Wicked Wednesday's - Conditioning Outline Proficient



10wk Outline

Week #	Activity	Equipment	Timing
WK 1	Testing Speed & Agility	Youi Boom Cones Tape Measure Stop Watches Rope Measure	1 hour
	 Front Bridge (Plank) - Balance Double Leg Squat - Jump/Land Wall Angel - Throw/Catch Lunge - Speed & Agility 	Tape Measure Stop Watch	
WK 2	 Warm-Up & Footwork - Knee Program Strength - Proficient - DADA - Cycle 1 Balance & Landing - Knee Program - Cycle 1 Agility - Knee Program - Cycle 1 Ballwork/Footwork/Balance - DADA Home Program Week 1 - Proficient Fartlek - 9 min drill Wall Passing - Technique & Suicides 	Balls Fartlek Prog Mats Cones Coloured Discs	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 3	 Warm-Up & Footwork - Knee Program Strength - Novice - DADA - Cycle 2 Balance & Landing - Knee Program - Cycle 2 Agility - Knee Program - Cycle 2 Ballwork/Footwork/Balance - DADA Home Program Week 2 - Proficient Fartlek - 9 min drill Strength Circuit and Suicides 	Balls Fartlek Prog Mats Cones Lge Step	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins

Dec '18 Page 1

WK 4	 Warm-Up & Footwork - Knee Program Strength - Novice - DADA - Cycle 3 Balance & Landing - Knee Program - Cycle 3 Agility - Knee Program - Cycle 3 Ballwork/Footwork/Balance - DADA Home Program Week 3 - Proficient Fartlek - 9 min drill Group run/sprint and Strength circuit 	Balls Fartlek Prog Mats Lge Step Crosses Ground	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 5	 Warm-Up & Footwork - Knee Program Strength - Novice - DADA - Cycle 4 Balance & Landing - Knee Program - Cycle 4 Agility - Knee Program - Cycle 4 Ballwork/Footwork/Balance - DADA Home Program Week 4 - Proficient Fartlek - 9 min drill Sprint & Footwork Circuit 	Balls Fartlek Prog Mats Cones	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 6	 Warm-Up & Footwork - Knee Program Strength - Novice - DADA - Cycle 1 Balance & Landing - Knee Program - Cycle 1 Agility - Knee Program - Cycle 1 Ballwork/Footwork/Balance - DADA Home Program Week 1 - Proficient Fartlek - 9 min drill Wall Passing and Suicides 	Balls Fartlek Prog Mats Cones	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 7	 Warm-Up & Footwork - Knee Program Strength - Novice - DADA - Cycle 2 Balance & Landing - Knee Program - Cycle 2 Agility - Knee Program - Cycle 2 Ballwork/Footwork/Balance - DADA Home Program Week 2 - Proficient Fartlek - 9 min drill Strength Circuit and Suicides 	Balls Fartlek Prog Mats Lge Step Cones	5 mins 10mins 10mins 10mins 5 mins 10mins 10mins
WK 8	 Warm-Up & Footwork - Knee Program Strength - Novice - DADA - Cycle 3 Balance & Landing - Knee Program - Cycle 3 Agility - Knee Program - Cycle 3 	Balls Fartlek Prog Mats Weighted Balls	5 mins 10mins 10mins 10mins

NN - Wicked Wednesday 10wk Conditioning Outline - Proficient

Dec '18 Page 2

	 Ballwork/Footwork/Balance - DADA Home Program Week 3 - Proficient Fartlek - 9 min drill Group Run/Sprint and Strength circuit 	Lge Step Cones Coloured Discs	5 mins 10mins 10mins
WK 9	 Warm-Up & Footwork - Knee Program Strength - Novice - DADA - Cycle 4 Balance & Landing - Knee Program - Cycle 4 Agility - Knee Program - Cycle 4 Ballwork/Footwork/Balance - DADA Home Program Week 4 - Proficient Fartlek - 9 min drill Sprint and Footwork Circuit 	Balls Weighted Balls Fartlek Prog Mats Cones Hurdles Ladders	5 mins 10mins 10mins 10mins 5 mins 10mins
WK 10	Testing Speed & Agility	Youi Boom Chalk Tape Measure Rope Measure Stop Watches	1 hour
	 Double Leg Squat - Jump/Land Wall Angel - Throw/Catch Lunge - Speed & Agility 	Tape Measure Stop Watch	