

LEVEL ONE ATHLETIC FOUNDATIONS

SESSION B

A progressive framework for **teaching and improving landing mechanics and control** for **injury prevention** and **longevity of players joint health**

Progress at your **own pace** depending on your ability

Complete each session as part of your warm up, a minimum of **twice a week** before you can check out of this level

Check out 0 score given by peer or coach based on capacity to complete these with good landing technique

PRIMER

(HALF COURT)

- Jog there & back
- Heel flick out, high knees x2
- Forwards walking lunges*
- Sideways lunges
- Skipping there & back
- Squats x5
- Squats down on two feet up on one x3 each side
- Jog there and back

COACHING CUES AND CHECK OUT

Jump: Two feet throughout

Hop: Same foot throughout take-off and landing

Leap: Left foot to right foot and vice versa

Stick: To land a jump or hop with good control, without stutter

Quiet or **Soft:** Landings with good shock absorption and control are quiet

Sideways hops or **leaps** should always travel inside to mimic action on court



Sideways Jump
Stick 1x5 E/S



Single Leg Bridge
5 E/S



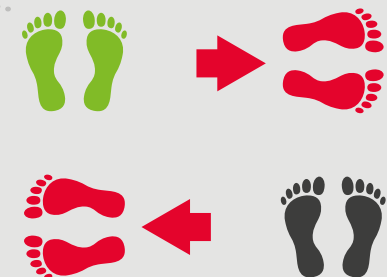
Backwards Jump
Stick 1x5



Plank
20 sec



90° Turn Jump
Stick 1x5 E/S



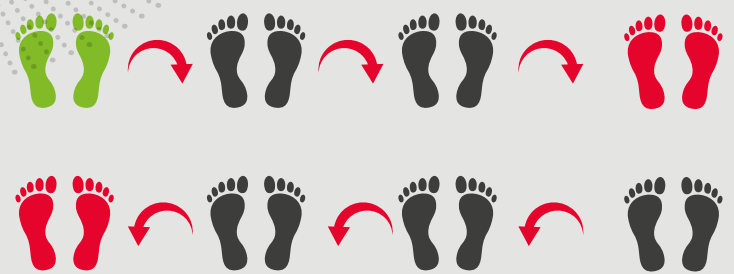
Side plank
15 sec E/S



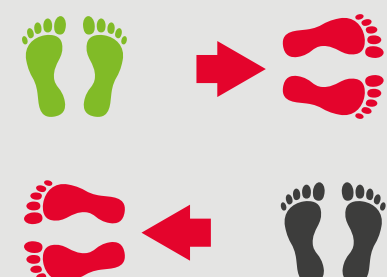
Double leg Jump
PLYO 3x3



Sideways Jump
PLYO 3x3 E/S



90° Turn Jump
PLYO 1x3 E/S



COMPLETION:
Good Landing
Technique (Score)

