

Week 9 Intensification					
	Exercise		Reps	Sets	Rest
A	Force  **Coaching Cues	SL Squat Slow down, fast up	8 e.l	4	60s
B	Speed  **Coaching Cues	Rebound Jump repeated Max Height Jump, upon landing jump again for height, with a Fast but soft stick landing.	8	4	60s
C	Speed  **Coaching Cues	SL Rear Foot Elevated Split Squat with jump Slow down, fast up, control the landing.	6 e.l	4	60s
D	Impulse  **Coaching Cues	Lateral Single leg hops Making sure you aim to get as high and as far as you can with each jump, jumping with the outside leg.	5 e.l	4	60s

	Sessions per wk	Num of sets
Below Benchmark	3	4
Above Benchmark	2	4