

Lunge Series

Basic Forward Lunge

- Hold Perfect – Tall Posture
 - Split Arms Quickly
 - High Knee Lift
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Reverse Lunge

- Same As Forward Lunge

Double Lunge

- Step Backward – Forward with Same Leg
- High Knee Lift
- Do Not Stop “In Middle”

Lunge with Resistance

- Suitcase – Low
- Goblet – Chest High
- Shoulders – Back
- Shoulders – Front
- Overhead

Lunge to Step-Ups

- See Step Up Series

Split Start Series

Three Whistle Drill

*KNEELING SPLIT

- Back knee off ground 1"
- "Punch" knee forward – drive opposite leg back
- Hips low
- Split arms
- Head and chest up
- Two quick "splits" on whistle
- Third whistle accelerate 3 steps
- Alternate legs

*DROP SPLIT

- Athletic-balanced stance to start
- On whistle explode to kneeling split
- All other cues/coaching points same as kneeling split start
- Second whistle is a quick split
- Third whistle accelerate 3 steps
- Alternate drop leg

*ROTATING DROP SPLIT

- Athletic-balanced stance
- Drop and rotate in desired direction
- Pick up BOTH feet to rotate
- Get head, hips, knees and feet square
- Second whistle is a quick split
- Third whistle accelerate 3 steps
- Alternate drop leg
- Alternate rotating direction

*KNEELING SPLIT JUMP START

- Whistle one – explode high off floor
- Split arms and legs in mid-air
- Land with back leg 1" of floor
- Whistle two – repeat explosive jump
- Whistle three – accelerate three steps