

JOHN TSCHIDA – UNIVERSITY OF ST. THOMAS

VELOCITY BUILDERS:

**BALL PICK UP:
3 CIRCLE PITCHING:
SLOWLY GET IN LEG:
CHAIR GET UPS:
FEAL LOADED:**

**VOODOO PITCH:
MARCHING:
MARCH SKIPS:
EXPLODING MARCHING SKIPS:**

**CENTER OF GRAVITY STRIDES:
VOODOO TO KIWI:
LONG JUMP:
CLAP JUMP LUNGE:
MED BALL LUNGE JUMPS:**

**MINI-BANDS AROUND KNEES:
MINI-BANDS SIDE STEPS:
PIROETTE:
PLUG IT IN:
HICK-UP:**

**REPEATED LUNGE JUMPS LENGTHENED:
TAP TAP TAP:
U SHAPED TOOL:
BUNGEE FRONT RESISTENCE:
PINCH, SQUAT, PITCH:**

**HALO:
TUG-A-WAR:
1 KNEE CIRCLE COMPETITION:
TOWEL BAT SNAP:
TOWEL BAT SNAP W/ BOUNCE:**

**BALL DROP & REVERSE:
FINGER TIP PUSH-UPS:
KETTLE BELL HOLD:
MED BALL PALM DROPS:
MIRROR:**

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