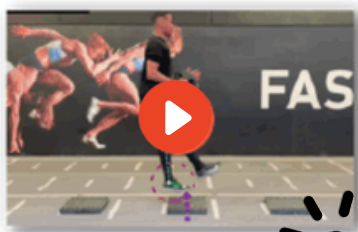





Max V Solutions: **REACTIVITY** FOCUS

Box Pogo




Heavy MB, 1 Box Unilateral

Cues/Intent: Sharp and fast off the ground, quick GCT with bouncy reps, be prepared to strike ground




 <p>PRE-SPRINT (Activation)</p> <p>2-3 sets x 8 contacts (1-2 times per week)</p>	 <p>PRE-LIFT (Development/Capacity)</p> <p>3-4 sets x 10 contacts (1-2 times per week)</p>	 <p>PRE-PRACTICE (technical/tactical Micro-dose)</p> <p>1-2 sets x 6 contacts (3-4 times per week)</p>
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Ballistic




High Box, MB, Attack Switch & Reset

Essentials: Be ready to attack block each rep, be ready to push as soon as you hit the block, bounce feet and high




 <p>PRE-SPRINT (Activation)</p> <p>2-3 sets x 8 reps (1-2 times per week)</p>	 <p>PRE-LIFT (Development/Capacity)</p> <p>2-3 sets x 10 reps (1-2 times per week)</p>	 <p>PRE-PRACTICE (technical/tactical Micro-dose)</p> <p>2-3 sets x 6 reps (2-3 times per week)</p>
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A Switch




1 Box, MB Punch Up

Essentials: Be a spring off the ground




 <p>PRE-SPRINT (Activation)</p> <p>2-3 sets x 8 reps (1-2 times per week)</p>	 <p>PRE-LIFT (Development/Capacity)</p> <p>2-3 sets x 10 reps (1-2 times per week)</p>	 <p>PRE-PRACTICE (technical/tactical Micro-dose)</p> <p>2-3 sets x 6 reps (2-3 times per week)</p>
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Specific Transfer Drill



Critical Speed

Essentials: System efficient, moving, keep short GCT's as ranges become longer and faster

 <p>PRE-SPRINT (Activation)</p> <p>2-3 sets x 8 reps (1-2 times per week)</p>	 <p>PRE-LIFT (Development/Capacity)</p> <p>2-3 sets x 10 reps (1-2 times per week)</p>	 <p>PRE-PRACTICE (technical/tactical Micro-dose)</p> <p>2-3 sets x 6 reps (2-3 times per week)</p>
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