

# **Mustang Football**

## ***Strength, Speed and Conditioning Program -Pre-Season Program- 9 weeks***

You can do either a 5 day/week workout or a 4 day/week

### **Example 5 day/wk workout:**

#### **Week #1**

Mon: Day I Strength Training Workout (STW)

Tues: Speed, Agility and Quickness (SAQ) (\*Linear Speed)/Plyo's Conditioning

Weds: Day II STW

Thurs: Speed, Agility and Quickness (SAQ) (\*Lateral Speed)/Plyo's Conditioning

Fri: Day I STW

Sat or Sunday – Aerobic Training – 25-40 min (pick-up hoop games, bike, swim.)

#### **Week #2**

Mon: Day II Strength Training Workout (STW)

Tues: Speed, Agility and Quickness (SAQ) (\*Linear Speed)/Plyo's Conditioning

Weds: Day I STW

Thurs: Speed, Agility and Quickness (SAQ) (\*Lateral Speed)/Plyo's Conditioning

Fri: Day II STW

Sat or Sunday – Aerobic Training – 25-40 min (pick-up hoop games, bike, swim.)

Continue this pattern...

### **Example of 4 day week workout**

Mon: Day I Strength Training Workout (STW)

Tues: Speed, Agility and Quickness (SAQ) (\*Linear Speed)/Plyo's Conditioning

Weds: Off

Thurs: Day II Strength Training Workout (STW)

Fri: Speed, Agility and Quickness (SAQ) (\*Linear Speed)/Plyo's Conditioning

Sat or Sunday – Aerobic Training – 25-40 min (pick-up hoop games, bike, swim.)

# Warm-up Routines

Before each workout you must do a warm-up routine. The routines will not only help prepare you for the workout, but will also help improve your overall athleticism i.e. – speed, agility, power, balance etc.

**Movement Stretching** also known as “Dynamic Stretching” has been proven to be the most effective way for athletes to warm-up. It has been proven that traditional Static Stretching can actually decrease power output, i.e – performance, by 15-20%. Static stretching should be done at the end of the workout as a cool down, not at the beginning. Muscle soreness can occur after the first few sessions of this type of warm-up, but will subside as the body adapts to the movements.

**Warm- up “A”** – Please refer to “*Mustang Power*” web link for demonstrations of each

\*Perform one set of the following movements for 10-15 yards followed by 10-15 yards of jogging.

Heel Walks

Toe Walks

Walking Knee Hugs

Walking Shin Pulls

Walking Quad Stretch

Walking Lunges (pause for a 2 count at the bottom of the lunge)

Lunge with arms straight over head, elbows locked, twist toward the inside of front leg (alt legs)

Straight Leg Kicks to opposite hand

Straight Leg Kicks with skip

Butt Kicks (rapid reps)

Backwards Butt Kicks (quick – 10 yards)

Carioca’s (grapevine) (face same direction 1x ea.)

Side shuffle 5 yd. – Sprint 20 yd. (face the same direction 1x ea)

**Warm-up “B”** –

Heel Walks – with toe reaches

Toe Walks – lateral (switch opposite direction \_ way)

Inch worm walks (4 in a row then jog)

Lateral Lunges

Lunge w/hamstring sit-backs

Spiderman lunges

Walking Quad Stretch w/forward reach

Regular March (opposite arm and leg – point front toe up)

March w/skip

Power skips (20 yards) (2 sets)

Lateral Crossovers

Backwards pedal 10 yards – Turn 180 degrees and sprint 20

Backwards pedal 10 yards – Turn 180 degrees and sprint 20

# Strength Training Program

\*Please refer to “**Mustang Power**” for information regarding the following exercises.

## **Cycle # 1 – Weeks 1-4**

### Day 1

RM – Stands for Repetition Maximum. For example if you are using a 10RM when squatting this should be a resistance wt. that you can perform only 10 reps with. It is o.k. to estimate what your weight will be. If you know what your estimated 1RM is for the particular exercise you can refer the Repetition Maximum Chart on “Mustang Power”

### Core Lifts

If you are not familiar, or comfortable with some of the exercises please do not perform them. Perform the exercise in ( )

Rest Period – RP in between each set should be 1.5 – 2 min.

	<u>Week #1</u>	<u>Week #2</u>	<u>Week #3</u>	<u>Week #4</u>
	<i>*1 x 6 (light warm-up set before each workout)-----</i>			
Hang Cleans	4 x 6 (12RM)	2 x 6 (10RM)	2 x 6 (8RM)	2 x 5 (7RM)
		1 x 6 (10RM)	1 x 5 (7RM)	1 x 5 (6RM)
(Squat Jumps)	4 x 6-----			
Back Squats	<i>*1 x 6 (light warm-up set before each workout)-----</i>			
	1 x 10 15RMt)	2 x 8 (12RM)	4 x 6 (8RM)	2 x 5 (7RM)
	4 x 8 (12RM)	2 x 8 (10RM)		1 x 5 (6RM)
(Leg Press)	4 x 12 reps(15RM)	4 x 10 (12RM)	2 x 10(12RM)	2 x 10 (10RM)
			2 x 10 (10RM)	2 x 8 (9RM)

### Auxiliary Lifts

The Volume (sets x reps) will stay relatively the same throughout the 4 week cycle. You can increase resistance if you feel the need. Concentrate on technique and form.

Incline DB Press	3 x 12 (15RM)
Strength Step-ups	3 x 10 (use either body weight or add 30 or 45 lbs. Olympic Bar)
V-Twists (trunk) -	2 x 15 ea. Side
One arm DB row -	3 x 10
Single Leg Straight Leg Dead Lift –	3 x 8

### Core Stability –

On elbows (4 pt.), Right elbow (2 pt.), Left elbow (2 pt.) – 2 x 20-25 sec. of each

## Cycle # 1 – Weeks 1-4

### Day II

RM – Stands for Repetition Maximum. For example if you are squatting a weight that is your 10RM this is a wt. that you can perform only 10 reps with. It is o.k. to estimate what your weight will be. If you know what your estimated 1RM is for the particular exercise you can refer the Repetition Maximum Chart on “Mustang Power”

### Core Lifts

If you are not familiar or comfortable with the following exercise please do not perform them. Perform the exercise in ( )

Rest Period – RP in between each set should be 1.5 – 2 min.

	<u>Week #1</u>	<u>Week #2</u>	<u>Week #3</u>	<u>Week#4</u>
Push Press – Move the bar fast – don’t worry about wt. Add some 5-10 lbs. each week.	3 x 5	3 x 5	4 x 5	4 x 5

Bench Press	4 x 10 (12-14RM)	4 x 10 (12-14RM)	4 x 8 (10-12M)	4 x 8 (10-12)
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### Auxiliary Lifts

The Volume (sets x reps) will stay relatively the same throughout the 4 week cycle. You can increase resistance if you feel the need. Concentrate on technique and form.

32/40 specials (trunk) 1 x 8 (ea. direction)----- 1 x 10 (ea. Direction)-----

Single leg squat 3 x 10 (work on technique, try and improve depth each week)

Lat Pull-downs 3 x 12 (15RM)

Lateral Raise (shoulders) 3 x 12 (15RM)

Toe Crunches (trunk) 3 x 12

Tricep Skull Crushers 3 x 10

### Core Stability –

Push-up position on stability ball (shins on ball, hands on floor) keep back and stomach tight. 25-30 sec. x 3 sets.

## Cycle # 2 – Weeks 5-7

### Day 1

#### Core Lifts

Rest Period – RP in between each set should be 2 – 2.5 min.

	<u>Week #5</u>	<u>Week #6</u>	<u>Week #7</u>
	<i>*1 x 6 (light warm-up set before each workout)-----</i>		
Hang Cleans	1 x 5 (7RM)	1 x 5 (6RM)	1 x 5 (5RM)
	1 x 5 (7RM)	1 x 5 (6RM)	1 x 4 (5RM)
	1 x 5 (6RM)	1 x 4 (4RM)	1 x 4 (4RM)
	1 x 4 (6RM)	1 x 4 (4RM)	1 x 4 (3RM)

(Squat Jumps – add light bar on back -)                      4 x 6

	<u>Week #5</u>	<u>Week #6</u>	<u>Week #7</u>
	<i>*1 x 6 (light warm-up set before each workout)-----</i>		
Back Squats	1 x 5 (7RM)	1 x 5 (6RM)	1 x 5 (5RM)
	1 x 5 (7RM)	1 x 5 (6RM)	1 x 4 (5RM)
	1 x 5 (6RM)	1 x 4 (4RM)	1 x 4 (4RM)
	1 x 4 (6RM)	1 x 4 (4RM)	1 x 4 (3RM)

(Leg Press)                      4 x 8 (9RM)                      4 x 5 (7RM)                      4 x 5 (6RM)

#### Auxiliary Lifts

The Volume (sets x reps) will stay relatively the same throughout the 4 week cycle. You can increase resistance if you feel the need. Concentrate on technique and form.

Incline DB Press            3 x 10 (12RM)

Power Step-ups            3 x 10 (use either body weight or add 30 or 45 lbs. Olympic Bar)

V-Twists (trunk) -        2 x 15 ea. Side

One arm DB row -        3 x 10

Single Leg Straight Leg Dead Lift (add shoulder press) – 3 x 8

#### Core Stability –

On elbows (4 pt.), Right elbow (2 pt.), Left elbow (2 pt.) – 2 x 25-30 sec.

## Cycle # 2 – Weeks 5-7

### Day II

#### Core Lifts

Rest Period – RP in between each set should be 2.5 min. – 3 min.

	<u>Week #5</u>	<u>Week #6</u>	<u>Week #7</u>
Push Press (move bar fast)	4 x 4	4 x 4	4 x 3
Bench Press	1 x 6 (8RM) 1 x 5 (8RM) 1 x 5 (6RM) 1 x 4 (6RM) 1 x 3 (5RM)	1 x 6 (7RM) 1 x 5 (6RM) 1 x 5 (6RM) 1 x 4 (5RM) 1 x 3 (4RM)	1 x 6 (7RM) 1 x 5 (6RM) 1 x 5 (5RM) 1 x 4 (5RM) 1 x 3 (3RM)

#### Auxiliary Lifts

The Volume (sets x reps) will stay relatively the same throughout the 4 week cycle. You can increase resistance if you feel the need. Concentrate on technique and form.

32/40 specials (trunk) 1 x 10 (ea. direction)----- 2 x 10 (ea. Direction)-----

Single leg squat 3 x 8 (add med ball or work on technique, try and improve depth each week)

Lat Pull-downs 3 x 10 (12RM)

Toe Crunches (trunk) 3 x 12

45 degree lunges and Lateral Lunge 3 x 5 each. (Use body weight or 30/45 lb barbell)

Shoulder blast series - Upright row/shoulder shrug combo – 3 x 8-10 reps – Perform 1 set of upright rows. After you complete the set, immediately perform 1 set of shoulder shrugs with DB's. Rest 1-2 min. and repeat 2 more sets.

#### Core Stability –

Push-up position on stability ball (**Hands on ball, Feet on floor**) keep back and stomach tight. 25-30 sec. x 3 sets.

## Cycle #3 – Weeks 8-9

### Day 1

#### Core Lifts

Rest Period – RP in between each set should be 3 mins.

	<u>Week #8</u>	<u>Week #9</u>
	<i>*1 x 6 (light warm-up set before each workout)-----</i>	
Hang Cleans	1 x 4 (5RM)	1 x 3 (4RM)
	1 x 4 (4RM)	1 x 3 (3RM)
	1 x 3 (3RM)	1 x 3 (1RM)
	1 x 2 (3RM)	1 x 3 (1RM)
	1 x 2 (2RM)	1 x 2 (1RM + 10lbs)
(Squat Jumps – add light bar on back -)	3 x 5	3 x 5

	<u>Week #8</u>	<u>Week #9</u>
	<i>*1 x 6 (light warm-up set before each workout)-----</i>	
Back Squats	1 x 4 (5RM)	1 x 3 (4RM)
	1 x 4 (4RM)	1 x 3 (3RM)
	1 x 3 (3RM)	1 x 3 (1RM)
	1 x 2 (3RM)	1 x 3 (1RM)
	1 x 2 (2RM)	1 x 2 (1RM + 10lbs)
(Leg Press)	4 x 5 (5RM)	4 x 4 (4RM)

#### Auxiliary Lifts

The Volume (sets x reps) will stay relatively the same throughout the cycle. You can increase resistance if you feel the need. Concentrate on technique and form.

Dead Bugs (physioball)	2 x 12-15 reps
Incline DB Press	3 x 8 (8-10RM)
Power Step-ups	3 x 8 (use either body weight or add 30 or 45 lbs. Olympic Bar)
V-Twists (trunk) -	2 x 15 ea. Side
One arm DB row -	3 x 10
Single Leg Straight Leg Dead Lift (add shoulder press) –	3 x 8

#### Core Stability –

On elbows (4 pt.), Right elbow (2 pt.), Left elbow (2 pt.) – 2 x 30-35 sec.

## Cycle # 3 – Weeks 8-9

### Day II

#### Core Lifts

Rest Period – RP in between each set should be 2.5 min. – 3 min.

	<u>Week #8</u>	<u>Week #9</u>
Push Press (move bar fast)	4 x 4	4 x 3
Bench Press	1 x 6 (6RM) 1 x 5 (4RM) 1 x 4 (3RM) 1 x 3 (2RM) 1 x 2 (1RM)	1 x 4(4RM) 1 x 2-3 (2RM) 1 x 2-3 (1RM) 1 x 1-3 (1RM)

#### Auxiliary Lifts

The Volume (sets x reps) will stay relatively the same throughout the 4 week cycle. You can increase resistance if you feel the need. Concentrate on technique and form.

32/40 specials (trunk) 1 x 10 (ea. direction)----- 2 x 10 (ea. Direction)-----

Single leg squat 3 x 8 (add med ball or work on technique, try and improve depth each week)

Lat Pull-downs 3 x 10 (12RM)

Toe Crunches (trunk) 3 x 12

45 degree lunges and Lateral Lunge 3 x 5 each. (Use body weight or 30/45 lb barbell)

Shoulder blast series - Upright row/shoulder shrug combo – 3 x 8-10 reps – Perform 1 set of upright rows. After you complete the set, immediately perform 1 set of shoulder shrugs with DB's. Rest 1-2 min. and repeat 2 more sets.

#### Core Stability –

Push-up position on stability ball (Hands on ball, Feet on floor) keep back and stomach tight. 25-30 sec. x 3 sets.



# **Speed, Plyo's and Conditioning Program**

## **Cycle #1**

### **Tuesdays**

Choose – “A” or “B” warm-up

Refer to “Mustang Power” web link for demonstrations

**Linear Speed** – if you have access to a speed ladder please perform the following drills. If you do not have access to a speed ladder please do the same drills 10-12 feet. Follow each drill with a 10 yard sprint.

Forward - 1 foot in ea. box x 2 sets

2 feet in ea. Box x 2

In-In-Out x 2

(repeat with low knee action)

Forward - Stack outs x 2

Backward - Stack outs x 2

Forward - Crossovers x 2

Backward - Crossovers x 2

Plyo's – Use 12-18” box or step.

Stability Box Jumps (2 feet) - 10 total reps. Stick each landing for a 2 count.

Frog Hops – 10-15 yards stability jumping x 3 sets (2 feet)

Repeat with one leg.

**Conditioning** – Week #1-#2 – 4 x 400's – Rest 1 min.; 2 x 200's rest – 30 sec.; 4 x 100's Rest 20 sec.

Week #3-4 – 5 x 400's – Rest 1 min.; 3 x 200's rest – 30 sec.; 6 x 100's Rest 20 sec.

Cool down - 400 yd light jog – followed by 4-5 static stretches

## **Speed, Plyo's and Conditioning Program**

### **Cycle #1**

#### **Thurdays**

Choose – “A” or “B” warm-up

Refer to “Mustang Power” web link for demonstrations

**Lateral Speed** – if you have access to a speed ladder please perform the following drills. If you do not have access to a speed ladder please do the same drills 10-12 feet. Finish each drill with an explosive 10 yard sprint forward.

High Knee Action:

- Lateral movement (left ® right) – 1 foot in ea. Box x 2 reps – 2 feet in ea. Box x 2 reps
- Repeat right ® left

Low Knee Action:

- Repeat the above – with low knee action and quick feet.

Scissors – left ® right – 1 foot in ea.

- Repeat – 2 feet in ea.

**Plyo's** – Single leg stability jumping – Use a 2-4” box or step

Left and Right leg – Hold each jump for 2-3 count – Stick the landing – BE Quiet when you land!

Left® Right – 6 jumps ea.

Right ® Left – 6 jumps ea.

Forward – 6 jumps ea.

Single leg Heidens – In place – 6 jumps to each side. 2 sets

Repeat with horizontal movement

Clock Jumps –           12 o'clock to 3 o'clock x 6 each  
                                  12 o'clock to 6 o'clock x 6 each

### **Conditioning –**

Shuttle runs – Set up a 3 cones 5 yards apart.

5-10-5 - lateral shuffle – Stay in a good athletic position (defensive position)

From Cone #1 (starting point) - shuffle 5yards (#2) and back (#1), then shuffle 10 yards (#3) and back and then shuffle 5 yards (#2) and back. Rest 10 seconds and repeat 2x

Set up 3 cones 10 yards apart.

10-20-10 – Sprint forward 10 yards (#2); touch the ground turn and sprint back (#1); Repeat to 20 yards (#3) and back (#1); and then 10 yards again (#2) and back (#1). Rest 20 sec. repeat 2x

10-20-10 – Sprint 10 yards and back pedal back to starting line; Sprint 20 and back pedal back; Sprint 10 and back pedal back. Rest 25 sec. and repeat 2 x

10-20-10 – Carioca(grapevine) 10 yd and back; Sprint 20 yd. and back; Caroca 10 yd. and back rest 25 sec. and repeat 2x

Set up 4 cones 10 yards apart

10-20-30-20-10 – Sprint 10yards (#2) and back (#1), Sprint 20 yards and back, Sprint 30 yards and back, sprint 20 yards and back and sprint 20 yards and back. Rest 2 min. and repeat.

Cool down – 400 yard light jog – followed by static stretching

## **Weekend Conditioning**

Choose 1 weekend day to cross-train or do a different activity. Bike ride, swim, play hoop etc. The other day should be a rest day.

# **Speed, Plyo's and Conditioning Program**

## **Cycle #2**

### **Tuesdays**

Choose – “A” or “B” warm-up

**Linear Speed** – if you have access to a speed ladder please perform the following drills. If you do not have access to a speed ladder please do the same drills 10-12 feet. Follow each drill with a 10 yard sprint.

\*Work on improving speed and technique. Try and perform drill without looking down.

Forward - 1 foot in ea. box x 2 sets  
2 feet in ea. Box x 2  
In-In-Out x 2  
In-In-Out x 2 (backwards)

(repeat with low knee action)

Forward - Stack outs x 2  
Backward - Stack outs x 2  
Forward - Crossovers x 2  
Backward - Crossovers x 2  
Forward - In-In-out stick x 2

Plyo's – Jump as high as possible (consecutive jumps) over 5 – 18” hurdles followed by a 10 yard sprint. If you do not have access to hurdles use cones.

Perform 2 sets running forward for 10 yards at the end

Perform 2 sets cutting and sprinting to the right at the end for 10 yards

Perform 2 sets cutting and sprinting to the left for 10 yards.

Frog Hops – 2 foot 10-15 yards consecutive jumps  
Repeat with one leg – 2 sets with ea. leg

### **Conditioning –**

Week #5 – 6 - 300 yd shuttles – 100 yds x 3 – Rest 2 min. and repeat 3 x

- 4 x 100's Rest 20 sec. in-between
- 5 x 50's Rest 15 sec. in-between

Week #7 – 300 yd. shuttles – 50 yds. x 6 – Rest 2 min. and repeat 3x

- 4 x 100's Rest 20 sec.
- 6 x 50's Rest 15 sec.
- 10 x 20's Rest 10 sec.

# **Speed, Plyo's and Conditioning Program**

**Cycle #2**  
**Weeks 5-7**  
**Thurdays**

Choose – “A” or “B” warm-up

**Lateral Speed** – if you have access to a speed ladder please perform the following drills. If you do not have access to a speed ladder please do the same drills 10-12 feet. Finish each drill with an explosive 10 yard sprint forward.

High Knee Action:

- Lateral movement (left ® right) – 1 foot in ea. Box x 2 reps – 2 feet in ea. Box x 2 reps
- Repeat right ® left

Low Knee Action:

- Repeat the above – with low knee action and quick feet

Scissors – left ® right – 1 foot in ea.

- Repeat – 2 feet in ea.

**Plyo's** – Single leg stability jumping – over 6 in. cones. Use 4 cones. 4 reps is 1 set.

Left and Right leg – Hold each jump for 2-3 count – Stick the landing – BE Quiet when you land!

Left® Right – 3 sets ea. leg

Right ® Left – 3 sets ea. leg

Forward – 3 sets 6 jumps ea. leg

Single leg Heiden's – In place – 6 jumps to each side. 2 sets

Repeat with consecutive jumps – side to side – 3 sets x 10 reps (5 ea. Side)

Repeat with horizontal movement

Ankle Jumps in place – 2 x 10

Squat jumps in place – 2 x 6

Tuck jumps in place – 2 x 8

Split squat jumps in place – 2 x 6 (3 ea.)

## **Conditioning –**

Shuttle runs – Set up a 3 cones 5 yards apart.

5-10-6 - lateral shuffle – Stay in a good athletic position (defensive position)

From Cone #1 (starting point) - shuffle 5 yards (#2) and back (#1), then shuffle 10 yards (#3) and back and then shuffle 5 yards (#2) and back. Rest 10 seconds and repeat 2x

Set up 3 cones 10 yards apart.

10-20-10 – Sprint forward 10 yards (#2); touch the ground turn and sprint back (#1); Repeat to 20 yards (#3) and back (#1); and then 10 yards again (#2) and back (#1). Rest 20 sec. repeat 2x

10-20-10 – Sprint 10 yards and back pedal back to starting line; Sprint 20 and back pedal back; Sprint 10 and back pedal back. Rest 25 sec. and repeat 2 x

10-20-10 – Carioca(grapevine) 10 yd and back; Sprint 20 yd. and back; Caroca 10 yd. and back

rest 25 sec. and repeat 2x

Set up 4 cones 10 yards apart

10-20-30-20-10 – Sprint 10yards (#2) and back (#1), Sprint 20 yards and back, Sprint 30 yards and back, sprint 20 yards and back and sprint 20 yards and back. Rest 2 min. and repeat.

Cool down – 400 yard light jog – followed by static stretching

# **Speed, Plyo's and Conditioning Program**

## **Cycle #3**

## **Weeks 8-9**

## **Tuesdays**

Choose – “A” or “B” warm-up

**Linear Speed** – if you have access to a speed ladder please perform the following drills. If you do not have access to a speed ladder please do the same drills 10-12 feet. Follow each drill with a 10 yard sprint.

\*Work on improving speed and technique. Try and perform drill without looking down.

Forward - 1 foot in ea. box x 3 sets  
2 feet in ea. Box x 3  
In-In-Out x 3  
In-In-Out x 3 (backwards)

(repeat with low knee action)

Forward - Stack outs x 3  
Backward - Stack outs x 3  
Forward - Crossovers x 3  
Backward - Crossovers x 3  
Forward - In-In-out stick x 3

Plyo's – Jump as high as possible (consecutive jumps) over 5 – 18” hurdles followed by a 10 yard sprint. If you do not have access to hurdles use cones.

Perform 2 sets running forward for 10 yards at the end

Perform 2 sets cutting and sprinting to the right at the end for 10 yards

Perform 2 sets cutting and sprinting to the left for 10 yards.

Frog Hops – 2 foot 10-15 yards consecutive jumps  
Repeat with one leg – 2 sets with ea. leg

## **Conditioning -**

Week #8 – 300 yd. shuttles – 50 yds x 6 – Rest 2 min. and repeat 3x

- 10 x 50's Rest 20 sec.
- 10 x 20's Rest 15 sec.

Week #9 – 300 yd. shuttles – 25 yds. x 12 – Rest 2.5 min. and repeat 3 x

- 10 x 40's Rest 15 sec.
- 10 x 20's Rest 10 sec.
- 10 x 10's Rest 10 sec.

Cool down - 400 yd light jog – followed by 4-5 static stretches

# **Speed, Plyo's and Conditioning Program**

**Cycle #3**  
**Weeks 8-9**  
**Thursday**

Choose – “A” or “B” warm-up

**Lateral Speed** – if you have access to a speed ladder please perform the following drills. If you do not have access to a speed ladder please do the same drills 10-12 feet. Finish each drill with an explosive 10 yard sprint forward.

High Knee Action:

- Lateral movement (left ® right) – 1 foot in ea. Box x 2 reps – 2 feet in ea. Box x 2 reps
- Repeat right ® left

Low Knee Action:

- Repeat the above – with low knee action and quick feet

Scissors – left ® right – 1 foot in ea.

- Repeat – 2 feet in ea.

**Plyo's** – Single leg consecutive jumping – over 6 in. cones. Use 4 cones. 4 reps is 1 set.

Left and Right leg – Sprint forward at the end of each set. - BE Quiet when you land!

Left® Right – 3 sets ea. leg

Right ® Left – 3 sets ea. leg

Forward – 3 sets 6 jumps ea. leg

Single leg Heiden's – In place – 6 jumps to each side. 2 sets

Repeat with consecutive jumps – side to side – 3 sets x 10 reps (5 ea. Side)

Repeat with horizontal movement

Ankle Jumps in place – 2 x 10

Squat jumps in place – 2 x 6

Tuck jumps in place – 2 x 8

Split squat jumps in place – 2 x 6 (3 ea.)

## **Conditioning –**

Shuttle runs – Set up a 3 cones 5 yards apart.

5-10-7 - lateral shuffle – Stay in a good athletic position (defensive position)

From Cone #1 (starting point) - shuffle 5 yards (#2) and back (#1), then shuffle 10 yards (#3) and back and then shuffle 5 yards (#2) and back. Rest 10 seconds and repeat 2x

Set up 3 cones 10 yards apart.

10-20-10 – Sprint forward 10 yards (#2); touch the ground turn and sprint back (#1); Repeat to 20 yards (#3) and back (#1); and then 10 yards again (#2) and back (#1). Rest 20 sec. repeat 2x

10-20-10 – Sprint 10 yards and back pedal back to starting line; Sprint 20 and back pedal back; Sprint 10 and back pedal back. Rest 25 sec. and repeat 2 x

10-20-10 – Carioca(grapevine) 10 yd and back; Sprint 20 yd. and back; Caroca 10 yd. and back



rest 25 sec. and repeat 2x

Set up 4 cones 10 yards apart

10-20-30-20-10 – Sprint 10yards (#2) and back (#1), Sprint 20 yards and back, Sprint 30 yards and back, sprint 20 yards and back and sprint 20 yards and back. Rest 2 min. and repeat.

Cool down – 400 yard light jog – followed by static stretching