Westfield State Football
Off Season Strength Program

"Even if you are on the right track, you'll get run over if you just sit there –Will Rogers

Summer is here and its time to get ready for fall camp! We are doing a different type of lift called "Triphasic Training". It is a 3 day a week lift Monday Wednesday and Friday (it can be implemented into 4-6 days a week if you want to use last years 4 day a week lift and use the same tempo, sets, and intensities).

The first phase is the **ECCENTRIC PHASE** concentrating on going slow on the way down for injury prevention and to help build volume. Tempo’s will range from 5-7 seconds on the way down (5/x/x or 7/x/x) no pause at the bottom, just explode up.

The second phase is the **ISOMETRIC PHASE** concentrating on holding the correct position at the bottom of the lift. Isometric work has proven to have an increase affect on plyometrics which helps with speed development and injury prevention. Tempo’s will range from 2-4 seconds at the bottom (x/2/x or x/4/x) normal speed on the way down and just explode up.

The third phase is the **CONCENTRIC PHASE** concentrating on bar speed while still doing the correct range of motion.

The fourth phase is focusing on **REACTIVE PHASE**. The loads will be lighter, reps will be higher so the bar can move as fast as possible, may not get the full range of motion as in the Concentric phase, but that is because speed is important. This will work as a slight unloading so your legs wont feel as tight coming into camp but will still have high tension in the lifts.

- The 1st day of the week is **Medium Intensity (82-87% of your 1 rep max)** and **Medium Volume (2-4 work sets, 1-3 reps)**
- The 2nd day of lifting is **High Intensity (92-97% of your 1 rep max) and Low Volume (3-4 work sets, 1 rep)** with a **Tempo of x/x/x**. There is no tempo on this day, the purpose is to work on your max strength, it is essentially a testing day!
- The 3rd day of lifting is **Low Intensity (75-80% of your 1 rep max) and High Volume (2-6 work sets, 2-8 reps)**

It is important that on your days in between lifting you do offseason sprinting to improve your speed, but you should NEVER EVER SKIP A LIFT!!!

Any questions, email or call Coach Sax vsaxena@westfield.ma.edu (650) 787 8963. **Graduated 20 seniors, a lot of spots wide open, now what are you going to do to earn that spot!?**
Flexibility and Mobility

Dynamic Warm-up and Stretches

- All dynamic warm-up and stretches will be completed for 20 meters in one direction unless specified.
- Athletes will be dispersed into 4 separate rows to allow for more room and movement efficiency.
- Once a week the athletes will perform dynamic stretches on a soft surface barefoot and once a week they will be performed in a sandpit barefoot.

**Dynamic Warm-up A:**

1. Heel walks
2. Quadriceps grabs
3. Knee grabs
4. Spider lunges
5. Hamstring swings
6. Facing the wall lateral leg swings and anterior posterior leg swings
7. Power skips
8. 6x30 meter accelerations on the fly.
Flexibility and Mobility

Dynamic Warm-up and Stretches

- All dynamic warm-up and stretches will be completed for 20 meters in one direction unless specified.
- Athletes will be dispersed into 4 separate rows to allow for more room and movement efficiency.
- Once a week the athletes will perform dynamic stretches on a soft surface barefoot and once a week they will be performed in a sandpit barefoot.

Dynamic Warm-up B:

1. Tip toe walks
2. Forward lunges
3. Frankenstein walks
4. A skips
5. B skips
6. C skips
7. Quick leg pull through
8. 4x50 meter accelerations
Flexibility and Mobility

Dynamic Warm-up and Stretches

- All dynamic warm-up and stretches will be completed for 20 meters in one direction unless specified.
- Athletes will be dispersed into 4 separate rows to allow for more room and movement efficiency.
- Once a week the athletes will perform dynamic stretches on a soft surface barefoot and once a week they will be performed in a sandpit barefoot.

**Dynamic Warm-up C:**

1. Quadriceps grabs
2. Frankenstein walk to toe touch
3. Hamstring swings
4. A skips
5. B skips
6. C skips
7. Carioca
8. 5x70 meter strides
<table>
<thead>
<tr>
<th>Exercise List</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Explosive</strong></td>
</tr>
<tr>
<td>Hang Clean/Power Clean &amp; Jerk</td>
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<tr>
<td>Jump Shrugs/Hang High Pulls</td>
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<tr>
<td>Box Jumps/plyo pushups</td>
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<tr>
<td>Kettle bell swings</td>
</tr>
<tr>
<td>Power Snatch</td>
</tr>
<tr>
<td><strong>Upper Body Push</strong></td>
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<tr>
<td>Bench Press</td>
</tr>
<tr>
<td>Shoulder Press</td>
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<tr>
<td>Incline Bench Press</td>
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<tr>
<td>Alternating DB Bench Press</td>
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<tr>
<td>Plyo Pushups/Medicine ball push ups</td>
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<tr>
<td>DB Shoulder Press</td>
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<tr>
<td>Alternating DB Incline Bench Press</td>
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<tr>
<td><strong>Lower Body Pull/Hamstring/Glute</strong></td>
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<tr>
<td>Barbell RDL</td>
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<tr>
<td>Single leg DB RDL</td>
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<tr>
<td>Partner Glute Hams/Back Hypers</td>
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<tr>
<td>Hip Raise/Single leg Hip Raise</td>
</tr>
<tr>
<td>Physioball Hamstring Curls</td>
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<tr>
<td>GOOD MORNINGS</td>
</tr>
<tr>
<td><strong>Upper Body Pull</strong></td>
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<tr>
<td>Pull-ups</td>
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<tr>
<td>Inverted Row</td>
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<tr>
<td>Seated Row</td>
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<tr>
<td>Overhand/Underhand Row</td>
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<tr>
<td>Upright Row</td>
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<tr>
<td><strong>Biceps/Triceps</strong></td>
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<tr>
<td>Barbell Curls/Skull Crushers</td>
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<tr>
<td>DB Curls/Overhead Tricep Extensions</td>
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<tr>
<td><strong>Shoulder Pre-Hab</strong></td>
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<tr>
<td>Internal/External Rotation</td>
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<tr>
<td>Band Pull-Aparts</td>
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<tr>
<td>Y-T-L/Big 50's/Corkscrews/90-90s</td>
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<tr>
<td><strong>Lower Body Push</strong></td>
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<tr>
<td>Backsquat</td>
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<tr>
<td>Deadlift (Trap Bar/Barbell)</td>
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<tr>
<td>Single Leg Squat/Pitcher squat</td>
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<tr>
<td>Bulgarian Squat</td>
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<tr>
<td>Forward/Reverse Lunge</td>
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<tr>
<td>Split Squat</td>
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<tr>
<td>Step ups</td>
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<td><strong>Calves</strong></td>
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<tr>
<td>Raises</td>
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<tr>
<td>Balance Board w/ light med ball toss</td>
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<tr>
<td><strong>Neck</strong></td>
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<tr>
<td>Flexion/Extension</td>
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<tr>
<td><strong>Core</strong></td>
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<tr>
<td>Russian Twists w/weight</td>
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<tr>
<td>Scissors</td>
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<tr>
<td>Physioball Crunches</td>
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<tr>
<td>Super mans</td>
</tr>
<tr>
<td>Lying Opposites</td>
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<tr>
<td>Planks/side planks</td>
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<tr>
<td>Reverse Crunches</td>
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<tr>
<td>V ups</td>
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<tr>
<td>Sit ups on Decline Bench w/weight</td>
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<tr>
<td><strong>Medicine Ball Throws</strong></td>
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<tr>
<td>Overhead Slams</td>
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<tr>
<td>Kneeling side toss</td>
</tr>
<tr>
<td>Chest Pass</td>
</tr>
<tr>
<td>Backward overhead throws</td>
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<tr>
<td><strong>Foam Roll/LAX Balls</strong></td>
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Westfield State Football
Off Season 2015
Triphasic - Eccentric Phase (Week 1 & 2)

<table>
<thead>
<tr>
<th>Name</th>
<th>GROUP</th>
<th>Clean</th>
<th>B.Squat</th>
<th>Bench</th>
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Day 1 Medium Intensity

Warm up Dynamic A
2x60 Jump Rope

### RELATIVE INTENSITY

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Tempo</th>
<th>1-Jun 80-85%</th>
<th>8-Jun 82-87%</th>
<th>15-Jun 82-87%</th>
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<tbody>
<tr>
<td><strong>A1) High Hang Clean</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>(bar from mid thigh)</td>
<td></td>
<td></td>
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<tr>
<td>super set w/</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4x5 HURDLE HOPS</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>2-4min rest</td>
<td>x/x/x</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>55%</td>
<td>5</td>
<td>55%</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>70%</td>
<td>3</td>
<td>70%</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>80%</td>
<td>82%</td>
<td>80%</td>
<td>5</td>
<td>82%</td>
</tr>
<tr>
<td>82%</td>
<td>4</td>
<td>82%</td>
<td>4</td>
<td>85%</td>
</tr>
<tr>
<td>82%</td>
<td>4</td>
<td>85%</td>
<td>4</td>
<td>85%</td>
</tr>
</tbody>
</table>

| **B1) Back Squat**                            |       |              |              |               |
| (2 min rest)                                  |       |              |              |               |
| Deep Squat Stretch                            |       |              |              |               |
| in between                                    | 5/x/x|              |              |               |
| 3x15sec hold                                  |       |              |              |               |
| 55%                                           | 5     | 55%          | 5            | 5             |
| 70%                                           | 3     | 70%          | 3            | 3             |
| 82%                                           | 82%   | 82%          | 3            | 82%           |
| 82%                                           | 82%   | 82%          | 3            | 82%           |
| 82%                                           | 85%   | 85%          | 3            | 85%           |
| 85%                                           | 85%   | 87%          | 3            | 87%           |

| **C1) Bench Press**                           |       |              |              |               |
| (2 min rest)                                  |       |              |              |               |
| super set w/                                  |       |              |              |               |
| 3x8 Face Band Pulls                           |       |              |              |               |
| and                                           |       |              |              |               |
| 3x8 Barbell RDL                               |       |              |              |               |
| 55%                                           | 5     | 55%          | 5            | 5             |
| 70%                                           | 3     | 70%          | 3            | 3             |
| 82%                                           | 82%   | 82%          | 3            | 82%           |
| 82%                                           | 82%   | 82%          | 3            | 82%           |
| 82%                                           | 85%   | 85%          | 3            | 85%           |
| 85%                                           | 85%   | 87%          | 3            | 87%           |

| **D1) Hip Ext on SB**                         |       |              |              |               |
| 25sec rest                                    |       |              |              |               |
| 5/x/x                                        |       |              |              |               |
| 6                                             | 6     |              | 6            |               |
| 25sec rest                                    |       |              |              |               |
| 6                                             | 6     |              | 6            |               |

| **D2) Iso Med ball groin squeeze**            |       |              |              |               |
| 25sec rest                                    |       |              |              |               |
| x/10/x                                        |       |              |              |               |
| 10s                                           | 10s   |              | 10s          | 10s           |

| **D3) DB Shoulder Press**                     |       |              |              |               |
| 25sec rest                                    |       |              |              |               |
| 50%                                           | 52%   |              | 52%          | 52%           |
| 52%                                           | 52%   |              | 55%          | 55%           |

| **D4) Chin Ups**                             |       |              |              |               |
| 25sec rest                                    |       |              |              |               |
| 5/x/x                                        |       |              |              |               |
| Weighted                                      |       |              |              |               |
| 6                                             | 6     |              | 6            |               |

Box Stretch

"You are only as strong as your weakest link"
<table>
<thead>
<tr>
<th>Exercise</th>
<th>3-Jun</th>
<th>10-Jun</th>
<th>17-Jun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>90-95%</td>
<td>92-97%</td>
<td>92-97%</td>
</tr>
<tr>
<td>Tempo</td>
<td>int</td>
<td>wt</td>
<td>rep</td>
</tr>
<tr>
<td>A1) Power High Pull (From Ground, Snatch Grip)</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
</tr>
<tr>
<td>super set w/ 4x3 Depth Jumps 2-4min rest</td>
<td>70%</td>
<td>3</td>
<td>70%</td>
</tr>
<tr>
<td>B1) Back Squat (2-4 min rest) Hip Flexor Pulse Stretch in between 3x8each</td>
<td>90%</td>
<td>1</td>
<td>92%</td>
</tr>
<tr>
<td>C1) Bench Press (2-4 min rest) super set w/ 3x5 Med Ball Chest pass and 3x6 DB Row</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
</tr>
<tr>
<td>super set w/ 3x5 Med Ball Chest pass and 3x6 DB Row</td>
<td>70%</td>
<td>3</td>
<td>70%</td>
</tr>
<tr>
<td>D1) Feet on SB Pike 25sec rest</td>
<td>x/x/x</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>D2) DB Walking Lunge 25sec rest</td>
<td>x/x/x</td>
<td>4each</td>
<td>5each</td>
</tr>
<tr>
<td>D3) Back Extension 25sec rest</td>
<td>x/x/x</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>D4) Reverse Flys 25sec rest</td>
<td>x/x/x</td>
<td>12</td>
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</table>

Foam Roll + Stretch
# Day 3 High Volume

**Warm up Dynamic C**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>5-Jun</th>
<th>12-Jun</th>
<th>19-Jun</th>
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</thead>
<tbody>
<tr>
<td>A1) DB Snatch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>super set w/</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 sets of 6 reps Box Jumps</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2-4 min rest</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Relative Intensity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tempo</td>
<td>int</td>
<td>wt</td>
<td>rep</td>
</tr>
<tr>
<td>x/x/x</td>
<td>6 each</td>
<td>6 each</td>
<td>6 each</td>
</tr>
<tr>
<td>B1) SL Squat (RFESS)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2 min rest)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Seated T-Spine rotations</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>in between</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>3 x 3 each</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Relative Intensity</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
</tr>
<tr>
<td>70%</td>
<td>3</td>
<td>70%</td>
<td>3</td>
</tr>
<tr>
<td>75%</td>
<td>4 each</td>
<td>75%</td>
<td>4 each</td>
</tr>
<tr>
<td>77%</td>
<td>4 each</td>
<td>77%</td>
<td>4 each</td>
</tr>
<tr>
<td>C1) SA DB Incline Press</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Cluster Set 15 sec rest</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>between the 3 sets</td>
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<td></td>
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</tr>
<tr>
<td>Relative Intensity</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
</tr>
<tr>
<td>70%</td>
<td>3</td>
<td>70%</td>
<td>3</td>
</tr>
<tr>
<td>75%</td>
<td>4 each</td>
<td>75%</td>
<td>4 each</td>
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<tr>
<td>77%</td>
<td>3 each</td>
<td>77%</td>
<td>3 each</td>
</tr>
<tr>
<td>D1) Partner Glute Ham</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td></td>
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<tr>
<td>Relative Intensity</td>
<td>55%</td>
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<td>75%</td>
<td>4 each</td>
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<td>4 each</td>
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<tr>
<td>77%</td>
<td>3 each</td>
<td>77%</td>
<td>3 each</td>
</tr>
<tr>
<td>D2) Russian twist w/ Plate</td>
<td></td>
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</tr>
<tr>
<td>25 sec rest</td>
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</tr>
<tr>
<td>Relative Intensity</td>
<td>55%</td>
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<td>75%</td>
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<tr>
<td>77%</td>
<td>3 each</td>
<td>77%</td>
<td>3 each</td>
</tr>
<tr>
<td>D3) SL BB Deadlift</td>
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<td>25 sec rest</td>
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<tr>
<td>Relative Intensity</td>
<td>55%</td>
<td>5</td>
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<td>70%</td>
<td>3</td>
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<td>75%</td>
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<tr>
<td>77%</td>
<td>3 each</td>
<td>77%</td>
<td>3 each</td>
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<tr>
<td>D4) DB Shoulder Lateral Raises</td>
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<tr>
<td>Relative Intensity</td>
<td>55%</td>
<td>5</td>
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<td>70%</td>
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<td>70%</td>
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<tr>
<td>75%</td>
<td>4 each</td>
<td>75%</td>
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<tr>
<td>77%</td>
<td>3 each</td>
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**ARM FARM (5 min Bi's & Tri's) & Lax Ball Roll Out**
Westfield State Football
Off Season 2015
Isometric Weeks 3 & 4

<table>
<thead>
<tr>
<th>Name</th>
<th>GROUP</th>
<th>Clean</th>
<th>B.Squat</th>
<th>Bench</th>
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**Day 1 Medium Intensity**

Warm up Dynamic A
2x60 Jump Rope

<table>
<thead>
<tr>
<th>RELATIVE INTENSITY</th>
<th>22-Jun</th>
<th>29-Jun</th>
<th>6-Jul</th>
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<tbody>
<tr>
<td></td>
<td>80-85%</td>
<td>82-87%</td>
<td>82-87%</td>
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<tr>
<td><strong>EXERCISE</strong></td>
<td><strong>Tempo</strong></td>
<td><strong>int</strong></td>
<td><strong>wt</strong></td>
</tr>
<tr>
<td>A1) Hang High Pulls</td>
<td>x/x/x</td>
<td>55%</td>
<td>5</td>
</tr>
<tr>
<td>(bar knee level, Snatch Grip)</td>
<td>super set w/</td>
<td>70%</td>
<td>3</td>
</tr>
<tr>
<td>4x5each Single leg HURDLE HOPS</td>
<td>75%</td>
<td>5</td>
<td>75%</td>
</tr>
<tr>
<td>2-4min rest</td>
<td>82%</td>
<td>4</td>
<td>85%</td>
</tr>
<tr>
<td>B1) Back Squat</td>
<td>82%</td>
<td>2</td>
<td>85%</td>
</tr>
<tr>
<td>(2 min rest)</td>
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<td>2</td>
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<td>Sumo Squat Stretch against wall</td>
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<tr>
<td>C1) Bench Press</td>
<td>82%</td>
<td>3</td>
<td>82%</td>
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<tr>
<td>(2 min rest)</td>
<td>82%</td>
<td>2</td>
<td>85%</td>
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<tr>
<td>super set w/</td>
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<td>2</td>
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<tr>
<td>4x6 Band Pull Aparts and 4x6 Barbell RDL</td>
<td>x/3/x</td>
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<tr>
<td>D1) Shoulder L's</td>
<td>x/x/x</td>
<td>10</td>
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<td>25sec rest</td>
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<tr>
<td>D2) DB Step Ups</td>
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<tr>
<td>D3) Seated Cable Rows</td>
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<td></td>
<td></td>
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<tr>
<td>D4) Ab Wheel OR BB Ab Rollout</td>
<td>5/x/x</td>
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<tr>
<td>25sec rest</td>
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**Foam Roll**

*Train Hard. Win Easy.*
Day 2 High Intensity

Warm up Dynamic B
2x30 SL Jump Rope

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<th>RELATIVE INTENSITY</th>
<th>Exercise</th>
<th>Tempo</th>
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<th>1-Jul</th>
<th>8-Jul</th>
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<td></td>
<td></td>
<td>int</td>
<td>wt</td>
<td>rep</td>
<td>int</td>
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<tr>
<td><strong>A1) Power Clean</strong></td>
<td>(from ground)</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>2-4min rest</td>
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<td>3</td>
<td>70%</td>
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<tr>
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<td>1</td>
<td>92%</td>
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<td></td>
<td>4x4 Lat. Depth Rebound Jumps</td>
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<td>95%</td>
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<tr>
<td></td>
<td>(2 each direction)</td>
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<td>97%</td>
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<tr>
<td><strong>B1) Back Squat</strong></td>
<td>(2-4 min rest)</td>
<td>70%</td>
<td>3</td>
<td>70%</td>
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<tr>
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<tr>
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<tr>
<td><strong>C1) Bench Press</strong></td>
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<td>5</td>
<td>55%</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>super set w/</td>
<td>70%</td>
<td>3</td>
<td>70%</td>
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<tr>
<td></td>
<td>3sets of 8reps Shoulder Y's</td>
<td>92%</td>
<td>1</td>
<td>92%</td>
<td>1</td>
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<tr>
<td></td>
<td>and</td>
<td>95%</td>
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<td>3sets of 6 reps BB Row</td>
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<td><strong>D1) Cable Chop</strong></td>
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<td>x/x/x</td>
<td>8each</td>
<td>8each</td>
<td>8each</td>
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<tr>
<td></td>
<td>25sec rest</td>
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<td><strong>D2) DB OH Lunge</strong></td>
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<td>8each</td>
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<td></td>
<td>25sec rest</td>
<td></td>
<td></td>
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<td><strong>D3) Good Mornings</strong></td>
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<td>x/x/x</td>
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<td>6</td>
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<td></td>
<td>25sec rest</td>
<td></td>
<td></td>
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<tr>
<td><strong>D4) Wide Grip Pull ups</strong></td>
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<td>x/x/x</td>
<td>10</td>
<td>10</td>
<td>10</td>
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<tr>
<td></td>
<td>25sec rest</td>
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LAX Ball Roll out
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<td><strong>EXERCISE</strong></td>
<td></td>
<td>int</td>
<td>wt</td>
<td>rep</td>
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<tr>
<td>A1) KB Swings</td>
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<tr>
<td>2-4min rest Depth Jumps to Standing Long Jump (quick) 4x3</td>
<td>x/x/x</td>
<td>5</td>
<td>8</td>
<td>8</td>
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<tr>
<td>B1) Split Squat (2 min rest) super set w/ Shoulder Wall Slides 3x8</td>
<td>x/4/x</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
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<tr>
<td>C1) Incline Press</td>
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<td>55%</td>
<td>5</td>
<td>55%</td>
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<tr>
<td>Cluster Set 25sec rest between the 4 sets</td>
<td>x/4/x</td>
<td>75%</td>
<td>3</td>
<td>75%</td>
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<tr>
<td>D1) Glute Ham Machine</td>
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<td>75%</td>
<td>2</td>
<td>75%</td>
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<tr>
<td>25sec rest</td>
<td></td>
<td>77%</td>
<td>2</td>
<td>77%</td>
</tr>
<tr>
<td>D2) Palloff Press</td>
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<tr>
<td>25sec rest</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>D3) DB SL RDL</td>
<td></td>
<td>5each</td>
<td>5each</td>
<td>5each</td>
</tr>
<tr>
<td>25sec rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D4) Supermans</td>
<td></td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>25sec rest</td>
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ARM FARM (5 min Bi’s & Tri’s) & Band Stretch
# Westfield State Football
## Off Season 2015
### Concentric

<table>
<thead>
<tr>
<th>Name</th>
<th>GROUP</th>
<th>Clean</th>
<th>B.Squat</th>
<th>Bench</th>
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### Day 1 Medium Intensity

**Warm up Dynamic A**
2x60 Jump Rope

**RELATIVE INTENSITY**

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<tr>
<th>EXERCISE</th>
<th>Tempo</th>
<th>13-Jul</th>
<th>20-Jul</th>
<th>27-Jul</th>
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<tr>
<td></td>
<td>int</td>
<td>wt</td>
<td>rep</td>
<td>int</td>
</tr>
<tr>
<td>A1) Power Snatch (From Ground)</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
<td>5</td>
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<tr>
<td>super set w/ 4 sets of 3 each Single leg Box Jumps</td>
<td>70%</td>
<td>3</td>
<td>70%</td>
<td>3</td>
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<tr>
<td>x/x/x</td>
<td>75%</td>
<td>5</td>
<td>75%</td>
<td>5</td>
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<tr>
<td>24 min rest</td>
<td>82%</td>
<td>4</td>
<td>85%</td>
<td>4</td>
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<tr>
<td>B1) Back Squat w/bands or chains (2 min rest)</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
<td>5</td>
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<tr>
<td>Cook Squat (squat mobility)</td>
<td>70%</td>
<td>3</td>
<td>70%</td>
<td>3</td>
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<tr>
<td>3x5</td>
<td>x/x/x</td>
<td>82%</td>
<td>3</td>
<td>82%</td>
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<tr>
<td>82%</td>
<td>3</td>
<td>85%</td>
<td>3</td>
<td>85%</td>
</tr>
<tr>
<td>55%</td>
<td>5</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
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<tr>
<td>70%</td>
<td>3</td>
<td>70%</td>
<td>3</td>
<td>70%</td>
</tr>
<tr>
<td>C1) Bench Press w/bands or chains (2 min rest)</td>
<td>82%</td>
<td>3</td>
<td>82%</td>
<td>3</td>
</tr>
<tr>
<td>3 sets of 8 reps SA Standing Cable Rows &amp; 3 sets of 8 reps SL BB RDL</td>
<td>82%</td>
<td>3</td>
<td>85%</td>
<td>2</td>
</tr>
<tr>
<td>85%</td>
<td>2</td>
<td>85%</td>
<td>2</td>
<td>85%</td>
</tr>
<tr>
<td>87%</td>
<td>2</td>
<td>87%</td>
<td>2</td>
<td>87%</td>
</tr>
</tbody>
</table>

| D1) Upright Rows | x/x/x | 10 | 10 | 10 |
| 25 sec rest | 10 | 10 | 10 |

| D2) Plate Twist Lunge | x/x/x | 5 | 5 | 5 |
| 25 sec rest | 5 | 5 | 5 |

| D3) OH Plate Sit ups | x/x/x | 12 | 12 | 12 |
| 25 sec rest | 12 | 12 | 12 |

| D4) Lateral Squats | x/x/x | 8 each | 8 each | 8 each |
| 25 sec rest | 8 each | 8 each | 8 each |

**Foam Roll**

"5 - 5"
### Day 2 High Intensity

**Warm up Dynamic B**  
2x30 SL Jump Rope

<table>
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<tr>
<th>RELATIVE INTENSITY</th>
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<th>15-Jul 90-95%</th>
<th>22-Jul 92-97%</th>
<th>29-Jul 92-97%</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>int wt rep</td>
<td>int wt rep</td>
<td>int wt rep</td>
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<tr>
<td>A1) Hang Clean</td>
<td>(bar at knee level)</td>
<td>55% 5</td>
<td>55% 5</td>
<td>55% 5</td>
</tr>
<tr>
<td></td>
<td>2-4min rest</td>
<td>70% 3</td>
<td>70% 3</td>
<td>70% 3</td>
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<tr>
<td></td>
<td>4x4 Lat. Depth 90 degree</td>
<td>x/x/x</td>
<td>x/x/x</td>
<td>x/x/x</td>
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<td></td>
<td>Reb. Jumps</td>
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<td>92% 1</td>
<td>92% 1</td>
</tr>
<tr>
<td></td>
<td>(2 each direction)</td>
<td>92% 1</td>
<td>95% 1</td>
<td>95% 1</td>
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<td></td>
<td></td>
<td>95% 1</td>
<td>97% 1</td>
<td>97% 1</td>
</tr>
<tr>
<td>B1) Back Squat</td>
<td>(2-4 min rest)</td>
<td>70% 3</td>
<td>70% 3</td>
<td>70% 3</td>
</tr>
<tr>
<td></td>
<td>super set w/</td>
<td></td>
<td></td>
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<td>Hip Flexor 90 degree Pulse</td>
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<td>Stretch</td>
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<td>4x5each</td>
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<td>C1) Bench Press</td>
<td>(2-4 min rest)</td>
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<td>55% 5</td>
<td>55% 5</td>
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<tr>
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<td>super set w/</td>
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<tr>
<td></td>
<td>3x8each Kneeling Opposites</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>and</td>
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<tr>
<td>D1) BB Row Underhand Grip</td>
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<td>x/x/x</td>
<td>8 8</td>
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<td>8 8</td>
<td>8 8</td>
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<td>D2) Crossover Step ups</td>
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<td>x/x/x</td>
<td>6each 6each</td>
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<td>25sec rest</td>
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<td>6each 6each</td>
<td>6each 6each</td>
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<tr>
<td>D3) BB Good Mornings w/ Bands</td>
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<td>x/x/x</td>
<td>6 6</td>
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<tr>
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<td>25sec rest</td>
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<td>6 6</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>x/x/x</td>
<td>10 10</td>
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<td>D4) Neutral Grip Pull ups</td>
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LAX Ball Roll out
# Day 3 High Volume

## Warm up Dynamic C

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<th>24-Jul</th>
<th>31-Jul</th>
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<tr>
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<td>B1) Barbell Reverse Lunges (2 min rest)</td>
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<td>4each</td>
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<td>80%</td>
<td>3each</td>
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<tr>
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<td>C1) Incline Press w/chains or bands</td>
<td>x/x/x</td>
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<tr>
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<td>Cluster Set 25sec rest between the 4 sets</td>
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<td>77%</td>
<td>2</td>
<td>77%</td>
<td>2</td>
<td>77%</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>D1) Glute Ham</td>
<td>x/x/x</td>
<td></td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>25sec rest</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>D2) Overhead Palloff Press</td>
<td>x/3/x</td>
<td></td>
<td>5each</td>
<td>5each</td>
<td>5each</td>
<td>5each</td>
<td>5each</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>25sec rest</td>
<td>5each</td>
<td>5each</td>
<td>5each</td>
<td>5each</td>
<td>5each</td>
</tr>
<tr>
<td></td>
<td>D3) X Band Walks</td>
<td>x/x/x</td>
<td></td>
<td>8each</td>
<td>8each</td>
<td>8each</td>
<td>8each</td>
<td>8each</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>25sec rest</td>
<td>8each</td>
<td>8each</td>
<td>8each</td>
<td>8each</td>
<td>8each</td>
</tr>
<tr>
<td></td>
<td>D4) Turkish Get ups</td>
<td>x/x/x</td>
<td></td>
<td>3each</td>
<td>3each</td>
<td>3each</td>
<td>3each</td>
<td>3each</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>25sec rest</td>
<td>3each</td>
<td>3each</td>
<td>3each</td>
<td>3each</td>
<td>3each</td>
</tr>
</tbody>
</table>

**ARM FARM (5 min Bi's & Tri's) & Band Stretch**

---
## Westfield State Football
### Off Season 2015
#### Reactive Strength

<table>
<thead>
<tr>
<th>Name</th>
<th>GROUP</th>
<th>Clean</th>
<th>B.Squat</th>
<th>Bench</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Day 1 Medium Intensity

- **Warm up Dynamic A**
  - 2x60 Jump Rope

<table>
<thead>
<tr>
<th>RELATIVE INTENSITY</th>
<th>EXERCISE</th>
<th>Tempo</th>
<th>3-Aug 62-67%</th>
<th>10-Aug 65-70%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>int</td>
<td>wt</td>
<td>rep</td>
</tr>
<tr>
<td><strong>A1) Power Snatch</strong></td>
<td>(from ground)</td>
<td>55%</td>
<td>5</td>
<td>55%</td>
</tr>
<tr>
<td>super set w/</td>
<td></td>
<td>62%</td>
<td>3</td>
<td>65%</td>
</tr>
<tr>
<td>4sets of 5reps HURDLE HOPS</td>
<td></td>
<td>65%</td>
<td>3</td>
<td>67%</td>
</tr>
<tr>
<td>2-4min rest</td>
<td></td>
<td>67%</td>
<td>2</td>
<td>70%</td>
</tr>
</tbody>
</table>

| **B1) Back Squat w/bands or chains** | (no more than 2 min rest) | 55%   | 5   | 55% | 5   |     |     |
| Deep Squat Stretch in between |          | 62%   | 3   | 65% | 3   |     |     |
| 3x15sec hold      |          | 65%   | 3   | 67% | 3   |     |     |
|                   |          | 67%   | 2   | 70% | 2   |     |     |

| **C1) Bench Press w/bands or chains** | (no more than 2 min rest) | 55%   | 5   | 55% | 5   |     |     |
| super set w/     |          | 62%   | 3   | 65% | 3   |     |     |
| 3sets of 8reps Face Band Pulls |          | 65%   | 3   | 67% | 3   |     |     |
| and              |          | 65%   | 3   | 67% | 3   |     |     |
| 3sets of 8reps Barbell RDL |          | 67%   | 2   | 70% | 2   |     |     |

| **D1) Single Leg Hip Ext on SB** | 3/x/x | 6   |     |     |     |
| 25sec rest       |       | 6   |     |     |     |

| **D2) Iso Med ball groin squeeze** | x/10/x | 10s |     |     |     |
| 25sec rest       |       |     | 10s |     |     |
|                   |       |     | 10s |     |     |

| **D3) Single Arm DB Shoulder Press** | x/x/x | 8each | 8each |
| 25sec rest       |       | 8each | 8each |

| **D4) Hammer Curls** | x/x/x | 6   |     |     |     |
| 25sec rest       |       | 6   |     |     |     |

---

"Nothing you want ever comes easy."
## Day 2 High Intensity

**Warm up Dynamic B**  
2x30 SL Jump Rope

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Tempo</th>
<th>5-Aug 72-77%</th>
<th>12-Aug 75-80%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RELATIVE INTENSITY</strong></td>
<td></td>
<td>int  wt rep</td>
<td>int  wt rep</td>
</tr>
<tr>
<td>A1) Hang Clean (bar at knee level)</td>
<td></td>
<td>55% 5</td>
<td>55% 5</td>
</tr>
<tr>
<td>super set w/ 4 sets of 3 reps Depth Jumps 2-4 min rest</td>
<td>x/x/x bar speed</td>
<td>72% 3</td>
<td>75% 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>75% 2</td>
<td>77% 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>77% 1</td>
<td>80% 1</td>
</tr>
<tr>
<td>B1) Dead lift (2-4 min rest)</td>
<td></td>
<td>55% 5</td>
<td>55% 5</td>
</tr>
<tr>
<td>Hip Flexor Pulse Stretch in between 3x8 each</td>
<td>x/x/x bar speed</td>
<td>72% 3</td>
<td>75% 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>75% 3</td>
<td>77% 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>77% 2</td>
<td>80% 2</td>
</tr>
<tr>
<td>C1) Incline Press (2-4 min rest)</td>
<td></td>
<td>55% 5</td>
<td>55% 5</td>
</tr>
<tr>
<td>super set w/ 3 sets of 5 reps Med Ball Chest pass</td>
<td>x/x/x bar speed</td>
<td>72% 3</td>
<td>75% 3</td>
</tr>
<tr>
<td>and 3 sets of 6 reps DB Row</td>
<td></td>
<td>75% 3</td>
<td>77% 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>77% 3</td>
<td>80% 3</td>
</tr>
<tr>
<td>D1) Feet on SB Pike</td>
<td>x/x/x</td>
<td>5 6</td>
<td>5 6</td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td>5 6</td>
<td>5 6</td>
</tr>
<tr>
<td>D2) DB Walking Lunge</td>
<td>x/x/x</td>
<td>4 each</td>
<td>5 each</td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td>4 each</td>
<td>5 each</td>
</tr>
<tr>
<td>D3) Back Extension</td>
<td>x/x/x</td>
<td>8 8</td>
<td>8 8</td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td>8 8</td>
<td>8 8</td>
</tr>
<tr>
<td>D4) Cable Reverse Flys</td>
<td>x/x/x</td>
<td>10 10</td>
<td>10 10</td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td>10 10</td>
<td>10 10</td>
</tr>
</tbody>
</table>

Foam Roll + Stretch
Day 3 High Volume

Warm up Dynamic C

<table>
<thead>
<tr>
<th>RELATIVE INTENSITY</th>
<th>Tempo</th>
<th>int</th>
<th>wt</th>
<th>rep</th>
<th>7-Aug 75-80%</th>
<th>14-Aug 75-80%</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXERCISE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>--------------</td>
<td>---------------</td>
</tr>
<tr>
<td>A1) Hang Shrugs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>55%</td>
<td>55%</td>
</tr>
<tr>
<td>super set w/</td>
<td>x/x/x</td>
<td>5</td>
<td>55%</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>3 sets of 6 reps</td>
<td>x/x/x</td>
<td>6</td>
<td>75%</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Box Jumps</td>
<td>x/x/x</td>
<td>5</td>
<td>77%</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>2-4 min rest</td>
<td>x/x/x</td>
<td>5</td>
<td>77%</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>5</td>
<td>80%</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>B1) Single leg Squat (RFESS)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>55%</td>
<td>55%</td>
</tr>
<tr>
<td>(no more than 2 min rest)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>70%</td>
<td>70%</td>
</tr>
<tr>
<td>Standing T-Spine rotations in between 3x3 each</td>
<td>x/x/x</td>
<td>8 each</td>
<td>70%</td>
<td>8 each</td>
<td>8 each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>6 each</td>
<td>75%</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>6 each</td>
<td>75%</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>5 each</td>
<td>77%</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>5 each</td>
<td>80%</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
</tr>
<tr>
<td>C1) SA DB Bench Press</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>55%</td>
<td>55%</td>
</tr>
<tr>
<td>super set w/</td>
<td>x/x/x</td>
<td>5</td>
<td>70%</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>3x45 sec planks</td>
<td>x/x/x</td>
<td>8 each</td>
<td>70%</td>
<td>8 each</td>
<td>8 each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>6 each</td>
<td>75%</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>6 each</td>
<td>75%</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>5 each</td>
<td>77%</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x/x/x</td>
<td>5 each</td>
<td>80%</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
</tr>
<tr>
<td>D1) Partner Glute Ham</td>
<td>6/x/x</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>D2) Russian twist w/ Plate</td>
<td>x/x/x</td>
<td>15 each</td>
<td>15 each</td>
<td>15 each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15 each</td>
<td>15 each</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15 each</td>
<td>15 each</td>
</tr>
<tr>
<td>D3) SL BB Deadlift</td>
<td>6/x/x</td>
<td>6 each</td>
<td>6 each</td>
<td>6 each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6 each</td>
<td>6 each</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6 each</td>
<td>6 each</td>
</tr>
<tr>
<td>D4) DB Shoulder Lateral Raises</td>
<td>x/x/x</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 sec rest</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
<td>12</td>
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</tbody>
</table>

ARM FARM (5 min Bi's & Tri's) & Lax Ball Roll Out
**SPORTS NUTRITION:**

*The Competitive Edge*

Proper Nutrition is essential for the athlete who seeks to attain success. Athletes need to realize the direct relationship between proper nutrition and the body's ability to make constant gains in size, strength, endurance, and conditioning. A well-balanced diet with adequate rest will ensure that the athlete can achieve maximum gains from his training.

In order for the training athlete to maximize his diet, he must develop a working understanding of the basics of nutrition and how a proper diet can improve his performance and training. The following are nutritional guidelines which the competitive athlete needs to be aware of.

**Nutritional Guidelines # 1: Carbohydrate Intake**

1. Carbohydrate is the primary fuel source for muscle contraction. The energy from carbohydrate is used for intense, short exercise. Such as sprint training and strength training.

2. Carbohydrate stores in the body are limited; when depleted, athletes cannot exercise intensely and many experience fatigue.

3. Athletes who train intensely on a regular basis need to eat a carbohydrate-rich diet to replenish their energy stores between training sessions.

4. The training athlete needs about 500 to 600 grams of carbohydrate per day, this amounts to 60% of all calories consumed.

5. Following a workout for rapid muscle glycogen re-loading consume approximately 100 grams of carbohydrate within at least 30 minutes of the completion of the training session. Example: Gatorade should be taken in immediately AFTER exercise for best results.

---

**Carbohydrate Content of Certain Foods***

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Carbohydrate (grams) 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>81</td>
<td>27</td>
</tr>
<tr>
<td>Banana</td>
<td>105</td>
<td>32</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>139</td>
<td>79</td>
</tr>
<tr>
<td>Raisins</td>
<td>300</td>
<td>33</td>
</tr>
<tr>
<td>Noodles, Egg</td>
<td>178</td>
<td>45</td>
</tr>
<tr>
<td>Rice</td>
<td>205</td>
<td>34</td>
</tr>
<tr>
<td>Spaghetti w/ tomato sauce</td>
<td>179</td>
<td>70</td>
</tr>
<tr>
<td>GatorLode</td>
<td>280</td>
<td></td>
</tr>
</tbody>
</table>

---

**Carbohydrate Foods**

- **Breakfast Hot/Cold**
  - cereal
  - Pancakes/Waffles
  - Muffins
  - Toast/English muffin
  - Fruit/fruit juices

- **Lunch/Dinner**
  - Pasta w/ tomato sauce
  - Assorted vegetables
  - Breads/Rolls Potato/Rice
  - Fruit juice

- **Dessert**
  - Angel Food Cake
  - Pudding
  - Oatmeal raisin cookie
  - Frozen Yogurt
  - Sherbert
Nutritional guideline # 2 : Protein Requirements

1. Protein is essential for all living organisms, found primarily in muscle it makes up about 15% of our body weight.

2. Each of the many different types of proteins are made up of small units called amino acids. The body can make proteins from amino acids, but it cannot produce all the required amino acids. Those that cannot be produced are called essential amino acids because they must be consumed in food.

3. Sufficient protein intake is important for athletes attempting to increase muscle mass and strength. However, increased dietary protein alone will not lead to increased muscle mass and strength. Without the proper strength, training stimulus, excess dietary protein will be converted into unwanted body fat.

COMPLETE PROTEIN FOODS:

<table>
<thead>
<tr>
<th>MEAT / FISH</th>
<th>DAIRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haddock</td>
<td>Milk</td>
</tr>
<tr>
<td>Salmon / Tuna</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Beef (Steak)</td>
<td>Cheese</td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
</tr>
</tbody>
</table>

| Egg | Ham |

Nutritional Guideline # 3 : Fluid Intake

1. Proper fluid replacement before, during, and after physical activity positively influences an athlete's performance.

2. Maintaining body fluid during exercise becomes especially important in hot and humid weather.

3. Thirst is not a good indicator of fluid needs after exercising, keep taking fluids even though you may not feel thirsty.

FLUID INTAKE GUIDELINES***

1. Drink 2.5 cups of fluid two hours before practice or competition.
2. Drink 1.5 cups of fluid 15 minutes before event.
3. Drink at least 1 cup of fluid every 15 to 20 minutes during training or competition.
4. Do not restrict fluids before or during a workout or event.
5. Avoid beverages containing caffeine and alcohol because they increase urine production and add to dehydration.

Nutritional Guideline # 4 : Pre - Game Meal

1. It is wise to eat low – fat, high carbohydrate meal three to six hours prior to competition to "TOP OFF" glycogen stores in the liver and muscle.

2. When muscle and liver glycogen stores are suboptimal prior to competition, carbohydrate feeding before exercise will not make up for a carbohydrate poor diet one to two days before competition.
Nutritional Guideline # 5 : Dining Out

1. A typical fast food meal is high is fat and low in calcium, Vitamin C, Vitamin A.

2. The following meal selections are choices you can make at fast food restaurants and still adhere to well balanced sports diet.

**Breakfast**
- McDonald's
- Scrambled Eggs
- English Muffin w/ Strawberry Jam
- Orange Juice
- 2% Milk

or

- Hot cakes w/ butter and syrup
- English Muffin w/ Strawberry Jam
- Orange Juice
- 2% Milk

**Lunch / Dinner**
- McDonald's
- 2 Grilled Chicken Sandwich
- Side Salad w/ Low Cal Dressing

- Wendy's
  - 2 Grilled Chicken Breast Sandwich, no Mayo
  - Baked Potato
  - Chili 2 servings
  - Baked Potato
  - 2% Milk

- Arby's
  - 2 Roast Beef w/ lettuce, tomato, no Mayo 2%
  - Milk

- Taco Bell
  - 2 Tostados
  - 2 Plain Tortilla 1
  - Bean Burrito 2%
  - milk

- Pizza Hut
  - Large spaghetti w/ meat sauce
  - Bread sticks
  - 2% Milk
  - or
  - Medium cheese pizza
  - Bread sticks
  - 2% Milk

---

Nutritional Guideline # 7 : Weight Gain

1. To gain additional body weight, you need to take in more calories than you extend.
2. You MUST eat three meals per day, including a SUBSTANTIAL BREAKFAST.
3. Consume 2 -3 high carbohydrate snacks, mid-morning, mid-afternoon, and evening.
4. Increase your serving sizes of carbohydrate foods only.
5. Do not increase the amount of protein you take in and keep your fat intake low, the body is more apt to convert extra dietary fat into unwanted body fat.
6. The key to gaining muscle mass IS to consume enough total calories from a diet high in carbohydrates to cover energy needs, so dietary protein is spared for muscle growth.
7. Any more than ~ to 3/4 of a pound of weight gained in one week is either water retention or fat. Lean body mass weight gain is stow, steady process – so plan ahead.
Speed and Agility Program

This running program is designed specifically for football training. The average play in a football game lasts five seconds at 100% intensity. The average rest between play is about 50 seconds. Therefore, a running program for football must meet the following conditions: speed and agility drills requiring maximum intensity for a duration of 3 – 8 seconds with approximately 10 seconds of rest for every one second of work.

The best running program for football is interval training. This consists of a series of exercise bouts alternated with prescribed rest interval. The rest period between each drill should be two minutes. This time allows complete recovery. Failure to allow for complete recovery results in other exercises/drills not being done at high intensity.

Speed Drills

The speed drills are done on Monday and Thursday. Each workout is broken down into the following sequence.
1. Warm-Up
2. Stretching
3. Starts
4. Sprints
5. Plyometrics
6. Resistive Drills

It is important that you do the drills in the order that they are listed. It is important that you always do the warm-up and stretching routine before doing any speed drills. Always stretch between sprint drills and keep warm. Hamstring injuries can occur when the legs are fatigued during sprint drills. Never perform any heavy leg work prior to running speed drills. Always do resistive drills at the end of the workout.

Agility Drills

The agility drills are done on Tuesday and Friday. Each workout is broken down into the following sequence:
1. Warm-Up Routine
2. Stretching Routine
3. Rope and Bag Drills
4. Backpedal Drills
5. Cone Drills
6. Jump Rope Drills
7. Line Drills
8. Mobility Routine

Notice that the agility drills vary by position. Line drills are more intense than the rest of the drills and should be done at the end of the workout. Mobility drills should be done at the conclusion. Be sure to go through the full range of motion to aid recovery.
**SPEED AND AGILITY**
**PARTNER STRETCH ROUTINE**

**Lying Hamstring Stretch:**
Athlete “A” lies on his back with his legs straight and toes pointing up. Athlete “B,” lifts athlete “A’s” right leg, applying pressure with his shoulder and hand while holding the left leg down with the other hand until athlete “A” feels a comfortable stretch in the hamstring. Hold the stretch for 10 seconds.
Primary muscles stretched - Hamstring

**Knee to Chest:**
From stretch #1, athlete “B” bends athlete “A’s” right leg at the knee pushing it toward his chest while keeping his left leg straight. Athlete “B” applies the pressure by placing athlete “A’s” foot on his chest and leaning forward guiding the knee to his chest while holding down the left leg with the other hand. The stretch should be held for 10 seconds.
Primary muscles stretched - Gluteal, Groin, Hamstring

**Lying Spinal Twist:**
From stretch #2, athlete “B” pulls athlete “A’s” (right) bent leg over his straight leg (left), applying pressure to his bent knee and the opposite shoulder while keeping his shoulder flat against the floor.
Primary muscles stretched - Lower Back Erectors, Lateral region of the Gluteal Muscle

**Hip Flexor Stretch:**
From stretch #3, athlete “B” lifts the leg at the knee lifting up and back while also applying pressure to athlete “A’s” lower back. Hold this stretch for 10 seconds.
Primary muscles stretched - Hip Flexors
Seated Split Legged Stretch (center):
Athlete "A" sits up with legs straight out and spread as wide as possible with toes pointing up. Athlete "B" applies pressure in the middle of athlete "A"s" back allowing him to stretch forward as far as possible. Athlete "A" should keep his head and chest up while performing this stretch. This stretch should be held for 10 seconds.
Primary muscles stretched - Groin, Hamstring

Seated Split Legged Stretch (right):
From stretch #5, Athlete "B" then assists athlete "A" stretching toward the right foot. Hold for 10 seconds.
Primary muscles stretched - Groin, Hamstring

Seated Split Legged Stretch (left):
From stretch #6, athlete "A," reaches for his left foot while his legs remain split. Athlete "B" assists by applying pressure in the middle of the back. Hold for 10 seconds.
Primary muscles stretched - Groin, Hamstring
SPEED AND AGILITY
WARM-UP DRILL ROUTINE

Warm-up drills should be performed before the stretching routine. The drills will not only warm up the body for the workout, but will also help with active flexibility of the hip and leg area. These drills, if done properly, will also significantly develop speed. Do these warm-up drills every day, first thing, before the running workout.

High Knees - 10 Yards

Purpose: Develops muscles needed for a fast long stride and flexibility in the hamstring. All good sprinters have a good high knee action. The higher the knee lift when running, the longer the stride.

Procedure:
1. Drive knees high and forcefully.
2. When you lift one leg, the other leg should be fully extended.
3. Bend forward slightly at the waist while keeping the back straight.
4. Drive elbows vigorously.
5. Relax face and arms.
6. Take short, quick, one-foot steps.

Key Points:
1. Avoid leaning back or taking long steps.
2. Maintain proper forward lean.
3. Make sure thighs become parallel to the ground.
4. Arms should swing freely at the shoulders with good arm action.
5. Keep your face and neck relaxed.
6. Athlete should achieve at least 30 steps in 10 yards.

Heel-Ups - 10 Yards

Purpose: Develops strength in the hamstring and flexibility in the thighs. When the heels come up to the hips when running, the thighs swing through faster. This increases stride frequency.

Procedure:
1. Alternately swing heel of each foot up to buttocks.
2. Action is quick and a smooth swinging motion is produced at the knee joint.

Key Points:
1. Maintain good forward lean.
2. Keep knees pointed down towards the ground.
3. Heels should swing freely at the knees.
4. Heels should come in contact with the hips.
5. Stay on your toes while performing the drill.
6. Arms should hang relaxed at the sides.
7. Avoid moving forward too fast, using the arms or lifting the knees by flexing at the hips.
High Knees w/ Foreleg Extension - 20 Yards
Purpose: Develops hamstring flexibility and ability to reach with foreleg.
Procedure:
1. Lift right knee high.
2. When right knee reaches highest position the left leg does a little skip.
3. As you skip, extend the right foreleg until it is parallel with the ground.
4. Repeat to the other side.
Key Points:
1. Maintain proper forward lean.
2. Thighs should become parallel with the floor before knee is straightened.
3. The foreleg should extend out and up forcefully.
4. Avoid incomplete extension of foreleg.
5. Avoid un rhythmic movement.

Carioca Drill - 20 Yards
Purpose: Develops lateral movement and hip flexibility. Many times during a game, an athlete must turn his body and run. It takes good flexibility in the hips to make a quick, smooth turn.
Procedure:
1. Get into a good hitting stance with knees flexed and shoulders facing squarely forward.
2. Move laterally to your left, crossing the right foot over in front of the left, and then bring the right foot behind on the next step.
3. If moving right, reverse the procedure.
4. While moving, you should remain in your hitting stance. Keep your shoulders square and get good hip rotation.
Key Points:
1. Athlete should be in a power stance to start.
2. Twist hips around as far as possible.
3. Keep shoulders square, not twisting with the hips.
4. Athlete should take biggest steps possible.
5. Maintain the power position throughout the drill.
6. Avoid trying to move too fast so you do not lose your hip rotation.

Buildups
Purpose: Improves acceleration.
Procedure:
1. Start off with a standing start and go into a slow run.
2. Gradually build up speed until you are at full speed at 40 yards.
3. Once full speed is achieved at 40 yards, gradually slow down over the final 20 yards.
Key Points:
1. Make sure athlete does not accelerate too fast or slow.
2. Have athlete run at full speed when 40 yards is reached.
3. Avoid running at full speed after 40 yards is reached.
4. Make sure athlete is using good sprinting form.
# Speed and Agility Program

## Defensive Backs

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**Speed Drills begin Week 7 Monday and Thursday**

**Agility Drills begin Week 7 Tuesday and Friday**

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**Speed Drills begin Week 10 Monday and Thursday**

**Agility Drills begin Week 10 Tuesday and Friday**
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<td>Four Corner Shuffle 2x</td>
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# Speed and Agility Program

## Running Backs, Wide Receivers and Quarterbacks

### Week 7
- **Warm-up and Partner Stretch**
  - #1: Form Starts 10 yds. 5x
  - #2: Position Starts 10 yds. 5x
  - #4: Buildups 30 yds. 4x
  - #11: Power Skips - Height 2x
  - #12: Power Skips - Distance 2x
  - #8: Harness Drill Routine 1x

### Week 8
- **Warm-up and Partner Stretch**
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  - #2: Position Starts 10 yds. 5x
  - #4: Buildups 30 yds. 4x
  - #11: Power Skips - Height 2x
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### Week 9
- **Warm-up and Partner Stretch**
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  - #2: Position Starts 10 yds. 5x
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  - #11: Power Skips - Height 2x
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  - #8: Harness Drill Routine 1x

### Week 10
- **Warm-up and Partner Stretch**
  - #1: Form Starts 20 yds. 5x
  - #2: Position Starts 10 yds. 5x
  - #4: Buildups 40 yds. 2x
  - #7: Flying 30s 2x
  - #12: Power Skips - Distance 2x
  - #13: Bag Jumps 2x
  - #8: Harness Drill Routine 2x

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  - #59: Shuffle Ladder Drill 2x
  - #58: Sprint Ladder Drill 2x
  - #63-66: Mobility Routine 1x

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  - #13-19: Rope Routine 1x
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# Speed and Agility Program

## Offensive Linemen

### Week 7
- **Warm-up and Partner Stretch**
  - #1: Form Starts 10 yds. 5x
  - #3: Form Sprints 3x
  - #4: Buildups 30 yds. 3x
  - #8: Harness Drill Routine 1x

### Week 8
- **Warm-up and Partner Stretch**
  - #1: Form Starts 10 yds. 5x
  - #2: Position Starts 10 yds. 5x
  - #3: Form Sprints 3x
  - #4: Buildups 30 yds. 3x
  - #8: Harness Drill Routine 1x

### Week 9
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### Agility Drills begin Week 7

#### Monday and Thursday

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  - #14-19: Rope Drill Routine 1x
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SPEED DRILLS

MONDAY & THURSDAY

#1 – #13
1. Form Starts

Purpose: Develops good stance.

Procedure:

1. Front foot is placed three to six inches behind starting line.
2. The hand opposite the front foot should be high on fingertips directly on the starting line with thumb and forefinger parallel to the line.
3. The other hand is placed on the hip of the forward leg with elbow pointed up.
4. The back foot is six to 12 inches behind the heel of the forward foot and two to four inches to the side.
5. The hips should be slightly above shoulder height.
6. Shoulders should be slightly ahead of the starting line with the majority of the body weight on the front leg and hand.
7. Keep eyes focused two to three feet in front of starting line.

Key Points:

1. Make sure shoulders are higher than the hips.
2. Do not let arm rest on front leg.

2. Position Starts

Purpose: To develop good acceleration from the player’s starting stance.

Procedure:

1. Athletes get into their on-the-field starting position stance.
2. On coaches command, the athletes explode out of their starting stance for the required distance.

Key Points:

1. Good explosion out of their stance.
2. Make sure their first step is forward.
3. Form Sprints

Purpose: Develops good sprinting technique.
Procedure:
1. Drive off hind leg extending completely at ankles, knees and hips.
2. Swing heel up to hip.
3. Leg carries to high knee so thigh is parallel with ground.
4. Reach with the foreleg.
5. Keep arms at 90 degree angle, swinging independently of the shoulders, straight forward and back.
6. On back swing, drive elbows back and up.
7. On forward swing, the hand comes to shoulder level.
8. Keep eyes focused five to seven yards ahead.

Key Points:
1. Complete extension of legs.
2. Make sure toes do not turn outward.
3. Heel coming up to hips.
4. Thigh coming through to parallel position with ground.
5. Reach with the foreleg.
6. Drive elbow back.
7. Avoid raising hand above shoulders on forward swing.
8. Avoid driving arms across the body.
10. Make sure athlete is maintaining a forward lean during the sprint.

4. Buildups

Purpose: Improves acceleration.
Procedure:
1. Start off with a standing start and go into a slow run.
2. Gradually build up speed until you are at full speed at 40 yards.
3. Once full speed is achieved at 40 yards, gradually slow down over the final 20 yards.

Key Points:
1. Make sure athlete does not accelerate too fast or slow.
2. Have athlete run at full speed when 40 yards is reached.
3. Avoid running at full speed after 40 yards is reached.
4. Make sure athlete is using good sprinting form.
5. Flying 10s

Purpose: Improves acceleration and stride frequency.
Procedure:
1. Start running at half speed building speed at each stride for the first 30 yards.
2. The acceleration should be continuous throughout the first 30 yards.
3. By the time you reach the 30-yard mark, you should be running at full speed (flying).
4. Continue to sprint for 10 more yards.
Key Points:
1. Do not accelerate too fast or slow; the build up should be constant for 10 yards.
2. Sprint the entire second 10 yards.

6. Flying 20s

Purpose: Improves acceleration and stride frequency.
Procedure:
1. Start running at half speed building speed at each stride for the first 30 yards.
2. The acceleration should be continuous throughout the first 30 yards.
3. By the time you reach the 30-yard mark, you should be running at full speed (flying).
4. Continue to sprint for 20 more yards.
Key Points:
1. Do not accelerate too fast or slow; the build up should be constant for 20 yards.
2. Sprint the entire second 20 yards.

7. Flying 30s

Purpose: Improves acceleration and stride frequency.
Procedure:
1. Start running at half speed building speed at each stride for the first 30 yards.
2. The acceleration should be continuous throughout the first 30 yards.
3. By the time you reach the 30-yard mark, you should be running at full speed (flying).
4. Continue to sprint for 30 more yards.
Key Points:
1. Do not accelerate too fast or slow; the build up should be constant for 30 yards.
2. Sprint the entire second 30 yards.
8. Harness Drill Routine

Purpose: To develop acceleration and get to top speed quickly.
Procedure:
1. To perform this drill you need a course that is 50-60 yards of flat running surface.
2. Drive off hind leg extending completely at ankles, knees and hips.
3. Leg carries to high knee.
4. Arms are held at a 90 degree angles.
5. On back swing drive elbows back and up.
6. On forward swing hands come level with the shoulders.
7. Have good forward lean.
8. Eyes focused 20-30 yards to the front.
9. One rep includes 10-yard run down and back forward, down and back shuffle and down and back with backpedal.

Key Points:
1. Make sure the arms are being pumped quickly with good form.
2. Make sure there is proper resistance applied.
3. Athlete needs to have a correct body lean and running form.
4. Have knees and heels driving up.

9. Stadium Steps or Hills

Purpose: This drill develops explosiveness and stride length.
Procedure:
1. To perform this drill you need a set of 30 stadium steps.
2. Concentrate on driving off the hind leg extending completely at ankles, knees and hips.
3. Drive knees and heels up as your leg carries forward.
4. Hold your arms at 90 degree angles with a straight swinging motion.
5. Drive elbows back and up on back swing. On forward swing hands should come level with the shoulders.
6. Walk back to the bottom of the steps.
7. Run the next set of steps as soon as you reach the bottom.
8. Continue until all sets are completed.

Key Points:
1. Getting triple extension at the ankles, knees and hips.
2. Using good arm action.
3. Getting good drive with the legs.
4. Once you reach bottom of steps repeat drill.

Variations:
Every step
Every other step
Lateral step
Two up one down
10/10 hopping
10/10 lateral
10. Bounding

Purpose: To increase explosion and stride length.
Procedure:
1. Push off forcefully with the front leg.
2. The opposite leg comes through driving the knee up and out trying to develop maximal hang time.
3. When this leg contacts the ground, immediately push off forcefully.
4. Drive through with the other leg and repeat the process.
Key Points:
1. Have the knees driven high so they are parallel with the ground.
2. Make sure the strides are as long as possible.
3. Have a minimal amount of time spent on the ground.
4. Drive off the leg explosively.

11. Power Skips for Height

Purpose: To increase explosion in the legs and hips.
Procedure:
1. Begin skipping pushing off explosively with the back leg.
2. Opposite leg drives knee up as high as possible, trying to achieve maximal height.
3. Prepare for contact with the ground and repeat with opposite leg immediately upon landing.
Key Points:
1. Make sure athlete skips as high as possible with triple extension of the back leg.
2. Make sure athlete drives knee to chest.
3. Have athlete use proper arm action.
12. Power Skips for Distance

Purpose: To increase explosion in the legs and hips

Procedure:
1. Begin skipping pushing off explosively with the back leg.
2. Opposite leg drives knee up and out as high as possible. Try to achieve maximal distance.
3. Prepare for contact with the ground and repeat with opposite leg immediately upon landing.

Key Points:
1. Make sure athlete skips as far as possible with triple extension of the back leg.
2. Make sure athlete drives knee up and out.
3. Have athlete use proper arm action.

13. Bag Jumps

Purpose: To develop explosiveness and acceleration.

Procedure:
1. Stand facing series of bags stacked two high. Begin by jumping over the first set of bags.
2. The jump should be assisted with the arms moving explosively and knees coming to the chest.
3. After contact with ground, quickly jump over second set of bags.
4. Continue through all sets of bags.

Key Points:
1. Quick jumps - do not spend a lot of time on the ground.
2. Use your arms to help jump over the bags.
3. Do not allow the athlete to have a stutter step between the bags.
4. Make sure the athletes feet come over the bags and not out around the sides of the bags.
AGILITY DRILLS

TUESDAY & FRIDAY

Rope Drills #14 - #19
Bag Drills #15 - #29
Backpedal Drills #30 - #40
Cone Drills #41 - #51
Jump Rope Routine #52 - #57
Line Drills #58 – #62
Mobility routine #63 - #66
When doing rope drills for football, keep the ropes adjusted 12 to 18 inches. Each rep consists of going through once and coming back.

14. Every Other Hole

**Purpose:** To develop high knee action, peripheral vision, flexibility and footwork.

**Procedure:**
1. Run forward using high knee action with a slight forward lean.
2. Right foot hits every other hole on right side and left hits every other hole on left side.
3. Use good arm action.

**Key Points:**
1. Lift knees high.
2. Pump arms.
3. Be quick.
4. Do not lean backwards.
5. Keep head up with eyes focused straight ahead.

15. Every Hole

**Purpose:** To develop high knee action, peripheral vision and footwork.

**Procedure:**
1. Run forward using high knee action.
2. Right foot hits every hole on right side and left foot hits every hole on left side.
3. Use good arm action.

**Key Points:**
1. Lift knees high.
2. Pump arms.
3. Quick feet.
4. Keep head up with eyes focused straight ahead.
16. Double Chop

Purpose: To improve foot quickness.

Procedure:
1. Run forward using high knee action down either right or left side of the ropes.
2. Chop the feet twice in each hole.
3. Use good arm action.

Key Points:
1. Lift knees high.
2. Pump arms.
3. Be quick.
4. Keep head up with eyes focused straight ahead.

17. Lateral Step Drill

Purpose: To develop foot quickness, flexibility and peripheral vision.

Procedure:
1. Run laterally using high knee action hitting every hole.
2. Use only one side of the ropes.
3. Go one direction leading with right foot, then go the other direction leading with left foot.

Key Points:
1. Keep shoulders and hips square.
2. Keep head up with eyes focused straight ahead.
3. Be quick.

18. Lateral Step Double Chop

Purpose: To develop foot quickness, flexibility and peripheral vision.

Procedure:
1. Run laterally using high knee action hitting every hole.
2. Chop the feet twice in each hole.
3. Use only one side of the ropes.
4. Keep shoulders and hips square.
5. Go one direction leading with right foot and go in the other direction leading with left foot.

Key Points:
1. Quick feet.
2. Keep head up with eyes focused straight ahead.
19. Weave Drill

Purpose: To improve change of direction.

Procedure:
1. Position the athlete by the outside corner of the right side hole.
2. Start with the left foot and place in the right side hole.
3. Continue diagonal with the right foot in the left side hole.
4. The next step with your left foot is planted on the outside of the ropes.
5. With a slight pivot, change direction and the right foot hits the left hole.
6. Continue weaving in and out through the ropes.

Key Points:
1. Quick feet.
2. Quick pivot and change of directions.
3. Initial step with the correct foot.

20. Straight Run Drill

Purpose: To develop quick foot action, flexibility and high knee action.

Procedure:
1. Run forward over bags using high knee action with a slight forward lean.

Key Points:
1. Do not lean backward.
2. Have athlete pick knees up. Do not allow the athlete to throw feet around end or side of bags.

21. Lateral Step

Purpose: To develop quick foot action, flexibility and high knee action.

Procedure:
1. Run laterally over bags using high knee action.
2. Go one direction leading with right foot and go the other direction leading with left foot.

Key Points:
1. Keep shoulders and hips square.
2. Keep head up with eyes focused straight ahead.
22. Tap Drill

Purpose: To develop quick foot action while staying low.

Procedure:
1. The athlete is in a two-point stance with knees slightly bent, upright torso, head up and hands and arms away from body.
2. On command, laterally step over bags tapping each bag with both hands.
3. Upon completion of last bag, sprint for five yards forward.

Key Points:
1. Make sure athlete keeps butt down and head up through bags.
2. Make sure athlete strikes each bag with both hands.

23. Change of Direction Drill

Purpose: To develop quick foot action, flexibility and high knee action.

Procedure:
1. Start at either right or left side at one end of the bags.
2. Run forward toward other side of bag.
3. Planting outside foot at the end of bag, explode forward toward the other end of the next bag.
4. Continue through bags.

Key Points:
1. Athlete pushes off with outside foot.
2. Have good acceleration through the bags.

24. Forward-Backward Drill

Purpose: To develop quick foot action, flexibility and high knee action.

Procedure:
1. The athletes are in a two-point stance with knees slightly bent, upright torso, head up and hands and arms away from body. On command, athlete runs forward to end of bag.
2. Backpedal through bags to other end, then forward.
3. Repeat through all bags, ending with five yard sprint forward.

Key Points:
1. Make sure athlete stays low throughout drill.
2. Make sure athlete keeps weight forward on backpedal.
3. Encourage athlete to eliminate false steps when changing directions.
25. Shuffle Drill

Purpose: To develop foot coordination, quickness, strength and flexibility in the abductors and adductors.

Procedure:
1. Start at either right or left side at one end of the bags facing the row of bags.
2. Shuffle diagonally beyond first bag.
3. Change directions and shuffle diagonally to end of second bag.
4. Continue shuffling through bags.

Key Points:
1. Stay low throughout the drill.
2. Do not cross feet.
3. Push off with trailing foot.
4. Push off with outside foot when changing direction.

26. Wave Drill

Purpose: To develop quick foot action and reactions.

Procedure:
1. The athletes are in a two-point stance with knees slightly bent, upright torso, head up and hands and arms away from body.
2. The athletes watch the coach's hand signals and responds to the direction he points by laterally stepping over the bags.
3. Finish the drill by having the players sprint 10 yards forward.

Key Points:
1. Always move at right angles when changing directions.
2. Use high knee action step when changing directions laterally.
3. Do not anticipate the change of direction.
4. Run hard.
27. Stair Step

Purpose: To improve lateral change of direction and footwork.

Procedure:
1. Start on right side of the first bag.
2. Step over the bag with the left foot first then the right.
3. Once the right foot has touched the ground sprint forward over the next bag leading with the left foot.
4. Once the right foot has touched the ground step laterally over the next bag with the left foot first.
5. Once the right foot has touched the ground sprint forward over the next bag leading with the left foot.
6. Continue over all the bags.
7. Reverse bags and start on left side.

Key Points:
1. Steps are quick.
2. Knees are high.
3. Make sure the feet do not cross.
4. Explode between the bags.

28. Sideline Drill

Purpose: To improve change of direction, footwork and balance.

Procedure:
1. Start on right side of the two middle cones.
2. Step between the cones and sprint to the third cone.
3. Place your left hand down to make the turn.
4. Sprint to the last two cones, run between them, turn and sprint up the sideline.
5. Reverse cones and start on left side.

Key Points:
1. First steps are quick.
2. Make sure all turns are tight.
3. Athlete should not step out of bounds.
4. Accelerate between cones and up the sideline.
29. Wheel Drill

Purpose: To develop quick foot action and balance.

Procedure:
1. Start at point "A" (see diagram) with both hands in the middle on the X.
2. On the coach's command, chop feet over each bag while pivoting around all four bags on your hands (back at the original starting position).
3. Quickly change directions and rotate back chopping feet over all four bags.
4. Finish the drill by quickly sprinting out of bags over the fifth bag.

Key Points:
1. Take one foot over the bag at a time.
2. Keep on finger tips.
3. Emphasize moving quickly.
30. Comeback Drill

Purpose: To develop change of direction and reaction.
Procedure:
1. On the coach’s command, the athletes backpedal.
2. On coach’s hand signal, athletes sprint straight forward.

Key Points:
2. Good acceleration during the forward sprint.
3. Keep feet moving during change of direction and do not get caught “flat footed.”

31. 90 Degree Drill

Purpose: To develop change of direction and reaction.
Procedure:
1. On the coach’s command, the athletes backpedal.
2. The athletes watch the coach’s hand signals, responding to the direction he points (right or left).
3. Push right or left at a 90 degree angle and sprint 10 yards.

Key Points:
1. If cut is to the left, plant and pivot off right foot.
2. Make cuts at full speed.

32. 45 Degree Drill

Purpose: To develop change of direction and reaction.
Procedure:
1. On the coach’s command, the athletes backpedal.
2. The athletes watch the coach’s hand signals, responding to the direction he points.
3. Push up and in at a 45 degree angle to the right or the left.

Key Points:
2. Have good acceleration during the forward cut.
33. **Post/Cornet Drill**

**Purpose:** To develop change of direction and acceleration after a turn.

**Procedure:**
1. On the coach's command, the athletes backpedal.
2. The athletes watch the coach's hand signals, responding to the direction he points.
3. Turn break deep at a 45 degree angle for 20 yards.

**Key Points:**
1. Accelerate after the turn.
2. Keep shoulders and body weight forward and low during backpedal.

![Diagram of Post/Cornet Drill]

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34. **Centerfield Drill**

**Purpose:** To develop change of direction, reaction and acceleration after a turn.

**Procedure:**
1. On the coach's command, the athletes backpedal.
2. The athletes watch the coach's hand signals, responding to the direction he points.
3. Push right or left at a 45 degree angle for a couple of steps and then turn to the outside and break deep at a 45 degree angle in the opposite direction.

**Key Points:**
1. Accelerate after the turn.
2. Keep shoulders and body weight forward and low during backpedal.
3. Quick turn of body and head.

![Diagram of Centerfield Drill]
35. Hip Flip on Line Drill

Purpose: To develop hip flexibility.

Procedure:
1. Start in two-point ready position. On command, begin backpedaling on line.
2. With coach's direction, pivot hips and run, staying on line with eyes still on coach.
3. Coach will then direct athlete in opposite direction. Athlete must pivot to opposite direction keeping eyes on coach.
4. After four pivots, athlete should turn and sprint for 10 yards.

Key Points:
1. Make sure athlete stays low, with weight over balls of feet.
2. When pivoting, it is helpful to throw the elbow to help get around.
3. Make sure athlete stays on line.

36. "W" Backpedal - Break Drill

Purpose: To develop and improve change of direction.

Procedure:
1. Backpedal for five yards at a 45 degree angle.
2. Plant outside foot, sprint forward at a 45 degree angle for five yards.

37. Wet Field Drill

Purpose: To warm up and develop change of direction and quick feet.

Procedure:
1. Backpedal 10 yards as fast as possible.
2. When hitting the strip, plant foot and take quick steps with high knees as you sprint forward to starting line.

Key Points:
1. Plant surface of foot pointing straight ahead.
2. Do not try to turn foot sideways to stop as your foot will slip.
38. Weave Drill

Purpose: For warm-up and work on backpedal technique.
Procedure:
1. Athlete backpedals in a weaving pattern.
Key Point:
1. Keep low on the backpedal.

39. Mirror Drill

Purpose: For warm-up and footwork.
Procedure:
1. Need two athletes to run drill, a receiver and a defender.
2. Receiver runs a weaving pattern.
3. Defender backpedals keeping proper procedure on receiver (defender lines up over the receiver's shoulder).
4. This can progress with weave to outs, posts, etc.
Key Points:
1. Keep low on the backpedal.
2. Do not allow receiver to a frontal position on the defender.

40. Football Confidence Drill

Purpose: To develop confidence of DBs to stay in backpedal for greater distance before having to turn and run with receiver.
Procedure:
1. Need two athletes to run drill, a receiver and a defender.
2. Defender lines up three yards from receiver.
3. Receiver runs straight forward as fast as possible until he passes defender.
Key Points:
1. Make sure defender lines up three yards off the receiver's line.
2. The receiver should run full speed during the drill.
41. Four Corner Carioca Drill

Purpose: To improve change of direction, footwork and flexibility in hips.

Procedure:
1. Start on the right side of the square and run forward.
2. At the first cone make a reverse pivot by throwing your right shoulder clockwise.
3. Carioca to the next cone.
4. Reverse pivot and backpedal to the next cone.
5. Reverse pivot and carioca to the finish.

Key Points:
1. Make sure the athletes are facing the proper direction when doing the carioca.
2. Make sure the athletes back pivot.
3. Have good acceleration and deceleration while sprinting to the first cone.

42. Four Corner Shuffle Drill

Purpose: To improve footwork and flexibility and strength in groin area.

Procedure:
1. Start on the right side of the square and run forward.
2. At the first cone, make a reverse pivot by throwing your right shoulder clockwise.
3. Shuffle to the next cone.
4. Reverse pivot and backpedal to the next cone.
5. Reverse pivot and shuffle to the finish.

Key Points:
1. Make sure the athletes are facing the proper direction when doing the shuffle.
2. Make sure the athletes back pivot.
3. Have good acceleration and deceleration while sprinting to the first cone.
4. Do not cross feet during the shuffle.
43. Comeback Cone Drill

Purpose: To improve footwork, backpedal and change of direction.
Procedure:
1. Start on the right side of the square and backpedal to the first cone.
2. At the first cone, sprint diagonally to the second cone.
3. Backpedal to the third cone.
4. At the third cone, sprint diagonally to the fourth cone.
Key Points:
1. Stay low during the backpedal.
2. Quick change of direction followed by good acceleration.
3. Do not anticipate or look for cones.

44. Drop Drill

Purpose: To improve footwork and change of direction.
Procedure:
1. Start on the right side of the square and sprint to first cone.
2. At the first cone, run to the second cone using a drop action.
3. Sprint to the third cone.
4. At the third cone, run to the fourth cone using a drop action.
Key Points:
1. Keep eyes looking forward.
2. Have good acceleration and deceleration while sprinting to the cone.
3. Do not anticipate or look for cones.
45. Square-In Drill

Purpose: To improve change of direction and acceleration.

Procedure:
1. Backpedal to first cone.
2. At first cone, sprint to second cone.
3. At second cone, backpedal to third cone.
4. At third cone, sprint to fourth cone.

Key Points:
1. Stay low on the backpedal.
2. Have good acceleration and deceleration while sprinting to the cone.

46. Four Corner Rag Drill

Purpose: To improve footwork, flexibility in legs and hips, foot speed and quickness.

Procedure:
1. Put four rags or towels in a square approximately 10 yards apart.
2. Start at one corner and run to the first rag and rotate 360 degrees on the right hand.
3. Go to the second rag and rotate 360 degrees on the left hand.
4. Go to the third rag and rotate 360 degrees on the right hand.
5. Go to the fourth rag and rotate 360 degrees on the left hand.

Key Point:
1. Emphasize foot movement, quick feet, head up, hips parallel to the ground and full extension of legs and feet.
47. Three Corner Drill

Purpose: To improve footwork, change of direction, acceleration and deceleration.

Procedure:
1. Start in a three-point stance on first line.
2. Sprint to the first cone, plant and drive off your left foot, shuffling right to second cone.
3. At second cone, backpedal to third cone.
4. At third cone, plant left foot and break a 45 degree angle.

Key Points:
1. Have good acceleration while sprinting to the first cone.
2. Do not cross legs on shuttle step.
3. Stay low on backpedal.
4. Have good acceleration after the third cone.
5. Keep eyes up; do not look for cones.

48. Zig-Zag Drill

Purpose: To improve footwork and quickness.

Procedure:
1. Stand facing the row of cones.
2. Step with right foot diagonally forward to the right of the first cone, then slide left foot to the right foot.
3. The next step you lead with left foot to the left side of the next cone, then slide right foot to the left foot.
4. Zig-zag through all the cones.

Key Points:
1. The movement should be done quickly and explosively.
2. Keep hips and shoulders square.
3. Both feet should go around each cone.
4. Push off with outside foot.
49. Backward Zig-Zag Drill

Purpose: To improve foot quickness and coordination.

Procedure:
1. Stand with back to the row of cones.
2. The first step is done diagonally backwards leading with the left foot to the left of the first cone and sliding the right foot to the left foot.
3. Step with the right foot diagonally backwards to the right of the next cone and then slide the left foot to the right foot.

Key Points:
1. Keep the hips and shoulders square as you move backwards.
2. Keep knees bent and stay low with head up and back straight.

50. Combination Zig-Zag Drill

Purpose: To improve foot quickness, coordination and change of direction.

Procedure:
1. Stand with right side to the row of cones.
2. Step with the right foot diagonally forward to the front of first cone and slide the left foot to the right foot.
3. Step with the left foot diagonally backwards to back of the next cone and slide the right foot to the left foot.
4. Repeat going opposite direction.

Key Points:
1. Keep the hips square.
2. Keep the eyes up.

51. Nebraska Agility Drill

Purpose: To improve foot quickness and change of direction.

Procedure:
1. Start in a three-point stance on the first line.
2. Sprint to the first cone and make a right-hand turn.
3. Return to the starting line. Go around the second cone with a left-hand turn.
4. Run to the five-yard line and touch it with your fingers, then backpedal across the starting line to finish.

Key Points:
1. Do not let the athletes knock the cones over.
2. Make sure the athletes touch the line with their hand.
3. Stay low on the backpedal.
4. Keep feet moving around the cone as quickly as possible while staying low.
The length of the jump rope should go from the tops of feet to the armpits. Hold the handles loosely in the hands. Turn the rope using the wrist. Do the drills in place until you get the rhythm of the movement. Next work on smooth movements. All drills are done starting from the sideline and going to the hash mark. Use the yard lines as references as you do the drills. As the movements become smooth, work on quickness. Description of these drills are done on a football field using an artificial surface. Grass fields will not work. It is important that you use a surface that allows you to jump freely and has a line 15 to 20 yards long.

52. Double Bunny Jump

Purpose: To develop timing, agility, and balance.

Procedure:
1. Stand with both feet to one side of a yard line at the sideline.
2. Jump back and forth over the line as you move forward.
3. Go to the hash marks.

Key Points:
1. Keep feet close together.
2. Stay as close to the line as possible.
3. Keep eyes and head up.
4. This drill can also be done going backwards.
5. Quick foot action.

53. Single Bunny Hop

Purpose: To develop timing, agility, balance and leg strength.

Procedure:
1. Stand with one foot to one side of a yard line at the sideline.
2. Jump back and forth over the line with one foot as you move forward.
3. Switch feet at the halfway point without stopping.
4. Go to the hash marks.

Key Points:
1. Stay as close to the line as possible.
2. Keep eyes and head up.
3. This drill can also be done going backwards.
54. Shuffle Step

Purpose: To develop timing, agility, balance, and lateral movement.

Procedure:
1. Stand at the sideline with both feet on the yard line.
2. Shuffle step down the line.
3. Go to the hash marks.

Key Points:
1. Stay on the line as you shuffle step.
2. Keep eyes and head up.
3. Go both to the right and left.

55. Ali Shuffle

Purpose: To develop timing, agility, balance and coordination.

Procedure:
1. Stand at the sideline with both feet to one side of the yard line at the sideline.
2. Do the Ali shuffle as you move laterally down the line (one foot goes forward of the line as one foot stays behind the line. Switch feet as you jump in the air to the front and back of line).
3. Go to the hash marks.

Key Points:
1. Go to front and back of line as you switch feet.
2. Keep eyes and head up.
3. Go both to the right and left.
56. Scissors Step

Purpose: To develop timing, agility, balance and coordination.

Procedure:
1. Stand with feet straddling the yard line at the sideline.
2. Do scissors step as you move forward down the line (The feet cross over each other to the front and back. The feet should be crossed on both sides of the line. Switch feet as you jump in the air).
3. Go to the hash marks.

Key Points:
1. Feet go on both sides of line as you switch.
2. Keep eyes and head up.

57. Three to Nine

Purpose: To develop timing, agility, balance and hip flexibility.

Procedure:
1. Stand facing forward with both feet to one side of the yard line at the sideline in six o'clock position.
2. Jump with both feet a quarter turn to a nine o'clock position (to the left) as you move forward.
3. Next, jump with both feet a half turn to a 3 o'clock position (to the right) as you move forward.
4. Repeat the half turns going from a 9 o'clock position to a 3 o'clock position.
5. Go to the hash marks.

Key Points:
1. As you turn the feet, they should be parallel to the sideline. In other words, the hips must rotate.
2. Lead the action with the feet, and the hips will follow.
3. Keep the shoulders square facing up the field.
4. Keep eyes and head up.
The following are variations of the ladder drill. Many other variations of this drill can be done by using your imagination depending on your purpose. The distances run can be any combination. Running 5/10/5 yards is the basic combination.

58. Sprint Ladder Drill

Purpose: To develop agility and conditioning.
Procedure:
1. Begin in a three-point stance on the start line.
2. Sprint to the first line (five yards), touch the line with your right foot and return to the starting line and touch with the left foot.
3. Sprint to the second line (ten yards), touch the line with your right foot and return to the starting line and touch with the left foot.
4. Sprint to the first line (five yards), touch the line with your right foot and return to the starting line.

Key Points:
1. Always have the athletes touch the line at the five-yard intervals with the right foot and the starting line with the left foot. This is so the athletes push off with each leg and do not run in circles.
2. All runs are at full speed.

59. Shuffle Ladder Drill

Purpose: To develop agility, conditioning, strength and flexibility in the abductor and adductors.
Procedure:
1. Begin in a two-point stance standing perpendicular to the start line.
2. Shuffle to the first line (five yards), touch the line with your right foot, shuffle to the starting line and touch with the left foot.
3. Shuffle to the second line (ten yards), touch the line with your right foot, shuffle to the starting line and touch with the left foot.
4. Shuffle to the first line (five yards), touch the line with your right foot and shuffle to the starting line.

Key Points:
1. Always have the athletes touch the line at the five-yard intervals with the right foot and the starting line with the left foot. This is so the athletes push off with each leg and do not run in circles.
2. The coach should be positioned so the athletes are always facing him or her.
3. Do not have the athletes cross feet.
4. Keep back straight while staying low.
60. Backpedal Ladder Drill

Purpose: To develop agility, conditioning and change of direction.

Procedure:
1. Begin in a two-point stance standing with your back to the start line.
2. Backpedal to the first line (five yards), touch the line with either foot, sprint to the starting line and touch with either foot.
3. Backpedal to the second line (10 yards), touch the line with either foot, sprint to the starting line and touch with either foot.
4. Backpedal to the first line (five yards), touch the line with either foot and sprint to the starting line.

Key Points:
1. Keep low on the backpedal.
2. All runs are at full speed.
3. Have good acceleration coming out of the backpedal.

61. Backpedal/Sprint Drill

Purpose: To develop agility, conditioning and acceleration after a change of direction.

Procedure:
1. Begin in a two-point stance standing with your back to the start line.
2. Backpedal 10 yards, pivot to the right 180 degrees, sprint 10 more yards and touch the line with either foot.
3. Backpedal 10 yards, pivot to the left 180 degrees and sprint 10 yards to the starting line.

Key Points:
2. All runs are at full speed.
3. Have good acceleration after the turn.
62. Pro Agility Drill

Purpose: To improve footwork, change of direction and reaction time.

Procedure:
1. From a two-point stance straddle the middle line.
2. Sprint to the right line and touch it with the right hand.
3. Push off forcefully and sprint back across the middle line to the left line and touch that line with your left hand.
4. Sprint back to the right, finishing at the middle line.

Key Points:
1. When running to the right, always touch line with the right hand and when running to the left always touch line with the left hand. This insures that the athlete will push off with opposite feet.
2. Make sure the athletes touch the lines with their hands.
3. Up to five athletes do the drill at the same time and race.
4. An athlete or coach can stand in front and point to the right or left to start the athletes.
5. Stay low when changing directions.
These drills are done using regulation track hurdles and can be adjusted to the athlete's physical capabilities and progression of skill level.

Purpose: The purpose of these drills is to improve torso, trunk and hip flexibility through dynamic, athletic-type movements. They activate and strengthen the synergistic, stabilizing muscles of the hip and groin area. The goal is not to isolate specific muscles of the body, but to integrate all involved muscles in the sport's specific movement patterns.

Ten hurdles are placed in parallel position with the distance of the rocker arm of the hurdle determining the space between successive crossbars.

63. Forward Step

Up and over alternate leg lead

Procedure:
1. Place hands on hips.
2. Ensure that shoulders, hips and feet are squared to the crossbars before beginning exercise.
3. Begin by lifting the right knee/foot up and over the first crossbar.
4. Continue by lifting the trailing leg up and over the next crossbar.
5. Continue alternating and overcoming successive crossbars.

Key Points:
1. Each foot must land in a forward-facing position.
2. When lifting each leg, attempt a straight up-and-over motion, rather than an excessive outward, swinging motion.
3. Hold upper torso in an erect, upright posture rather than a forward-leaning posture.
4. Focus eyes 15 yards straight ahead rather than down at each crossbar.
5. Attempt to maintain a rhythmic pattern of stepping over the hurdles.
6. Start with slow, deliberate movements and build to faster speeds as proficiency increases.

64. Lateral Step

Up and over lateral step

Procedure:
1. Place hands on hips.
2. Ensure that shoulders, hips and feet are squared but perpendicular to the hurdles.
3. Begin by leading with and lifting the left knee/foot up and over the first crossbar.
4. Continue by leading with and lifting the trailing leg up and over the same crossbar until you reach the fifth hurdle.
5. At the fifth hurdle rotate body 180 degrees then continue alternating and overcoming each crossbar.

Key Points:
1. Each foot must land in a forward-facing position.
2. When lifting each leg, attempt a straight up-and-over motion without rotating the hips and torso.
3. Hold upper torso in an erect, upright posture.
4. Focus eyes 15 yards straight ahead rather than down at each crossbar.
5. Attempt to maintain a rhythmic pattern of stepping over the hurdles.
6. Start with slow, deliberate movements, and build to faster speeds as proficiency increases.
7. Ensure that the first foot is placed far enough away from the hurdle to allow space for trailing foot.
65. Up and Over

Up and over right leg lead

Procedure:
1. Place hands on hips.
2. Ensure that shoulders, hips and feet are squared but perpendicular to the hurdles.
3. Begin by lifting the right knee/foot up and over the first crossbar.
4. Continue by lifting the trailing leg up and over the same crossbar.
5. After five hurdles begin leading with the left leg and continue to the end of the hurdles.

Key Points:
1. Each foot must land in a forward-facing position.
2. When lifting each leg, attempt a straight up-and-over motion without rotating the hips and torso.
3. Hold upper torso in an erect, upright posture.
4. Focus eyes 15 yards straight ahead rather than down at each crossbar.
5. Attempt to maintain a rhythmic pattern of stepping over the hurdles.
6. Start with slow, deliberate movements and build to faster speeds as proficiency increases.
7. Ensure that the first foot is placed far enough away from the hurdle to allow space for trailing foot.

Hurdles are placed side by side to form a straight line of all crossbars with rocker arms alternating from the left and right.

66. Facing Forward

Weave in and out underneath hurdles

Procedure:
1. Place hands in football blocking position.
2. Ensure that shoulders, hips and feet are squared but perpendicular to the hurdles.
3. Begin exercise by crouching in a low-squat position and leading with and placing the left leg under and through the first crossbar.
4. Follow previous step by remaining in low position and step under the crossbar with the trailing leg.
5. Staying in the crouching low-squat position, step forward with the left leg/foot to the next crossbar.
6. Continue by lifting the right leg under and through the same crossbar.
7. Remaining in low position, step under and through the crossbar with the left leg.
8. Repeat steps #4-7.

Key Points:
1. Each foot must land in a forward-facing position.
2. When lifting each leg, attempt a straight under and through motion without rotating the hips and torso.
5. Focus eyes 15 yards straight ahead rather than down at each crossbar.
7. Attempt to maintain a rhythmic stepping pattern through the hurdles.
8. Start with slow, deliberate movements and build to faster speeds as proficiency increases.
9. Ensure that the first foot is placed far enough away from the hurdle to allow space for trailing foot.