



SAQ Preparation

Day 1 Linear and Vertical

	Exercise	Rest between reps	Rep
A	Box jump	30 seconds	4
<i>Rest 2 minutes</i>			
B	6 forward frog jumps	90 seconds	4

Week 2

Day 1 Linear Speed and Jumping

	Exercise	Rest between sets	Sets
A	Box jump	30 seconds	4
<i>Rest 2 minutes</i>			
B	6 forward frog jumps	90 seconds	4

Week 3

Day 1 Linear Speed and Jumping

	Exercise	Rest between sets	Sets
A	Box jump	30 seconds	4
<i>Rest 2 minutes</i>			
B	6 forward frog jumps	90 seconds	4

Day 2 Lateral

	Exercise	Rest between reps	Reps	Sets
A	Lateral bound and stick	5 second hold on one foot	6 times total (3 each foot)	2
<i>Rest 2 minutes</i>				
B	Lateral single leg box jumps		3 times each foot medially and laterally	3

Week 2

Day 2 Agility and Footwork

	Exercise	Rest between sets	Reps	Sets
A	Lateral bound and stick	5 second hold on one foot	6 times total (3 each foot)	2
<i>Rest 2 minutes</i>				
B	Lateral single leg box jumps		3 times each foot medially and laterally	3

Week 3

Day 2 Agility and Footwork

	Exercise	Rest between sets	Reps	Sets
A	Lateral bound and stick	5 second hold on one foot	6 times total (3 each foot)	2
<i>Rest 2 minutes</i>				
B	Lateral single leg box jumps		3 times each foot medially and laterally	3