

## **Off Season Plyo Circuit**

### **Station 1: Weighted Hex Bar Jumps**

- Explosion

### **Station 2: Battle Rope**

- Power Slams

### **Station 3: Box Jumps**

- Double Leg

### **Station 4: Back Stairs Run**

- Run Up/ Jog Down

### **Station 5: Dot Drill**

- Double Leg Figure 8

### **Station 6: Ladder Drill**

- In & Out (Icky Shuffle)

### **Station 7: Medicine Ball Throws**

- Downward Slam Throw

### **Station 8: Cone Drill**

- L Drill

### **Station 9: Dot Drill**

- Single Leg Figure 8

### **Station 10: Push Sled**

- Down & Back

### **Station 11: Progressive Bounds**

- “V” Drill

### **Station 12: Pro Shuttle Run**

- 5 10 5

### **Station 13: Hurdles**

- 3 Hops and Run

### **Station 14: Ladder Drill**

- Football Warm Up

### **Station 15: Hurdles**

- High Knee Side Shuffle

### **Station 16: Line Drill**

- Speed

### **Station 17: Battle Rope**

- Alternating Wave

