

<i>Discipline Week Two: Day One</i>	<i>Type</i>	<i>Exercises</i>	<i>Timeframe</i>
Warm-up	Dynamic	DW1,DW2,DW3,DW4,DW5 DW6,DW7,DW8,DW9,DW10 DW11,DW13,DW14,DW15 DW16, DW18,DW19,DW20 DW21,DW22,DW23	15 minutes
Assessment/Testing	none		
Plyometrics, Quickness, Agilities	Q and A Stations- Three Specific Drills	Station 1:PA1,PA5,PA8,PA11 Station 4:SC1,SCH2 or SCH1	15 minutes
Sprinting/Sprint Conditioning	Speed Work	SS6	20 minutes
Sport Specific	Working Breaks and Cutting for All Sports	Choose Cutting Drills From Sport Specific Section	5 minutes
Warm-Down	Stretching	WD1,WD2,WD3,WD4,WD5, WD6,WD7,WD8	5-10 minutes

<i>Discipline Week Two: Day Three</i>	<i>Type</i>	<i>Exercises</i>	<i>Timeframe</i>
Warm-up	Dynamic	DW1,DW2,DW3,DW4,DW5 DW6,DW7,DW8,DW9,DW10 DW11,DW13,DW14,DW15 DW16, DW18,DW19,DW20 DW21,DW22,DW23	15 minutes
Assessment/Testing	none		
Plyometrics, Quickness, Agilities	Q and A Stations- Two Specific Drills	Station 2: PASR1, TT1, ID1 Station 3: BH1, BH2, BH3, BH4	15 minutes
Sprinting/Sprint Conditioning	Show Football Sprint Start/ Sprint Conditioning Test	SS1, SS6	15 minutes
Sport Specific	Mirror Drill and Variations for All Sports	Choose Mirroring Drills From Sport Specific Section	10 minutes
Warm-Down	Stretching	WD1,WD2,WD3,WD4,WD5,WD6,W D7,WD8	5-10 minutes