



# Plyos/Agil/Cond Worksheets

## Plyos- Lateral

Exercise	Landing	Reps	Rest
1. Ice Skaters	Stick	3x5	:30
One Leg Lat Hops	Stick	3x5e	:30
2. Ice Skaters	Stick	3x5	:30
One Leg Lat Hops	Stick	3x5e	:30
3. Ice Skaters	Stick	3x5	:30
One Leg Lat Hops	Stick	3x5e	:30
4. Ice Skaters	continuous	3x5	:30
One Leg Lat Hops	bounce	3x5e	:30
5. Ice Skaters	continuous	3x5	:30
One Leg Lat Hops	bounce	3x5e	:30
6. Ice Skaters	continuous	3x5	:30
One Leg Lat Hops	bounce	3x5e	:30
7. Ice Skaters	45 degree stick	3x5	:30
One Leg Lat Hops	continuous	3x5e	:30
8. Ice Skaters	45 degree stick	3x5	:30
One Leg Lat Hops	continuous	3x5e	:30
9. Ice Skaters	45 degree stick	3x5	:30
One Leg Lat Hops	continuous	3x5e	:30

## Plyos- Linear

Exercise	Landing	Reps	Rest
1. 2 Foot Hurdle Hops	Stick	3x5	:30
One Leg Linear Hops	Stick	3x5e	:30
2. 2 Foot Hurdle Hops	Stick	3x5	:30
One Leg Linear Hops	Stick	3x5e	:30
3. 2 Foot Hurdle Hops	Stick	3x5	:30
One Leg Linear Hops	Stick	3x5e	:30
4. 2 Foot Hurdle Hops	bounce	3x5	:30
One Leg Linear Hops	bounce	3x5e	:30
Standing Broad Jump	Stick	3x3	:30
5. 2 Foot Hurdle Hops	bounce	3x5	:30
One Leg Linear Hops	bounce	3x5e	:30
Standing Broad Jump	Stick	3x3	:30
6. 2 Foot Hurdle Hops	bounce	3x5	:30
One Leg Linear Hops	bounce	3x5e	:30
Standing Broad Jump	Stick	3x3	:30
7. 2 Foot Hurdle Hops	continuous	3x5	:30
One Leg Linear Hops	continuous	3x5e	:30
Standing Broad Jump	Stick	3x3	:30
8. 2 Foot Hurdle Hops	continuous	3x5	:30
One Leg Linear Hops	continuous	3x5e	:30
Standing Broad Jump	Stick	3x3	:30

## Linear Speed

<i><u>Exercise</u></i>	<i><u>Distance</u></i>	<i><u>Reps</u></i>	<i><u>Rest</u></i>
1. Pushups Start	10yd	4e	:30
1 Leg Start	10yd	4e	:30
Tempo Sprint	30yd	4e	:20
2. Pushups Start	10yd	4e	:30
1 Leg Start	10yd	4e	:30
Tempo Sprint	30yd	5e	:20
3. Pushups Start	10yd	4e	:30
1 Leg Start	10yd	4e	:30
Tempo Sprint	30yd	6e	:20
4. Split Squat Start	10yd	4e	:30
1 Leg Start	10yd	4e	:30
Sprints	20yd	4e	:20
Sprints	30yd	4e	:30
5. Split Squat Start	10yd	4e	:30
1 Leg Start	10yd	4e	:30
Sprints	20yd	5e	:20
Sprints	30yd	5e	:30
6. Split Squat Start	10yd	4e	:30
1 Leg Start	10yd	4e	:30
Sprints	20yd	6e	:20
Sprints	30yd	6e	:30
7. Turn & Run	20yd	3e	:30
Sprints	10yd	5e	:20
Sprints	20yd	4e	:20
Sprints	30yd	3e	:20
Sprints	30yd	1e	:30
8. Turn & Run	20yd	3e	:30
Sprints	10yd	5e	:20
Sprints	20yd	4e	:20
Sprints	30yd	3e	:20
Sprints	40yd	2e	:30
9. Turn & Run	20yd	3e	:30
Sprints	10yd	5e	:20
Sprints	20yd	4e	:20
Sprints	30yd	3e	:20
Sprints	40yd	2e	:30

## Agilities

<u>Exercise</u>	<u>Reps</u>	<u>Rest</u>
1. Pro Agility Progression	2e	:30
10yd Perfect Shuffle	4e	:20
Box Drill	5e	continuous
2. Pro Agility Progression	2e	:30
W-Drill	4e	:20
Broken Arrow	4e	:20
3. Pro Agility Progression	2e	:30
L-Drill	4e	:30
M-Drill	4e	:30
4. Pro Agility Progression	2e	:30
L- Drill	5e	:30
M- Drill	5e	:30

## The Dominator

THE "DOMINATOR" TEST IS 20 SETS OF A 60 YARD SHUTTLE (GOAL LINE TO 5YD LINE - TO GOAL LINE - TO 10YD LINE - TO GOAL LINE - TO 15YD LINE - THROUGH GOAL LINE).

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCHES THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS. FIRST HALF OF REQUIRED # OF SETS (EX. TEST SETS 1-10) RIGHT FOOT PLANT TOUCHES ON THE 5, 10, and 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE. SECOND HALF OF REQUIRED # OF SETS (EX. TEST SETS 11-20) LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

Weeks 1 – 8 reps should be completed in 14 seconds  
Weeks 8 – 16 reps should be completed in 13 seconds

**(WEEK 1 DO 10 SETS)**  
**With 4 to 1 work to rest ratio.**  
**Work = 14secs. Rest = 56sec.**

**(WEEK 2 DO 12 SETS)**  
**With 4 to 1 work to rest ratio.**  
**Work = 14secs. Rest = 56sec**

**(WEEK 3 DO 14 SETS)**  
With 4 to 1 work to rest ratio.  
Work = 14secs. Rest = 56sec.

**(WEEK 4 DO 16 SETS)**  
With 4 to 1 work to rest ratio.  
Work = 14secs. Rest = 56sec.

**(WEEK 5 DO 10 SETS)**  
With 3 to 1 work to rest ratio.  
Work = 14sec. Rest = 42sec.

**(WEEK 6 DO 12 SETS)**  
With 3 to 1 work to rest ratio.  
Work = 14sec. Rest = 42sec.

**(WEEK 7 DO 14 SETS)**  
With 3 to 1 work to rest ratio.  
Work = 14sec. Rest = 42sec.

**(WEEK 8 DO 16 SETS)**  
With 3 to 1 work to rest ratio.  
Work = 14sec. Rest = 42sec.

**(WEEK 9 DO 10 SETS)**  
With 3 to 1 work to rest ratio.  
Work = 13sec. Rest = 39sec.

**(WEEK 10 DO 12 SETS)**  
With 3 to 1 work to rest ratio.  
Work = 13sec. Rest = 39sec.

**(WEEK 11 DO 14 SETS)**  
With 3 to 1 work to rest ratio.  
Work = 13sec. Rest = 39sec.

**(WEEK 12 DO 16 SETS)**  
With 3 to 1 work to rest ratio.  
Work = 13sec. Rest = 39sec.

**(WEEK 13 DO 18 SETS)**

**With 3 to 1 work to rest ratio.**

**Work = 13sec. Rest = 39sec.**

**(WEEK 14 DO 20 SETS)**

**With 3 to 1 work to rest ratio.**

**Work = 13sec. Rest = 39sec.**

**(WEEK 15 DO 20 SETS)**

**With 3 to 1 work to rest ratio.**

**Work = 13sec. Rest = 39sec.**

**(WEEK 16 UNLOAD DO 10 SETS)**

**With 4 to 1 work to rest ratio.**

**Work = 14sec. Rest = 56sec.**