

### General Workout Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
15 minute	Agility with Ball	Body Weight Circuit 1	Coerver Ball Skills	Body Weight Circuit 2	Agility with Ball	Body Weight Circuit 3	Plyometrics or Core
30 minute	Agility with Ball & Plyometrics	Coerver Ball Skills & Body Weight Circuit 1	Agility with Ball & Core	Coerver Ball Skills & Body Weight Circuit 2	Agility with Ball & Plyometrics	Coerver Ball Skills & Body Weight Circuit 3	Core
60 minute	North Carolina Skills Program & Core	Sprint Workout & Body Weight Circuit 1	North Carolina Skills Program & Core	Long Run (30-40 minutes) & Body Weight Circuit 2	North Carolina Skills Program & Core	Sprint Workout & Body Weight Circuit 3	Rest & Recovery

\*You don't have to follow this exactly, but vary things up on a day-to-day basis for the best level of growth and development.

\*\*This program is repetitive by design. Count your number of touches, speed, and/or reps when possible and chart your progress throughout the weeks of summer.

\*\*\*Feel free to take an extra recovery day if you are feeling especially fatigued from summer activity. Don't ever push yourself past your comfort level to the point of injury.

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oint of getting injured.