

# LEVEL TWO ATHLETIC ADVANCED

## 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



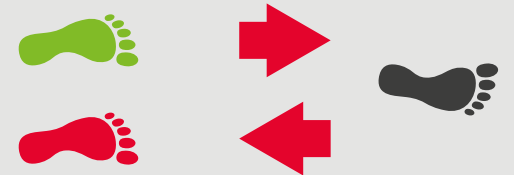
Forward Bound  
**PLYO 2x4**



Single Leg Bridge  
**5 E/S**



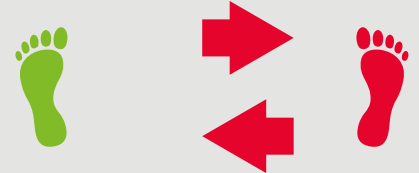
Forwards -  
Backwards Leap  
**PLYO 2x2 E/S**



Plank  
**20 sec**



Skater L to R Leaps  
**PLYO 2x4 E/S**



Side Plank  
**15 sec E/S**



Zig Zag Leaps  
**PLYO 4x2 E/S**



Vertical Double  
Leg Jump with partner  
Nudge in the air  
**Stick land 1x4**



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