

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)