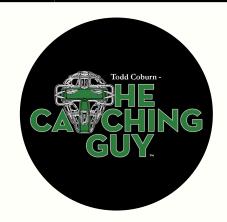
DROP YOUR POP PROGRAM

SAMPLE WORKOUT #2



WARM-UP

Perform your normal "team" warm up and a proper throwing program prior to performing the following drills:

DROP YOUR POP DRILLS - QUICK FEET FOCUS:

PERFORM 2-3 SETS OF EACH DEPENDING ON TIME AVAILABLE (15-20 MINUTES):

- Shift, Footwork & Exchange w/ No Throw (2-3 Sets of 8-10 Reps)
- Footwork Variations off of a Flip, No Throw (2-3 Sets of 8-10 Reps)
- Shift, Shift and Throw (2-3 Sets of 8-10 Reps)
- Live Throws (6-12 Reps depending on time and fatigue Level)

DROP YOUR POP - QUICK FEET TRAINING:

Complete All (10-15 minutes):

- Jump Rope Series (1 X :45-:60 sec. Each Variation / :30-:45 sec. Rest Between Sets)
- Line Drill (2-3 Sets of :10 Seconds Each Variation / :60 sec. Rest Between Sets)