

## u18s Program

1. World's Greatest Stretch
  - Elbow to inside of knee
  - Rotate up to roof
  - Push hips back and up
2. Single Leg Forward Hop
  - Absorb the landings
  - No knee collapse
  - Don't shift forward on landing
3. Marching 'A' Triple Exchanges
  - Quick exchanges
  - Hip into armpit
  - Fully extend stance leg
4. Single Leg Landing with Push
  - Absorb landings
  - React and adjust
  - Control knee and hip
5. Single Leg Box Squat
  - Keep chest up
  - Back straight
  - Control knee and hip
6. Diagonal Forward Bound
  - Drive through extension
  - Absorb landing
  - Control knee and hip
7. Lateral Reactive Bound
  - Quick ground contact
  - Stick return landing
  - Extend out of jump
8. Spiderman Pushup
  - Chest to ground
  - Knee toward elbow
  - Minimise rotation
9. Single Leg RDL with Rotation
  - STRAIGHT BACK!!!!
  - Push heel behind, extend leg
  - Rotate hips and chest
10. Chinup
  - Minimise swing
  - Jump and control down when too hard
11. Lateral Lunge
  - Absorb into lunge
  - Hips back
  - Chest up
12. MB Lateral Step Up and Rotate
  - Hip finishes through
  - Rotate chest over top leg
  - Stay tall
13. Defensive Stance Stability Push
  - Brace everything, be ready
  - Pushes in all directions

Week 1 + 2	Week 3 + 4	Week 5 + 6
3x2 each side	3x3 each side	3x3 each side

3x3 each leg	3x4 each leg	3x5 each leg
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3x3 each leg	3x4 each leg	3x4 each leg
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3x3 each leg	3x4 each leg	3x5 each leg
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3x4 each leg	3x6 each leg	3x8 each leg
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3x3 each leg	3x4 each leg	3x5 each leg
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3x2 each leg	3x3 each leg	3x4 each leg
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3x10	3x15	3x20
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3x4 each leg	3x6 each leg	3x8 each leg
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3x6	3x8	3x10
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3x4 each leg	3x6 each leg	3x8 each leg
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3x6 each leg	3x8 each leg	3x10 each leg
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3x30sec	3x45sec	3x60sec
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