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| WK 4 | <ul style="list-style-type: none"> ● 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 | <ul style="list-style-type: none"> ● 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 | <ul style="list-style-type: none"> ● 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 | <ul style="list-style-type: none"> ● 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 | <ul style="list-style-type: none"> ● 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 |

