



# MARCH 2025

LEARN. TRAIN. PERFORM.



## MONTHLY CHECK-IN VIDEO

### “FAILURE ISN’T FATAL, IT’S FEEDBACK”

This phase is all about trying something new and having the courage to learn something about yourself in the process.

## STRENGTH

Complete 2 x sessions a week

### Progression Goal

Increase block 1 & 2 by x1 set each week

#### SESSION #1

Strength and  
Plyometrics  
30-40 minutes

 [GO TO VIDEO](#)

#### SESSION #2

Strength and  
Plyometrics  
30-40 minutes

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### You will need:

Weights  
Bench  
Resistance Bands

## COURT

Complete 1 x Session a week

### Progression Goal

Increase Block 2 sets by 1 each week

#### SESSION #3

Defensive  
Movement  
30 minutes

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### You will need:

Ball  
Cones  
Wall

### COACHING POINTS

- Small Base
- Turn fully to ball
- Shoulders to ball and player

## CONDITIONING

Complete 1 x session a week

### Progression Goal

Increase Block 2 sets by 1 each week

#### SESSION #4

Deceleration  
30 minutes

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### COACHING POINTS

- Drive Knees
- Small feet to stop
- Low to ground

### You will need:

Timer  
Full Court  
Wall

## RECOVERY

Complete Session 1-2 a week

### REFLECT

Take time to relax and recover

#### SESSION #5

Full Body  
Stretch  
15 minutes

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### You will need:

Exercise Mat  
Resistance Band/Cord

### REFLECT

What have you done this week to help you move towards your goals?