

LEVEL ONE ATHLETIC FOUNDATIONS

SESSION C

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


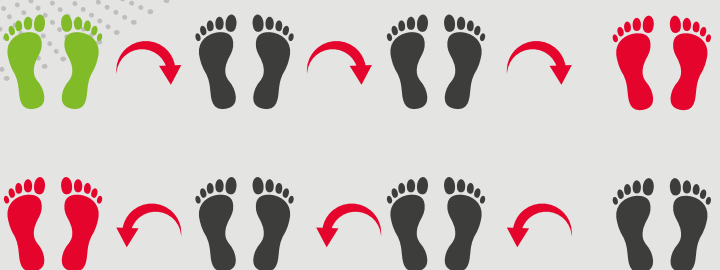
Stick: To land a jump or hop with good control, without stutter


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


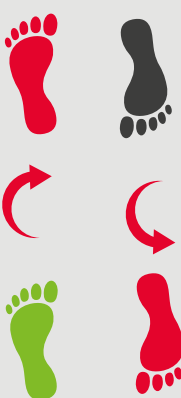
Sideways hops or **leaps** should always travel inside to mimic action on court


**Double Leg Jump**
PLYO 1x3


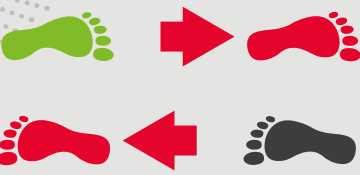
**Single Leg Bridge**
5 E/S


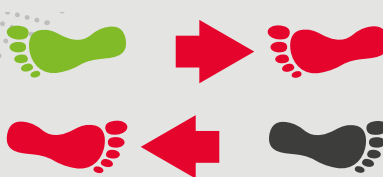
**Sideways Jump**
PLYO 1x3 E/S


**Plank**
20 sec

**Single Leg Vertical Hop**
Stick 2x5 E/S

**Side plank**
15 sec E/S

**Single Leg Forward Hop**
2x5 E/S

**Single Leg Backward Hop**
2x5 E/S

**COMPLETION:**
Good Landing Technique (Score)