

Week 5 Accumulation					
	Exercise		Reps	Sets	Rest
A	Force **Coaching Cues	SL Rear Foot Elevated Split Squat (progressions: Add Load) Slow down, fast up	8 e.l	4	60s
B	Speed **Coaching Cues	CMJ With Stick landing - repeated Max Height Jump, with a Fast but soft stick landing	8	4	60s
C	Speed **Coaching Cues	Jumping Lunge Big Jump, this time landing in a split position, absorbing landing quickly and softly	6 e.l	4	60s
D	Impulse **Coaching Cues	Lateral Skaters for distance Use markers to test yourself and make your distance bigger	5 e.l	4	60s