

WABL Athletic Development Program 1

Strength

1. [Wall Sit](#) (40s)
2. [Slow Tempo Single Leg Calf Raises](#) (10e/s)
3. [Split Squat](#) (10e/s)
4. [Push Up](#) (10 repetitions)

Mobility

1. [Hip Rotations - Doubles](#) (10e/s)
2. [Bouncing Calves](#) (10e/s)
3. [Mountain Climber with Thoracic Rotations](#) (20s e/s)
4. [Bodyweight Stationary Lateral Lunge](#) (10e/s)

Jump & Land

1. [Pogos](#) (20 repetitions)
2. [Lateral Bound – Landing Focus](#) (5e/s)
3. [Standing Long Jump](#) (5)
4. [Depth Drop](#) (5)

Run Throughs

1. [Wall Marches](#) (20 repetitions)
2. [Grapevine](#) (length of court each way)
3. [Defensive Slides](#) (length of court)
4. Max Speed Sprint (half court sprint with half court deceleration)

