**Flagstaff High School**

**Strength & Conditioning**

Proprioception, Recovery and Restoration

**Foam Roll** muscles for 30-60 seconds, longer for any tight spots.

**Stretching exercises**

See the stretches posted on the bulletin board.

**Mobility exercises**

See the exercises posted on the bulletin board

**Core Mobility series**

See the exercises posted on the bulletin board

**Proprioception**

Toe walks/Heel walks

Dyna-disc double leg balance – eyes open/closed

Dyna-disc single leg balance – eyes open/closed

Dyna-disc double leg balance – ball toss

Dyna-disc single leg balance – ball toss

Dyna-disc double leg balance – elastic band perturbation

Dyna-disc single leg balance – elastic band perturbation

**Agility**

Dot drills – see pattern on bulletin board

Ladder drills

Jump rope – double leg, single leg, backward, crossover, etc.

**Core Stability**

Sit-up variety

Plank variety

Leg lift variety

Trunk rotations

Pavlov Press

Bird-dogs