

Workout Plan 4/27 - 5/1

if you don't have a wall/rebounder pass with a family member, they can use a baseball glove to catch with

Monday 4/27

Stretch/Dynamic 5 minutes

Cardio/Workout

*Perform each exercise for 20 seconds straight and rest 10 seconds between each workout.
Rest for 90 seconds between each round*

[Mountain Climbers](#)

[Split Stance Jumps - Alternating](#)

[Squat Jumps](#)

[Raised Leg Circles](#)

[Plank Rotations](#)

Go through the circuit 3 times

Stickwork

[Wall Ball Circuit](#)

- Complete 30 reps for each change

Tuesday 4/28

Stretch/Dynamic 5 minutes

Cardio

Stickwork

Checking -- checking is about maintaining control, these drills focus on keeping check movements in our drills under control. Take 5 minutes to complete each drill.

[Drill 1](#)

[Drill 2](#)

Draws

[Pop and Snags](#)

[Technique Practice](#)

- Complete 20 with the ball being placed in the following areas - pushing to the front, pulling behind, and punching straight up

[Wrist Strengthening](#)

Wednesday 4/29

Stretch/Dynamic 5 minutes

Ladders - If you don't own one you can make your own using chalk or tape on your driveway or in your garage. Go through each foot sequence 2 times before moving onto the next on. After you have gone through each of the footwork drills twice, complete a new round while cradling through the footwork. You should go through the ladder 4 times total.

** for a challenge try to cradle through the ladder with 1 hand **

[Two Feet In](#)

[Icky Shuffle](#)

[Icky Shuffle Backwards](#)

[In, In, Out, Out](#)

- Make sure to switch your lead foot with each new round

[Forward In and Out](#)

Wall Ball

[Wall Ball Circuit](#)

- 30 reps each change