

C: BOX DRILL EXERCISES FOR POWER: LOWER BODY

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Warm-up

10 X Ankle Hops
10 X Single leg Ankle hops
10 X Skips
10 X Jumping jacks
10 X Good mornings
10 X Dynamic Squat
10 X Crescent lunge stretch
10 X Half kneeling hamstring stretch
10 X World's greatest stretch
10 X Downward dog to runner's lunge
10 X Side to side lunge with reach
10 X Standing calf and hamstring stretch
10 X Hurdle leg lifts
10 X Squat jumps
10 X Split Squat Jump
10 X Double leg vertical jump
10 X Skater Bounds

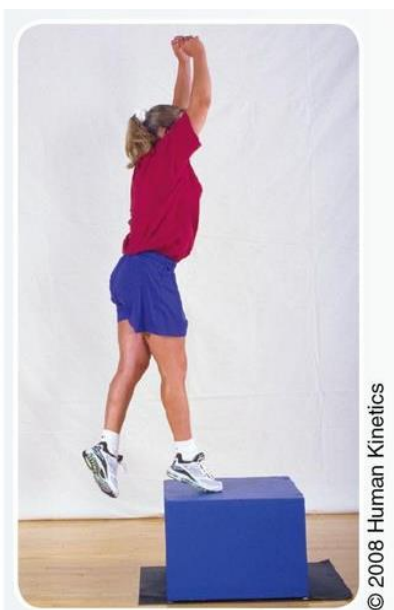
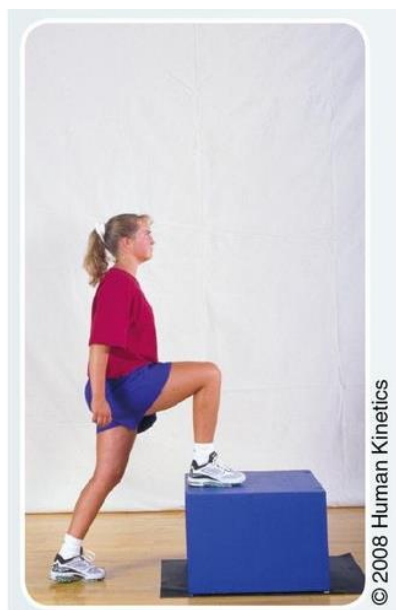
1

JUMP AND REACH	SETS	1-3	REPS	6	REST	1 min
Standing in an athletic position, begin with a counter movement. Explosively jump up and reach for the object. On the downward movement land softly in the start position and immediately repeat jump. * emphasis on vertical jump and minimal delay between jumps						



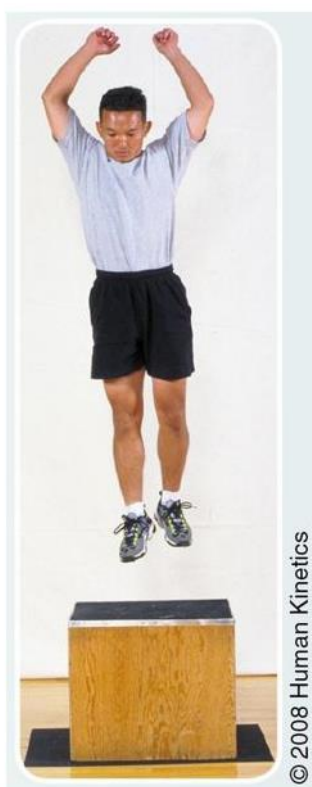
2

ALTERNATE LEG PUSH OFF	SETS	1-3	REPS	10	REST	1 min
<p>Stand facing the box with one foot on the ground and other on the box. The heel of the foot on the box should be placed close to the edge of the box. Swinging both arms jump up using the foot on the box to push off. Land with the opposite foot on the box; This foot should land just before the ground foot. Repeat movement immediately.</p>						



3

SIDE TO SIDE PUSH OFF	SETS	1-3	REPS	10	REST	1 min
<p>Stand to one side of the box with one foot on the ground and the other on the box. The inside of the foot on the box should be near the box's closest edge. Swinging your arms up over your head. Jump up and over the box using the foot on the box to push off. Land with the opposite foot on the opposite side of the box. Opposite foot should land before the other foot hits the ground. Immediately repeat the movement.</p>						



4

DROP FREEZE	SETS	1-3	REPS	10	REST	2 min
Standing on top of the box take a comfortable athletic position. Toes should be near the edge of the box. Step off of the box and land with both feet on the floor, quickly absorbing the impact on landing. Step back onto the box and repeat.						



5

SQUAT DEPTH JUMP	SETS	1-3	REPS	10	REST	2 min
<p>Standing on top of the box take a comfortable athletic position. Toes should be near the edge of the box. Step off of the box and land on the floor in a squat position, Upon landing immediately jump up as high as possible. Upon landing emphasis should be on jumping straight up with minimal horizontal movement. Step back onto the box and repeat.</p>						



6

DEPTH JUMP WITH LATERAL MOVEMENT	SETS	1-3	REPS	10	REST	2 min
<p>Standing on top of the box take a comfortable athletic position. Toes should be near the edge of the box. Step off of the box, just before you land have a partner point either left or right. Upon landing quickly sprint in that direction.</p>						

