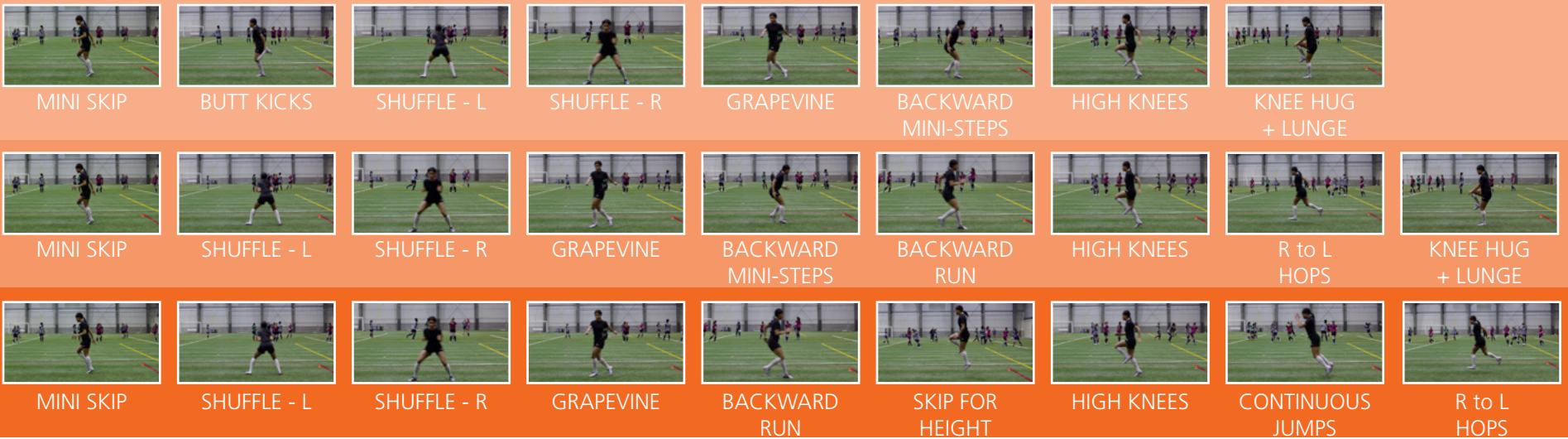


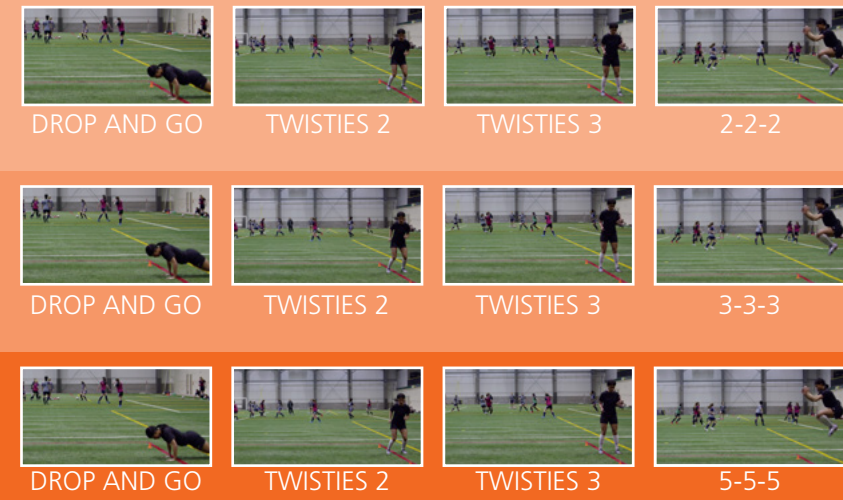
DYNAMICS

LEVEL 1 LEVEL 2 LEVEL 3



PROGRESSION: Level 1: 10 m distance. Level 2: 15 m. Level 3: 20 m. Jog out 10 (15, 20) m, then "on return" do the task.

ACCELERATIONS



PROGRESSION: Level 1: 10 m distance, do two reps each (total of eight sprints). Level 2: 20 m do three reps each (total 12 sprints). Level 3: 30 m, four reps (total 16 sprints).

CUTTING



PROGRESSION: Level 1: do two passes rightward weave, then two passes leftward. Level 2: four passes each weave direction and one left and right box drill. Level 3: four passes plus two left and right box drills.

LADDERS



PROGRESSION: Level 1: half ladder, one pass each drill. Level 2: full ladder, two passes. Level 3: full ladder, two passes.

CORE



PROGRESSION: Level 1: 10 seconds each task, with pause between each. Level 2: 15 seconds each task, work toward no pause. Level 3: 20 seconds each task no pause. **ADDITIONAL:** see "Performance Core".

Additional Content

- PERFORMANCE CORE
- ATHLETE INFO
- PARENT INFO
- COACH'S HANDBOOK
- PHYSICAL LITERACY.CA

