

LEVEL TWO ATHLETIC ADVANCED

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

Zig Zag Forwards
2x6

Zig Zag Backwards
2x6

Forward-forward Side Leaps
2x3 E/S

Single Leg Bridge
5 E/S

Forward-side Backward Leaps
2x3 E/S

Plank
20 sec

Backward-backward Side Leaps
2x3 E/S

Vertical Single Leg Jump with partner Nudge in the air
Stick land 1x3

COMPLETION:
Good Landing Technique (Score)