



LTSA - Day #1 Linear Reactive Tier System

Exercise	Sets	Reps	Intensity	Rest
Tier #1 (Direction known- timing unknown)	1-2	4-8ea	100%	20s-30s
1. Staggered stance partner/coach led				
2. Parallel stance partner/coach led				
3. ½ knee, 3pt or 4pt stance				
4. Ball Drop (various stances)				
Tier #2 (Direction unknown-timing unknown)	1-2	4-8ea	100%	20s-30s
1. Steal stance- partner/coach led				
2. Hip turn or Plyo step- partner/coach leg				
3. Other variations				
Tier #3 (Same as tier #2 w/ more than one move)	1	3-6ea	100%	30s plus
1. Steal stance w/ change of direction				
2. Hip turn or plyo step w/ change of direction				
3. Other variations				
Adjustments are made in sets and reps based on execution and coaches satisfaction. *The Tier drills are used to assess how athlete are moving **The corrective drills will follow and address various aspects of linear speed/acceleration				



LTSA - Day #2 Lateral Reactive Tier System

Exercise	Sets	Reps	Intensity	Rest
Tier #1 (Direction known- timing unknown)	1-2	4-6ea	100%	20s-30s
1. Shuffle				
2. Lateral run				
3. Hip turn shuffle or lateral run				
4. Ball Drop (various stances)				
Tier #2 (Direction unknown-timing unknown)	1-2	4-6ea	100%	20s-30s
1. Steal stance to shuffle/lateral run- partner/coach led				
2. Hip turn to shuffle/lateral run- partner/coach leg				
3. Ball Drop from steal stance/hip turn				
Tier #3 (Same as tier #2 w/ more than one move)	1	3-6ea	100%	30s plus
1. Steal stance to shuffle/lateral run w/ change of direction				
2. Hip turn to shuffle/lateral run w/ change of direction				
3. Ball Drop to multiple shuffles/lateral run steps				
Adjustments are made in sets and reps based on execution and coaches satisfaction. *The Tier drills are used to assess how athlete are moving **The corrective drills will follow and address various aspects of linear speed/acceleration				