

Key	Ladder Drills	Anti-Rotation	Horizontal Press	Vertical Pull	Hip Dominant
<b>BOLD = Baseline</b> TK= Tall Kneeling BW = Bodyweight KB = Kettlebell DB = Dumbbell ISO = Isometric ECC = Eccentric SL = Single Leg SLDL = Single Leg Deadlift ALT = Alternating FE = Feet elevated OH = Overhead RFE = Rear Foot Elevated	<b>PHASE 1:</b> Shuffle Wide + Stick F / B Cross In Front F / B Cross Behind F / B In-In-Out-Out F / B Scissors R / L	<b>TK Anti-Rotation</b> 1/2 Kneeling Anti-Rotation Iso Split Squat Anti-Rotation Standing Anti-Rotation SL Anti-Rotation	Straight Arm Plank Hands Elevated Push Up <b>Push Up</b> Feet Elevated Push Up Weighted Push Up Ring or Bosu Push Up	Cable X-Pulldown (or Lat Pulldown) Chin Up Eccentrics (on Rings or Bar) Chin Up Band Assisted <b>Chin up</b> Weighted Chin up Pull Up Weighted Pull Up	Assisted (Supported) SLDL <b>Cross Reaching SLDL</b> Medball Reaching SLDL 1 KB/DB SLDL 2 KB/DB SLDL U-Bar or Barbell SLDL
	<b>Motor Control</b> <b>Breath Practice</b> <b>Supine Floor Slides w/ Exhale</b> Seated Wall Slides Pressing Progressions	Tall Kneeling Chop/Lift <b>1/2 Kneeling Inline Chop/Lift</b> Iso Split Squat Inline Chop/Lift Standing Static Chop/Lift Dynamic Chop/Lift	<b>DB Bench Press</b> Alt DB Bench Press One Arm DB Bench	<b>Cable X-Pulldown</b> Iso Alt Cable X-Pulldown Cable X-Pulldown w/ Tricep Extension	Toe Touch Progression Hip Hinge Patterning <b>KB Deadlift</b> KB Swing <i>*Back Pain = Goblet Squat or Split Squat</i>
<b>Power</b> Shuttle Jump Drop Squat <b>Box Jump</b> Jump Squat w/ Stick Continuous Jump Squat Medball or Weighted Vest Jump Squat	<b>Supine Banded Hip Flexion Holds</b> Straight Arm Plank Slider Hip Flexion 1/2 Kneeling Hip Flexion Holds Wall Drills & Sled Push Skip & Sprint Progressions	<b>TK Push/ Pull</b> 1/2 Kneeling Push/Pull Standing Push/Pull Dynamic Push/Pull	TK One Arm Cable Press <b>1/2 Kneeling Inline Press</b> Iso Split Squat Inline Press Standing One Arm Cable Press	<b>Knee Dominant</b> Assisted (Supported) Split Squat Split Squat Hold <b>Split Squat</b> Goblet Split Squat 2 KB/DB Split Squat OR Move to RFESS	<b>2-Leg Bridge</b> 1-Leg Bridge Shoulders Elevated 2-Leg Bridge Shoulders Elevated 1-Leg Bridge Shoulder Elevated 1 or 2-Leg Bridge w/Sandbag
Toe Touch Progression Hip Hinge Patterning <b>KB Deadlift</b> KB Swing	<b>Supported Leg Lower</b> Unsupported Leg Lower Sandbag OH Reaching Leg Lower SLDL Patterning	<b>TK Landmine Anti-Rotation</b> 1/2 Kneeling Landmine Anti-Rotation Standing Landmine Anti-Rotation Standing Landmine w/ Rotation	<b>Vertical Press</b> <b>1/2 Kneeling Landmine Press</b> 1/2 Kneeling KB/DB Alt Press 1/2 Kneeling One Arm KB/DB Press Standing Alt KB/DB Press Standing One Arm KB/DB Press	Regress to Split Squats <b>5 Second Eccentric RFE Split Squat</b> Goblet RFE Split Squat 2 DB RFE Split Squat U-Bar RFE Split Squat	2-Leg Bridge and 1-Leg Bridge <b>Slider 2-Leg Bridge Leg Curl (Eccentric Only)</b> Slider 2-Leg Bridge Leg Curls 1-Leg Bridge Slider Leg Curl (Eccentric Only) 1-Leg Bridge Slider Leg Curls
TK (No Hinge) Chest Pass <b>TK Dynamic Chest Pass</b> Standing Chest Pass 2-Point Chest Pass Sprint Start Chest Pass	<b>2-Leg Bridge</b> 1-Leg Bridge Leg Curl and Bridging Progressions	<b>Anti-Extension</b> Elbows Elevated Front Plank <b>Front Plank</b> Feet Elevated Front Plank Body Saw	1/4 Get up No Weight <b>1/2 Get Up No Weight</b> 1/2 Get Up w/ Weight 3/4 Get Up w/ Weight Full Get Up w/ Weight	Heels Elevated Squat to a Parallel Box Medball Reaching Squat to a Parallel Box <b>Goblet Squat to a Parallel Box</b> 2 KB Goblet Squat to a Parallel Box Front Squat to a Parallel Box	Split Squat <b>BW Slider Reverse Lunge</b> Goblet Slider Reverse Lunge 1 KB Slider Reverse Lunge 2 KB Slider Reverse Lunge 2 KB Rack Pos. Slider Reverse Lunge
Alternating Single Leg Balance Holds Single Leg Drop Squat <b>Single Leg Lateral Bound w/ Stick</b> Lateral Bound @ 45 degrees w/ Stick Lateral Bound @ a 45 w/ Mini-bounce Continuous Lateral Bound @ a 45	Opposite Arm & Leg Reach <b>6-Point Forward Bear Crawl</b> 4-Point Forward Bear Crawl 4-Point Lateral Bear Crawl	<b>Ring Fallout</b> Stability Ball Rollout Wheel Rollout	<b>Horizontal Pull</b> <b>Ring Row</b> Feet Elevated Ring Row Weighted Vest Ring Row	BW Lateral Squat <b>Medball Reaching Lateral Squat</b> Goblet Lateral Squat 1 or 2 DB Lateral Squat 1 or 2 DB Lateral Lunge	Split Squat BW Reverse Lunge <b>Front Foot Elevated BW Reverse Lunge</b> Goblet Front Foot Elevated Reverse Lunge 1 DB Front Foot Elevated Reverse Lunge 2 DB Front Foot Elevated Reverse Lunge
<b>1/2 Kneeling Side Toss</b> Standing Side Toss Stepping Side Toss Lateral Bound Side Toss Shuffle or Crossover Side Toss	<b>Anti-Extension/Rotation</b> Straight Arm Plank <b>Straight Arm Clock Plank</b> Straight Arm Plank Taps or Reach Straight Arm Sandbag Pull Through	<b>Goblet Carry</b> Farmer Carry Suitcase Carry Waiters Carry Bottoms Up Overhead Carry	1/2 Kneeling One Arm Cable Row Ring Row Bench Straddle (Supported) DB Row <b>DB Row</b>	<b>BW Squat Matrix*</b> BW Lunge Matrix Medball Reaching Lunge Matrix <i>*Split Squat/Lateral Squat/Rotational Squat/Toe Touch to Squat</i>	
	<b>Anti-Lateral Flexion</b> Short Lever Side Plank <b>Side Plank</b> Side Plank Row Feet Elevated Side Plank Side Plank w/ Adduction		<b>1/2 Kneeling 1-Arm Cable Row</b> Iso Split Squat 1-Arm Cable Row Standing 1-Arm Cable Row Standing 1-Arm 1-Leg Row Dynamic 1-Arm - Leg Row Rotational Row	Heel Elevated Sumo Squat Hold <b>Sumo Squat Holds</b> Sumo Squat Pressout Sumo Squat Curl Press	