



## Cardio Drills

*Increasing cardiovascular endurance is important for helping better and increase overall health and wellness with SOCO Athletes. However, cardio drills can be boring and repetitive overtime. Here are some ways to incorporate cardio drills into your practices in ways that are fun for the athletes and for you. Not only will these drills help add cardiovascular endurance into your practices, they will also help the athletes increase their speed, agility and quickness. You can also couple 2-5 of these drills together at the beginning, middle or end of practice for a good cardio burst.*

***Encourage your athletes to do cardio on their own at home 2-3 days a week for a minimum of 10 minutes each time working up to 30 minutes each time. Remind your athletes that doing cardio training will help improve their overall health and wellness.***



*The below are good exercises to incorporate throughout practice or pair together for a cardio burst.*

### **Jumping Jacks**

- Begin with both feet and legs together and arms next to your side
- Then jump your legs apart from one another and bring your arms up above your head
- Continue to repeat this motion quickly for either time (i.e. 30 seconds) or number of repetitions (i.e. 15 times)
- Option: you can also do this exercise by stepping your legs out and in and eliminating the jump



### **Double Leg Hops**

- Begin with both feet and legs together
- Keeping feet and legs together, bend at the hips, knees and ankles
- Then extend at the hips, knees and ankles to perform a small hop off the ground, continuing to keep your feet and legs together
- When landing on the ground, make sure to absorb the hop by bending your hips, knees, and ankles so you are ready to perform another hop right away
- Continue to repeat this motion quickly for either time (i.e. 30 seconds) or number of repetitions (i.e. 15 times)
- Option: if hoping is not allowed due to orthopedic situations, you can perform the same movement without leaving the ground, but working on the triple extension (hips, knees and ankles) of the body





### Single Leg Hops

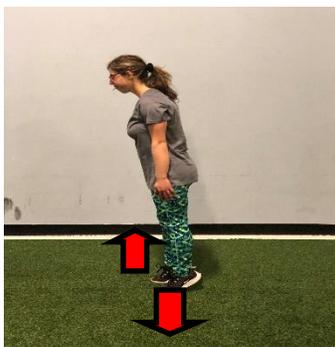
- This exercise is an advancement of the Double Leg Hops
- The exercise is performed the same as the Double Leg Hops, however, you will be balancing on one leg
  - o It is important to note that balance should be established before advancing to this exercise
- The goal of this exercise is to keep one leg up the whole time and not allow it to drop to the ground to regain balance
- To begin, balance on one leg, bend at the hip, knee and ankle of the leg with the foot on the ground
- Then extend at the hips, knees and ankles to perform a small hop off the ground, continuing to keep one leg off of the ground
- When landing on the ground, make sure to absorb the hop by bending your hips, knees, and ankles so you are ready to perform another hop right away
- Continue to repeat this motion quickly for either time (i.e. 30 seconds) or number of repetitions (i.e. 15 times)
- Then repeat on the opposite side
- Option: if hoping is not allowed due to orthopedic situations, you can perform the same movement without leaving the ground, but working on the triple extension (hips, knees and ankles) of the body and balance





### Side to Side Hops

- Begin with both feet and legs together
- Keeping feet and legs together, bend at the hips, knees and ankles
- Then extend at the hips, knees and ankles to perform a small hop off the ground to your right, continuing to keep your feet and legs together
- When landing on the ground, make sure to absorb the hop by bending your hips, knees, and ankles so you are ready to perform another hop right away going to the left
- Continue to repeat this motion quickly, switching directions each time, for either time (i.e. 30 seconds) or number of repetitions (i.e. 15 times)
- Option: if hoping is not allowed due to orthopedic situations, you can perform the same movement without leaving the ground, but working on the triple extension (hips, knees and ankles) of the body and then stepping to the right and then to the left.



### Forward and Backward Hops

- Begin with both feet and legs together
- Keeping feet and legs together, bend at the hips, knees and ankles
- Then extend at the hips, knees and ankles to perform a small hop off the ground hopping forward, continuing to keep your feet and legs together
- When landing on the ground, make sure to absorb the hop by bending your hips, knees, and ankles so you are ready to perform another hop right away hopping backwards.
- Continue to repeat this motion quickly, switching directions each time, for either time (i.e. 30 seconds) or number of repetitions (i.e. 15 times)
- Option: if hoping is not allowed due to orthopedic situations, you can perform the same movement without leaving the ground, but working on the triple extension (hips, knees and ankles) of the body and then stepping forward and backwards





## Squat Jumps

- Begin with feet hip to shoulder width apart
- From this position squat down bending at the hips and knees, pushing your booty back and making sure your knees don't go over your toes
- Once you get to your desired depth (preferably 90-degree bend in the knee), then extend your hips, knees and ankles and jump upwards as high as you can
- Upon landing on the ground allow your body to absorb the impact by bending at your hips knees and ankles
  - o It is very important to not land with stiff legs and locked out joints
- From the absorption of your landing, you should be ready to jump back up again, continue to repeat this motion for either time (i.e. 30 seconds) or number of repetitions (i.e. 15 times)
- Option: if jumping is not allowed due to orthopedic situations, a basic squat can be performed instead. When performing the basic squat, make sure that your knees are not going past your toes and your weight in back in your heels to help avoid injury and pain.





### Broad Jumps

- Begin with feet hip to shoulder width apart
- From this position squat down bending at the hips and knees, pushing your booty back and making sure your knees don't go over your toes
- Once you get to your desired depth (preferably 90-degree bend in the knee), then extend your hips, knees and ankles and jump forwards
- Upon landing on the ground allow your body to absorb the impact by bending at your hips knees and ankles
  - o It is very important to not land with stiff legs and locked out joints
- From the absorption of your landing, you should be ready to jump again, this time going backwards, continue to repeat this motion for either time (i.e. 30 seconds) or number of repetitions (i.e. 15 times)
- Option: if jumping is not allowed due to orthopedic situations, a basic squat can be performed with a step forward and then a step backwards. When performing the basic squat, make sure that your knees are not going past your toes and your weight in back in your heels to help avoid injury and pain.





### High Knees

- Stand upright with your feet and legs underneath your body
- From this position, lift up one leg bringing your knee up towards your chest
- Then with a little bounce/hop, switch legs bringing the opposite knee up towards your chest once the opposite leg has landed on the ground
- Continue to repeat this pattern for either time (i.e. 30 seconds) or a number of repetitions (i.e. 15 times)
- Option: this movement can be done in a marching motion eliminating the bounce/hop



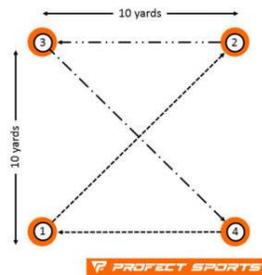
### Butt Kicks

- Stand upright with your feet and leg underneath your body
- From this position, lift one leg bringing your heel back towards your booty
- Then with a little bounce/hop, switch legs bringing the opposite heel back towards your booty once the opposite leg has landed on the ground
- Continue to repeat this pattern for either time (i.e. 30 seconds) or a number of repetitions (i.e. 15 times)
- Option: this movement can be done in a marching motion eliminating the bounce/hop



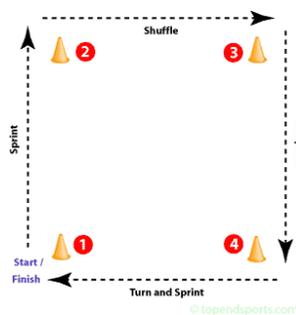
### X Drill

- There is no need for equipment for this drill, however if you have some type of markers it could be helpful
- If you don't have markers, have other athletes stand in the positions or use lines on the field or court. On a basketball court, the lines outlining the lane to free throw line and baseline are perfect for this drill.
- How to run the drill:
  - o Begin at Cone #1 and sprint to Cone #2
  - o Shuffle across to Cone #3
  - o Pivot 45 degrees and run to Cone #4
  - o Turn and sprint back to Cone #1
- Repeat by starting at Cone #4 so you are going in the opposite direction



### Square Drill

- There is no need to equipment for this drill, however if you have some type of markers it could be helpful.
- If you don't have markers, have other athletes stand in the positions or use lines on the field or court. On a basketball court, the lines outlining the lane to free throw line and baseline are perfect for this drill.
- How to run the drill:
  - o Begin at Cone #1 and sprint to Cone #2
  - o Shuffle across to Cone #3
  - o Backpedal to Cone #4
  - o Turn and sprint back to Cone #1
- Repeat by starting at Cone #4 so you are going in the opposite direction.





*The below are good exercises to do on their own either before, during or at the end of practice.*

### **Direction Runs**

- Have the athletes line up, either in one straight line across the baseline or end of the field or in multiple lines behind one another. Make sure the athletes are facing you and there is adequate space for movement.
- Stand facing the athletes and using hand and voice cues tell the athletes where to move:
  - o Forward
  - o Backward (athletes will move backwards still facing you, backpedaling or a step back and a backward shuffle works too)
  - o Right
  - o Left
  - o Make sure to switch up the order and the length of time athletes go in each direction
- Continue this for about 5 minutes and then take a 1-minute break and then repeat

### **Athletes Choice**

- There are two options for this cardio drill
- First Option: use the cardio cards and have the athletes pick a card to determine what they do, also have a deck of playing cards which will determine how many times they will do the cardio exercise. (you can choose the number for Ace, Jack, King and Queen)
- Second Option: after you have been doing the cardio drills for a while in practice, ask the athletes to shout out exercises that they want to do. Either you can pick how long they will do an exercise for, or ask the athlete to choose this as well. This is a good way to get the whole team involved and to have everyone feel involved in decisions in practice.

### **Relay Race**

- Pair up athletes into groups of two (If you have an odd number, you can always have a group of 3 and the relay race will still work the same, you will just have two of the athletes in one group doing the same thing at the same time)
- Have one athletes stand on one end of the court or field (you choose the distance apart that they will be) and the other athlete on the other
- Have one athlete perform a strength exercise (crunches, squats, lunges, push-ups, plank, etc.) while they wait for the other athlete who is doing a cardio exercise (jumping jacks, hops, squat jumps, high knees, butt kicks etc.) for a certain number of times
  - o The athlete doing the cardio exercise is your pacer for this drill
- Once the athlete doing the cardio exercise is done, they will run to free the athlete doing the strength exercise and then begin the strength exercise
- The athlete doing the strength exercise will now run to the other end and perform the cardio exercise
- You can repeat this drill with the same two exercises, or switch up what the athletes are doing once they get back to their starting positions. It should continue for a certain number of rounds or times.



### **Scavenger Hunt (Great for Outdoor Sports/Practices)**

- If you practice at a location that has a lot of space (like a park) a scavenger hunt is a great way to get your athletes up and moving around
- Either use landmarks at your location, or place items around the location for the athletes to find
- Then, make a sheet of paper that contains the items they need to find
- Set a time limit and see how quickly your athletes can find the items. This will get everyone to run around without even thinking they are doing cardio.
- This activity does take a little bit of planning and thinking ahead, but it will end up being a lot of fun

### **Post Practice Dance Party**

- Pick a song and have your team dance! Here are a few options:
  - o Cupid Shuffle (have athletes do the dance)
  - o Jump Around (have athletes jump when they says “jump”)
  - o Cha Cha Slide (have athletes do the dance)
  - o Macarena (have athletes do the dance)
  - o Pick any song and just have the athletes dance