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Kicking Performance Circuit

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The following circuit would be used with kickers seeking to train movements similar to those involved in kicking. This circuit may be used as a supplement to off-season and/or in-season training. Choose a level of sets and reps for that day and complete the circuit in chronological order, starting over if the level you are completing requires 2 or 3 sets.

1. Bulgarian Band Squat

Reps are for each leg

2. Walking Lunge Jumps

Cut reps in half for this exercise

Example:

Level 4 = 2 sets of 6 jumps each

3. Bench Glute Lift

Reps are for each leg

4. Hip Flex Band Pulls

Reps are for each leg

5. Lateral Band Step Up

Reps are for each direction

6. In Line RDL

Reps are for each leg

7. Anterior Tibialis Band

Reps are for each leg

Check one of the following boxes to indicate the level you want to use for each exercise.

Level	Requirement	Check
LEVEL 1	1 SET OF 10	
LEVEL 2	2 SETS OF 8	
LEVEL 3	2 SETS OF 10	
LEVEL 4	2 SETS OF 12	
LEVEL 5	3 SETS OF 6	
LEVEL 6	3 SETS OF 9	
LEVEL 7	3 SETS OF 12	

