



Move	Explanation
<p>Ladder: 1 foot in a box, down-back for warm-up</p>	
<p>Ladder Move - In - In, Out-Out</p>	
<p>Repeat both ladder moves</p>	<p>Other leg leads Move #2</p>
<p><b>Cones: "Load &amp; Explode" Baseline:</b></p> 	<p>Lateral Shuffles with a medicine ball. Shuffle left 4x, load weight to the left side with ball to left hip, and then using torso twist to throw the ball forward to your partner who is standing in front of you in btwn two cones.</p>
<p>Cone Route Figure 8 run</p>	
<p>Repeat both ladder moves</p>	<p>Other leg leads Move #2</p>

Move	Explanation
8. Strength Exercise: Rotator Cuff	Use Dumbbell
9. Jump Rope down & back up the singles side line	Do not turn around when you've reached the net. Jump rope backward.
10. Strength Exercise: Holding medicine ball: Calf Raises with ball raises	
11. Line Jump: Front to Back	Adv: on 1 leg, Mod: step side to side
12. Squat & explode ball forward, with a diagonal step forward	
13. "V" "W" drill	Run straight forward, turn diagonally to the right and shuffle backward, 1/4turn right and diagonally run forward, jog backward with eyes and face forward
14. Ladder: One foot in the box, one foot taps outside the box. The outside foot then comes forward into the next box, and the other foot taps out to the side of the ladder.	
15. Cones: Shuffling between Cones to hit an open stance forward DTL	

Move	Explanation
Line Jump: Side to Side	Adv: on 1 leg, Mod: step side to side
Strength Exercise: Lateral Arm Raises	
Suicides! Yummy	
Strength Exercise: Front Arm Raises	
Repeat	
Start on T: 1 DMB in RIGHT hand, 2-3 steps, 1 diagonal RIGHT step forward for a low volley, shuffle back to T	Chest up, get low with body, not just hinging over from the hips
Dave on baseline, Kelly near T: Kelly roll medicine ball to Dave, Dave Load's an explodes the ball into the court for a FHXC shot	Load and explode
Start on T: 1 DMB in RIGHT hand, 2-3 steps, 1 diagonal LEFT step forward for a low volley, shuffle back to T	Chest up, get low with body, not just hinging over from the hips
Dave on baseline, Kelly near T: Kelly roll medicine ball to Dave, Dave Load's an explodes the ball into the court for a BHXC shot	Load and explode

Move	Explanation
<p>Equipment:</p> <ol style="list-style-type: none"><li>1. Cones - SunshineKelly owns</li><li>2. Ladder - SunshineKelly owns</li><li>3. Medicine Ball</li><li>4. Wall</li><li>5. Lines to jump</li><li>6. Dumbbells (varies)</li></ol>	

