Name:_____

Rincon/University Boys Basketball

Wednesday

Power Jumps, Squat Jumps, Cone Jumps BF, Cone Jumps SS, Box Jumps

Bounding, German Walk, Z Cuts, Box Drills, Skip Hops

Single Leg Squats, 4 Points, Incline Sit Ups, Bicycle

Dot Drill, Jump Rope

Date>															
Power Jumps															
Squat Jumps															
Back/Forth															
Side/Side															
Box Jumps															
Bounding															
German Walk															
Z Cuts															
Box Drills															
Skip Hops															
Single Leg															
4 Points															
Sit Ups															
Bicycle															
Dot Drill															
Jump Rope															

Rincon/University
Boys Basketball
Plyo/Core

Power Jumps – 3 sets of 20

Cone Jumps BF – 3 sets of 20

Box Jumps – 3 sets of 2 times through

German Walk – 3 sets of just up

Box Drills – 3 sets of 5 times around

Single Leg Squats – 3 sets of 20 each leg

Incline sit ups – 3 sets of 20

Dot Drill – 3 sets of 60 each leg

Squat Jumps – 3 sets of 20

Cone Jumps SS – 3 sets of 20

Bounding – 3 sets of up and back

Z Cuts – 3 sets of up and back

Skip Hops – 3 sets of up and back

4 Points – 3 sets of 20

Bicycle – 3 sets of 60

Jump Rope – 3 sets of 60 each leg

Date>															
Power Jumps															
Squat Jumps															
Back/Forth															
Side/Side															
Box Jumps															
Bounding															
German Walk															
Z Cuts															
Box Drills															
Skip Hops															
Single Leg															
4 Points															
Sit Ups															
Bicycle															
Dot Drill															
Jump Rope															