

## Summer Training Day 1/ Individual (Coach Bright)

### Warm up Running

- Slides facing in and facing out
- Grapevine facing in and facing out
- Knees high in front
- Feet high in back/ butt kicks

### Stretching

- Arm circles, lunges, pigeon, calves, thighs, stomach, gentle spine twists...
- 10 knee pushups
- 30 crunches

### Bumping and Setting

- Bump to yourself. Work up to 200 reps.
- Set to yourself: 200 reps
- Bum and set, alternating for 100 reps
- Bump against the wall 100 reps
- Set against the wall 100 reps

### Warm Shoulders

Toss against a wall or with a parent or a friend. Work into a nice two handed toss, bringing both arms up and then snap with a high arm. Hit the ball this way against the wall 50 times. Arm stops high and be sure the toss is in front of the right shoulder.

### Approach Jumps

Work on quality approach jumps: 3 sets of 10. Really lift yourself with your arms and reach up through the ribs with both arms up high. Push off with the toes at the last contact with the floor.

### Line Touch

Find a long hallway, a grassy area or sand to do line touch. Create markers with sweatshirts, water bottles...Face the same way with each touch so you work both legs. Sprint to the first line or marker, bend at the knees and touch. Sprint to the next marker, bend and touch...Create a pattern of touching items until you've touched things about 6 times, then rest. Do two sets.

### Squat Jumps

Do three sets of 10 squat jumps. Legs bend to 90 degrees (no further!). Explode up out of the squat with both arms up, hands spread wide open in a blocking motion. Land directly back down into the next squat and jump immediately out of that.