

# LEVEL TWO ATHLETIC ADVANCED

## SESSION A

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



**Forward Leap**  
**Stick 2x4 E/S**



**Single Leg Bridge**  
**15 sec E/S**



**Sideways Leap**  
**L-R Stick 2x4 E/S**



**Plank**  
**20 sec**



**Backward Leap**  
**L-R Stick 2x4 E/S**



**Side Plank**  
**15 sec E/S**



**90° Turn Leap**  
**Stick 2x4 E/S**



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

