

Workout Plan 5/11 - 5/15

Monday 5/11

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Agility Drills

Do each drill for 1 minute

[4 cones](#)

Wall Ball or Catch:

[Wall Ball Circuit](#)

Tuesday 5/12

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Cardio

Go through the circuit 3 times, rest for 1 minute in between

[Alternating Lunges](#) 40 sec

[High Knees](#) 20 sec

[Dolphin Push Ups](#) 40 sec

[Lunges to Jumps](#) 20 sec

[Lateral Jump Squat with 180 Turn](#) 40 Sec

[Low Lateral Walks](#) 40 sec

[Burpee 180 Rotation](#) 20 sec

Wednesday 5/13

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Cardio/Workout

[Stair Workout](#)

[Wall Ball Circuit](#)

Complete 30 reps for each change

Thursday 5/14

Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

Cardio

Interval Runs - repeat 3 times

1 minute sprint

1 minutes walk

1 minute sprint

1 minutes walk

1 minute sprint

1 minutes walk

Stickwork

[Kylie Ohmiller Wall Ball](#)

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](#)

Friday 5/15

Wall Ball/Passing

[Wrist Strength](#)

- Give reps to both your left and right hand at the bottom
- If you don't have cones, you could use two balls to figure 8 through

[Fast Feet Dodging](#)

- If you don't have a net, use a rebounder, fence, a bucket, whatever you could use as a target in place of a net
- Try different dodges at each cone

[Triangle Dodges](#)

- There are several different dodges in the video
- Make sure you get the footwork correct before increasing speed

[Dodge Footwork Challenge](#)