

## Dead Period Varsity Training Guide

We look to start our Varsity Journals over the Dead Period, a uniquely individual opportunity for growth as a student athlete. Please take the time to participate and reflect on the following tasks:

- 1) Plyometric Training - **Use the guide below and JOURNAL the date and time along with a short summary of how difficult the workout was after completing it each time.**

To be done Monday/Wednesday/Friday. Increased reps every 2nd day. 1 minute breaks between each set.

Single leg calf raises. Each leg.  
Use wall for resistance and balance.  
3 sets of 15/20/25

Jump squats  
3 sets of 14/18/22

Calf bounces (max jump with slight knee bend)  
3 sets of 20/30/40

Step-ups or split squats. Use chair or box for step-ups.  
2 sets of 12/14/16

Burnouts. Keep knees locked.  
3 sets of 100/150/200

### 2) Watch and Respond

The Mindset of a Winner, advice taken from an interview with Kobe Bryant. Watch until 7:35.  
Answer the following questions in as much detail as you feel necessary.

1. How would you summarize the Mindset the Kobe describes?
2. How do you think you can realistically apply an improved work ethic to yourself as an athlete?
3. When Kobe says “get over yourself” how does that help an athlete in a team?
4. What benefit does an athlete get from going to “Goat Mountain”, learning from the greats of the sport they love, and putting themselves and their love for the sport first get before they retire as performance athletes?

<https://youtu.be/VSceuiPBpxY>