)
2. Handstand Hold (10 seconds)
3. High Jumpers (10 counts, MODERATE)
4. Boxed Jumps (10 counts)
5. Squat Box Jumps (10 counts, MODERATE)
6. Boxed Lunges (10 counts, MODERATE)
7. Plank Row (10 counts, MODERATE)
8. Hanging Body Toss (10 counts, MODERATE)
9. Plank Up (10 counts, MODERATE)

### 4 FOR THE CORE

1. Glute Leg Raise (30 seconds)
2. Plank Bridge (30 seconds)
3. Glute Bridge (30 seconds)
4. Glute Bridge (30 seconds)

### COORDINATION DRILL 1

1. Plank Jump (10 counts, MODERATE)
2. Wall Sit (10 counts, MODERATE)
3. Mountain Climber (10 counts, MODERATE)
4. Lunge Walk and Wall Push-Ups (10 counts)
5. Single-leg Burpees (10 counts, MODERATE)

### COORDINATION DRILL 2

1. Handstand Lunges (10 counts)
2. Boxed Burpees (10 counts)
3. Handstand Planks (10 counts, MODERATE)
4. Plank Row (10 counts, MODERATE)
5. Plank Push-Ups (10 counts, MODERATE)

### COORDINATION DRILL 3

1. Y-T Push-Ups (10 counts)
2. Knight's Leg Stand (10-15 counts, MODERATE)
3. Boxed Boxed Jumps (10 counts, MODERATE)
4. Hand Stand Push-Ups (10 counts, MODERATE)
5. Tech Jumps (10 counts, MODERATE)
6. Mountain Climber (10 counts, MODERATE)
7. Handstand Lunges (10 counts, MODERATE)
8. Plank Jumps (10 counts, MODERATE)
9. Boxed Boxed Burpees (10 counts, MODERATE)
10. Boxed Boxed Planks (10 counts, MODERATE)

### STRENGTH AND ENDURANCE ACTIVITIES

ACTIVITIES	TOEPLACING PHASE (REC1/REC2)	RUNNING PHASE (REC3/REC4)	SWINGING PHASE (REC5/REC6)	SWINGING PHASE (REC7/REC8)	SWINGING PHASE (REC9/REC10)
Conditioning Drill 1	3 reps	3-10 reps	3-10 reps	3-10 reps	3-10 reps
Conditioning Drill 2	3 reps	3-10 reps	3-10 reps	3-10 reps	3-10 reps
Conditioning Drill 3	3x4	3-10 reps	3-10 reps	3-10 reps	3-10 reps
Push-Up & Set-Up Drill	2 sets (20-30 seconds)	3-4 sets (20-30 seconds)	3-4 sets (20-30 seconds)	2-4 sets (20-30 seconds)	2-4 sets (20-30 seconds)
Climbing Drill 1	3 reps	3-10 times	3-10 times	3-10 times	3-10 times
Climbing Drill 2	3x4	3-10 times on hand	3-10 times on hand	3-10 times on hand	3-10 times on hand
Strength Tug Circuit	3-5 minutes	3-5 minutes	3-5 minutes	3-5 minutes	3-5 minutes
Coaching Drill	N/A	1-3 reps	1-3 reps	1-3 reps	1-3 reps

### CLIMBING DRILL 1

1. Mountain Climber (10 counts, MODERATE)
2. High Knees (10 counts, MODERATE)
3. Plank Step (10 counts, MODERATE)
4. Lunges (10 counts, MODERATE)
5. Alternating Step Push-Ups (10 counts)

### CLIMBING DRILL 2

1. Plank Push-Ups (10 counts)
2. High Knees (10 counts, MODERATE)
3. Mountain Climber (10 counts, MODERATE)
4. Lunges (10 counts, MODERATE)
5. Alternating Step Push-Ups (10 counts, MODERATE)

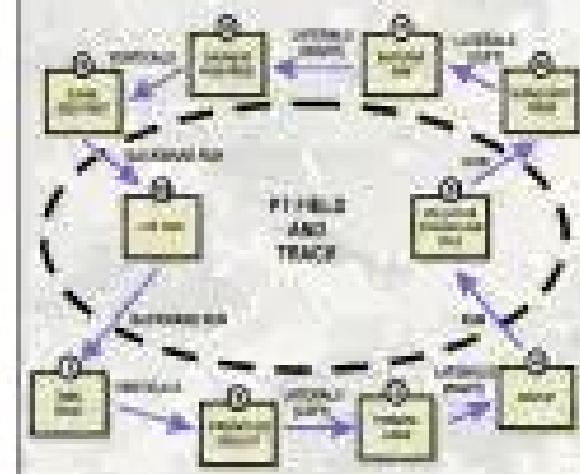
### CLIMBING DRILL 3

1. Shoulder Stand (1 rep, 10-15 seconds)
2. Lunge Walk (1 rep, 10-15 seconds)
3. Glider Carts (1 rep, 10-15 seconds)

### RECOVERY DRILL

1. Overhead Arm Push (20-30 seconds)
2. Head Lunge (20-30 seconds)
3. Plank and Press (20-30 seconds)
4. High Knees (20-30 seconds)
5. Squat Lunges (20-30 seconds)

### STRENGTH TRAINING CIRCUIT



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**Mary Rose Bonk, Regie Carlton, Gale  
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