

LEVEL ONE ATHLETIC FOUNDATIONS

SESSION D

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

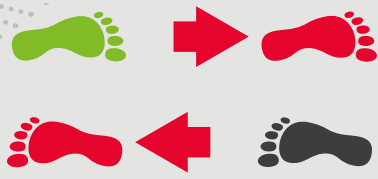



Single Leg Vertical Hop
Stick 1x5 E/S



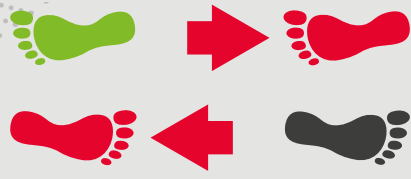



Single Leg Forward Hop
Stick 1x5 E/S






Single Leg Backward Hop
Stick 1x5 E/S







Single Leg Bridge
5 E/S




Single Leg 90° Turn
Stick 2x3 E/W

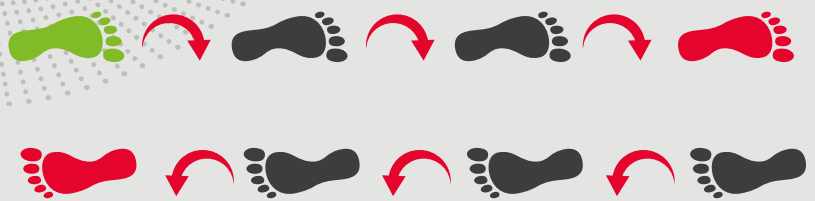





Plank
20 sec

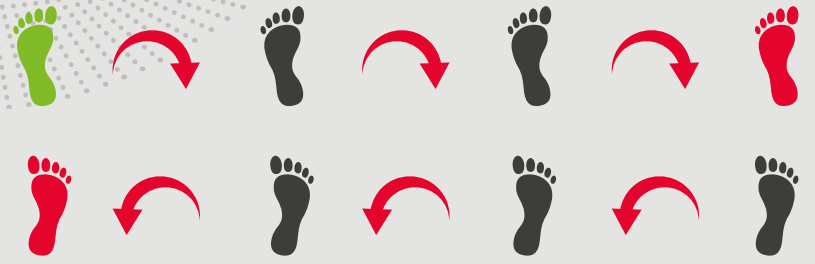



Single Leg Forward Hop
PLYO 2x3 E/S





Single Leg Sideways Hop
PLYO 2x3 E/S





COMPLETION:
Good Landing Technique (Score)