



NIKE FOOTBALL 
SPARQ TRAINING
PRE-SEASON PROGRAM

WEEK 3-4

NIKE FOOTBALL

SPARQ TRAINING

PRE-SEASON PROGRAM WEEK 3-4

The Nike Football SPARQ Training Pre-Season Program is an 8-week movement-based program designed to make your athletes more dynamic and explosive. Our program will help you teach your athletes to move more efficiently and increase their overall athletic ability. We believe better athletes make better players and our goal is to help you build a championship football team.

This program is based on proven training philosophies that have been developed over many years with athletes of all ages. For the coach, this program is effective because it replicates the movements and positions required in football. The stages of development are organized so that your youngest athletes will be able to see progress while your most advanced and talented athletes will be challenged on a daily basis.

The teaching hierarchy of the Nike Football SPARQ Training Pre-Season Program is progressive and sequential. This means your athletes will be taught the necessary movements on the field and in the weight room. Once they master the proper technique, they will then work on developing the speed of the movement and the loads required to develop peak athleticism.

This program is unique because it looks beyond the 'stronger is better' mentality. While developing strength is an important component of any program, it's not our end goal because we're making dynamic football players, not weight lifters. Use this 8-week movement-based program as part of your pre-season regimen and help ensure that your athletes train, practice, and compete at the highest level.

COACH CARLISLE

The Nike Football SPARQ Training Pre-Season Program was developed in conjunction with Chris Carlisle, the current Strength and Conditioning Coach of the Seattle Seahawks. Prior to coming to the Seahawks, Carlisle was an integral part of Pete Carroll's staff at USC and is credited with developing the explosive style of play that enabled the Trojans to become the most dominate program in college football over the past decade.

SCHEDULE

DYNAMIC WARM-UP SCHEDULE

DAY 1

DYNAMIC WARM-UP (A)

Accelerate - 40 yards
Hanging Hamstring
Accelerate - 40 yards
Quad Pull
Backwards Run - 30 yards
Staggered Hamstring (RT/LT)
Carioca Squat - 15/15 yards
Saigon Squat
Stiff Legged Bound - 20 yards
3-Way Splits
High Knee Carioca - 10/10 yards
Hip Flexor

DAY 2

DYNAMIC WARM-UP (B)

Accelerate - 40 yards
Hanging Hamstring
Accelerate - 40 yards
Quad Pull
Backwards Run - 20 yards
Staggered Hamstring (RT/LT)
Stiff Legged Bound - 20 yards
Lateral Lunge - 10/10 yards
3-Way Lunge - 20 yards
Spiderman - 10 yards
Inch Worm - 10 yards

DAY 3

BANDS (C)

WEEK 3-4

Shuffle Right - 10 yards
Shuffle Left - 10 yards
Forward Ice Skater - 10 yards
Backwards Ice Skater - 10 yards

WEEK 3

DAY 1

HORIZONTAL STABILITY

- Opposite Side Pointers - 1 x 8 reps
- V-Reach-Up - 1 x 10 reps
- Superman - 1 x 10 reps

LINEAR BURST SPEED

- Scramble Start/Starts
Scramble Start - 2x20 yards
Stance - 2x20 yards
Blend - 4x20 yards

SPEED LADDER

- One Foot In Each Hole
- Two Feet In Each Hole
- Lateral High Knee (RT/LT)
- Lateral Shuffle (lcky)
- High Knee Step Over
- Two-In-Two-Out

3-CONE DRILLS

- Pro Agility
- Sprint-Back Pedal-Sprint
- Back Pedal-Sprint-Back Pedal
- Shuffle-Sprint-Sprint

HANG CLEAN

4 x 65/3, 70/3, 75/3, 80/2

BACK SQUAT

4 x 70/5, 75/5, 82/5, 85/5

BENCH

4 x 65/5, 70/4, 75/4, 77/3

AUXILIARY BENCH

Use Bench Max #'s to figure %'s
30° Incline 3 x 67/3, 70/3, 72/3

SHOULDER CIRCUIT C

- Upright Rows - 3x8
- Wall Slides - 3x5 (High/Low)

TRICEP CIRCUIT C

- Tricep Extension - 3x10
- Tricep Overhead - 3x10

MANUAL NECK

x 5 reps

40-50-60

- x 2 sets of 7
- 40 yards: O-Line/D-Line @ 7 sec
- 50 yards: LB/TE/FB/QB/SP @ 8 sec
- 60 yards: WR/Dumbbell @ 9 sec
- 30 sec rest/3:00 min rest

DAY 2

PARTNER POWER BALL

- Sit-Up And Grab - 1x8 reps
- Reach-Up And Move - 1x8 reps
- Supine 90° Twist - 1x8 reps

SNATCH/JERK (STANDING)

- Snatch x8 throws
- Jerk x8 throws

CONE HOP/JUMP AND LAND

- Single Cone - 2x6
- Lateral - 2x6
- Forward/Backward - 2x6

DUMBBELL JERK

3 x 55/4, 62/4, 65/3

CLEAN PULL

4 x 70/4, 75/4, 80/4, 85/4

BOX STEP-UP

3 x 52/5, 55/5, 55/5

ROMANIAN DEAD LIFT (RDL)

3 x 55/5, 55/5, 55/5

BACK CIRCUIT C

- Wide Lat Pulldown 3x8
- Narrow Grip Pull-Up 3x8

BICEP CIRCUIT C

- Cable Curl 3x10
- Dumbbell Hammer Curl 3x8

20 YARD SPRINTS

- x 2 sets of 11
- 15-18 sec rest/2:00 min rest

DAY 3

PLANKS

- Front Plank - 2 x 30 seconds
- Right Plank - 2 x 25 seconds
- Left Plank - 2 x 25 seconds

DYNAMIC SPEED DRILLS

- Sleds
Contrast Training
4 x 20 yards with Sled
4 x 20 yards without Sled

ROPES

- One Foot In Every Hole
- Lateral Shuffle (lcky)
- Lateral Scissors

8-BAG DRILLS

- One Foot In Each Hole
- Lateral High Knee

- Shuffle
- Zig-Zag Run
- Sprint-Back Pedal
- Two Feet In Each Hole

HANG SNATCH

4 x 32/4, 35/4, 40/4, 42/4

FRONT SQUAT

4 x 40/5, 45/5, 50/5

TOWEL SLIDES

3 x 5

BENCH

4 x 65/5, 75/5, 80/4, 85/2

DUMBBELL ALT PRESS

30/4, 32/4, 35/4

SHOULDER CIRCUIT A

- Dumbbell Shoulder Press - 3 x 8
- Dumbbell Shrugs - 3 x 10

TRICEP CIRCUIT A

- EZ Bar Extension - 3 x 8
- Close Grip Press - 3 x 10

MANUAL NECK

X 5 reps

AGILITY CIRCUIT

- Ropes - 2 x 5 Drills
- Speed Ladder - 2 x 5 Drills
- Step Over Bags - 2 x 5 Drills
- 20-30 sec rest/2:00 min rest

WEEK 4

GROUPED DRILLS AND CIRCUITS

NOT M-F SCHEDULE SPECIFIC

DAY 1

HORIZONTAL STABILITY

- Cats/Camels - 1 x 8 reps
- Dead Bug - 2 x 8 reps
- Reach Through - 2 x 8 reps

LINEAR BURST SPEED

- 0-Step/2-4-6 Step Drills
20 yards x8
1x20 yards Stance 0-Step
1x20 yards focus on first 2 steps
1x20 yards focus on first 4 steps
1x20 yards focus on first 6 steps
2x20 yards blend on all 6 steps

SPEED LADDER

- One Foot In Each Hole
- Two Feet In Each Hole
- Lateral High Knee (RT/LT)
- Lateral Shuffle (lcky)
- High Knee Step Over

- Two-In-Two-Out
- Two Foot Hopscotch

F-DRILLS

- Sprint-Shuffle-Sprint-Back Pedal
- Back Pedal-Shuffle-Shuffle-Sprint
- Back Pedal-Carioca-Shuffle-Sprint
- Shuffle-Sprint-Back Pedal-Shuffle

HANG CLEAN

4 x 70/4, 75/4, 80/3, 85/3

BACK SQUAT

4 x 72/5, 77/4, 82/4, 87/4

BENCH

4 x 67/5, 72/4, 77/3, 82/3

AUXILIARY BENCH

Use Bench Max #'s to figure %'s
30° Alt Dumbbell Incline - 3 x 30/4, 32/4, 35/4

SHOULDER CIRCUIT D

- Dumbbell T-Drill - 3x7
- Dumbbell Shrugs - 3x10

TRICEP CIRCUIT D

- Tricep Extension/Close Grip - 3x5
- Power Ball Push-Up - 3x12

MANUAL NECK

x 5 reps

20 YARD SPRINTS

- x 2 sets of 12
- 15-18 sec rest/2:00 min rest

DAY 2

PARTNER POWER BALL

- Sit-Up Touch - 2x10 reps
- Partner Hand Off - 1x10 reps
- Lateral Toss (Knee - 1x10 reps)

THRUST/OVERHEAD (STANDING)

- Thrust - 2x5 throws
- Overhead - 2x5 throws

BOUNGING/ICE SKATER/SKI HOP

- Bounding - x20 yards
- Ice Skater - x20 yards
- Ski Hop - x15 yards (60 hops)

DUMBBELL JERK

3 x 55/4, 62/4, 65/4

CLEAN PULL

4 x 75/4, 82/4, 87/3, 92/2

BOX STEP-UP

3 x 52/5, 55/5, 57/5

ROMANIAN DEAD LIFT (RDL)

3 x 55/4, 55/4, 55/4

BACK CIRCUIT D

- Wide Lat Pulldown 3x8
- Narrow Grip Pull-Up 3x8

BICEP CIRCUIT D

- 21's 3x21 (7/7/7)
- Band Curls 3x10

8 PLAY DRIVE

- x 3
- 20 sec rest/2:00 min rest

DAY 3

PLANKS

- Front Plank - 2 x 35 seconds
- Right Plank - 2 x 30 seconds
- Left Plank - 2 x 30 seconds

DYNAMIC SPEED DRILLS

- Zig-Zag Run/Swoop Drill
- 5-yard Zig-Zag Run - 2 x 20 yards
- 360 Swoop Drill A & B - 4 x 20 yards
- 10-yard Zig-Zag Run - 2 x 30 yards

ROPES

- One Foot in Every Hole
- Lateral Shuffle (lcky)
- Lateral Scissor
- High Knee Step Over
- Two-in-Two-Out
- Two Foot Hops
- Diagonal Ski Hops

4-BAG DRILLS

- Lateral-Lateral-Sprint
- Lateral-Sprint-Sprint
- Lateral-Shuffle-Sprint
- Lateral-Zig-Zag Run-Sprint

HANG SNATCH

4 x 35/4, 37/4, 42/3, 45/3

BACK SQUAT

4 x 62/5, 70/5, 75/4, 80/4

RUSSIAN LEANS

3 x 4

BENCH

4 x 70/5, 77/5, 82/3, 87/2

DUMBBELL ALT PRESS

32/4, 35/4, 37/4

SHOULDER CIRCUIT B

- Plate Circuit - 3 x 8
- Scap Pinch - 3 x 20

TRICEP CIRCUIT B

- Push-Up Complex - 3 x 20/15/10
- Dips - 3 x 10-15

MANUAL NECK

x 5 reps

40-50-60

- x 2 sets of 8
- 40-yards: 0-Line/D-Line @ 7 sec
- 50-yards: LB/TE/FB/OB/SP @ 8 sec
- 60-yards: WR/DUMBBELL @ 9 sec
- 30 sec rest/3:00 min rest

Agility

ROPE DRILLS:

- Double Pane
- Every Hole
- Lateral Shuffle
- Lateral Scissor
- High Knee Step Over
- Two - In - Two - Out
- Diagonal Ski Hops

DOTS DRILLS:

- Two Foot Drills
- Figure 8
- Two Foot Hopscotch
- Scissors
- Two Foot Lateral Hop
- Diagonal Scissor

One Foot Drills

- One Foot Figure 8 (RT/LT)
- 2-1-2 Hopscotch
- One Foot Lateral Hop (RT/LT)
- 1-2-1 Hopscotch
- Diagonal (RT/LT)

COMBO DRILLS:

- Two Foot Figure 8
- Two Foot Hopscotch
- One Foot Figure 8 (RT/LT)
- 2-1-2 Hopscotch
- Two Foot Lateral Hop
- Scissors
- Diagonal Scissor

AGILITY BAGS:

- 8 - Bag Drills
- One Foot In Each Hole
- Lateral High Knee
- Shuffle
- Zig - Zag Run
- Sprint - Back Pedal
- Two Feet In Each Hole

4 - Bag Drills

- Lateral - Lateral - Sprint
- Lateral - Sprint - Sprint
- Lateral - Shuffle - Sprint
- Lateral - Zig-Zag Run - Sprint

CONE DRILLS:

- 4-Cone Drills
- Sprint - Shuffle - Back Ped
- Shuffle - Back Ped - Shuffle
- Back Ped - Carioca - Sprint
- Spr- Shuf- Back Ped-Diag Spr

Short Shuttle

- Sprint - Shuffle - Sprint
- Shuffle - Shuffle - Sprint
- Shuffle - Sprint - Shuffle
- Sprint - Sprint - Shuffle

3-Cone Drills

- Pro-Agility
- Sprint - Back Pedal - Sprint
- Back Ped - Sprint - Back Ped
- Shuffle - Sprint - Sprint

F-Drills

- Spr - Shuf - Spr - Back Ped
- Back Ped - Shuf - Shuf - Spr
- Back Ped - Cari - Shuf - Spr
- Shuf - Spr - Back Ped - Shuf

SPEED LADDER:

- Single Pane
- One Foot In Each Hole
- Two Feet In Each Hole
- Lateral High Knee (RT/LT)
- High Knee Step Over
- Two - In - Two - Out
- Two Foot Hopscotch
- Lateral Scissor

Lifting Circuits

Ensure that you work maximally during your lifts and rest for 45 seconds between sets

BACK CIRCUIT:

- Circuit A
- Dumbbell Row 3 X 8
- Wide Grip Pull-Up

Circuit B

- Dumbbell Bench Row 3 X 8
- Dumbbell Pullover 3 X 8

Circuit C

- Wide Lat Pulldown 3 X 8
- Narrow Grip Pull-up 3 X 8

Circuit D

- Dumbbell Stability Row 3 X 8
- Narrow Grip Pull-up 3 X 8

BICEP CIRCUIT:

- Circuit A
- Straight Bar Curl 3 X 8
- Dumbbell Hammer Curl 3 X 8

Circuit B

- EZ Bar Curls 3 X 8
- Dumbbell Curls 3 X 8

Circuit C

- Cable Curl 3 X 10
- Hammer Curl 3 X 8

Circuit D

- 21's 3 X 21 (7/7/7)
- Band Curls 3 X 10

SHOULDER CIRCUIT:

- Circuit A
- Dumbbell Shoulder Press 3 X 8
- Dumbbell Shrugs X 10

Circuit B

- Plate Circuit 3 X 8
- Scap Pinch 3 X 20

Circuit C

- Upright Rows 3 X 8
- Wall Slides 3 X 5 (High / Low)

Circuit D

- Dumbbell T-Drill 3 X 7
- Dumbbell Shrugs 3 X 10

TRICEP CIRCUIT:

- Circuit A
- EZ Bar Extension 3 X 8
- Close Grip Press 3 X 10

Circuit B

- Push-up Complex x3 X 20/15/10
- Dips 3 X 10-15

Circuit C

- Tricep Extension 3 X 10
- Tricep Overhead 3 X 10

Circuit D

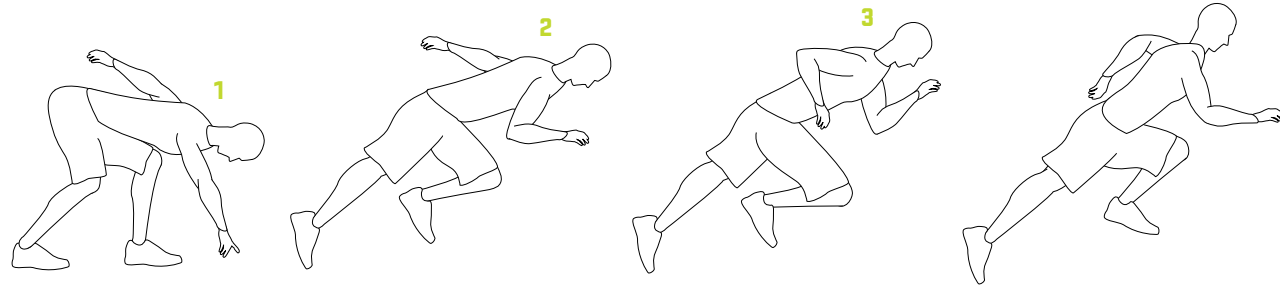
- Tricep Ext/Close Grip 3 X 5
- Power Ball Push-Up 3 X 12

To determine your max weight lifting range and calculate your max percentages, please reference the weight lifting guide at the back of this book.

DIAGRAMS & DESCRIPTIONS

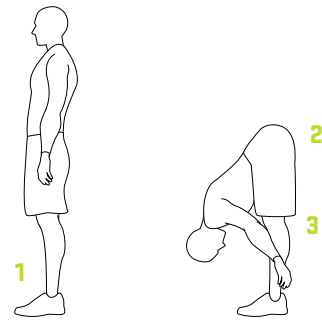
ACCELERATE

- 40 yards



1. The athlete will start the drill in a three point stance, with their hand behind the line
2. The athlete will accelerate to about 50% - 60% of top speed
3. On the 2nd acceleration the athlete shoulder work toward 75% of their top speed
4. Always use proper technique, this is not a jog

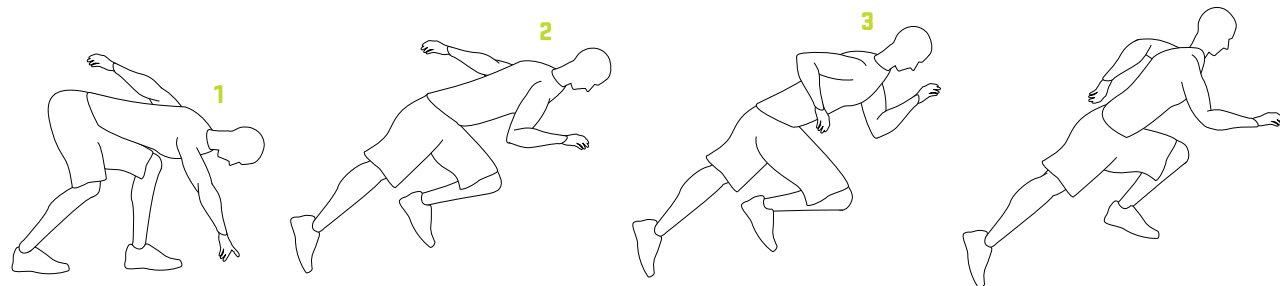
HANGING HAMSTRING



1. The athlete will put both feet together
2. The athlete will bend at the waist, keeping their back flat, and grab their calves or behind the knee and slowly pull their chest towards their knees
3. Do not allow the knees to bend
4. Never force a stretch to an uncomfortable level

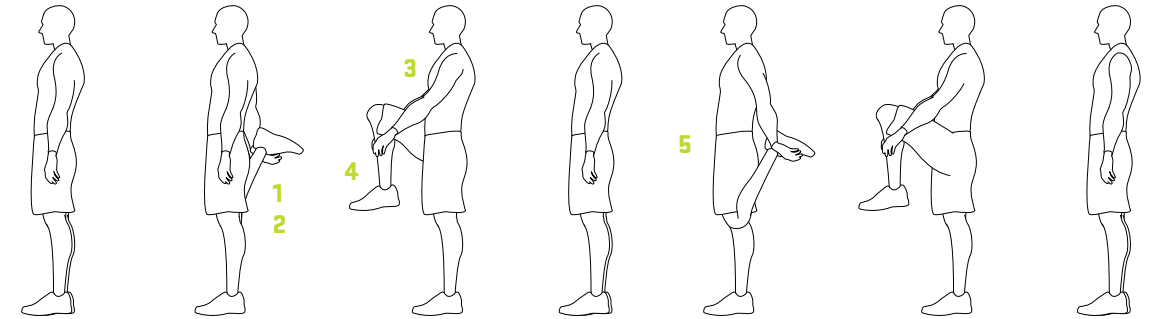
ACCELERATE

- 40 yards



1. The athlete will start the drill in a three point stance, with their hand behind the line
2. The athlete will accelerate to about 50% - 60% of top speed
3. On the 2nd acceleration the athlete shoulder work toward 75% of their top speed
4. Always use proper technique, this is not a jog

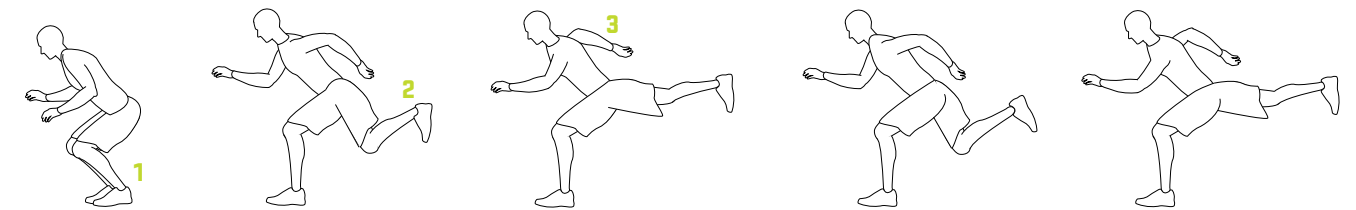
QUAD PULL



1. The athlete will grab, raise, then bend their right leg so that the heel is near the glutes
2. The athlete will grasp the ankle and will stretch the hip flexor and quadriceps for 10 - 15 seconds
3. The athlete will then release the foot as they bring the knee up towards their chest
4. Once the knee is as high up as the athlete can get it they will grasp the shin and hug the bent leg towards their mid-section. They will feel a stretch in the glutes and the hamstring area
5. After completing the right leg repeat the stretch with the left leg
6. Never force a stretch to an uncomfortable level

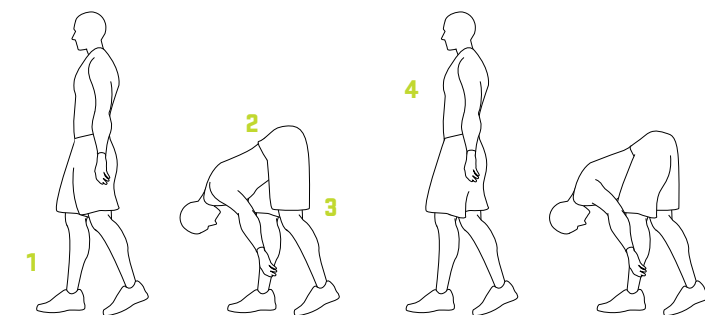
BACKWARDS RUN

- 30 yards



1. Begin with the heels next to the line. At the whistle the athlete will lean forward and begin to run backwards
2. This drill is different than a back pedal in that the athlete will kick and reach with their heels
3. The arms should swing in a normal running pattern

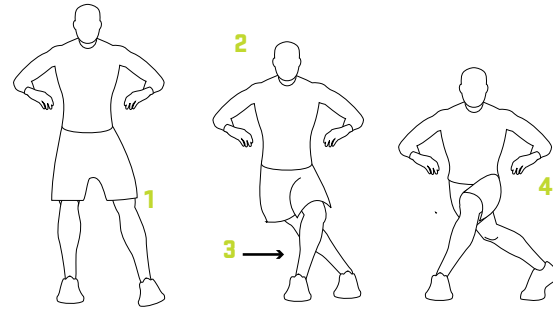
STAGGERED HAMSTRING (RT/LT)



1. Begin with the athlete's right leg staggered no farther than heel to toe relationship from the left foot
2. The athlete will bend forward at the hip, keeping their back flat, and their right leg slightly bent
3. As the athlete lowers themselves they will push their hips back so that they feel a stretch in the right leg
4. After completing the right leg repeat the stretch with the left leg
5. Never force a stretch to an uncomfortable level

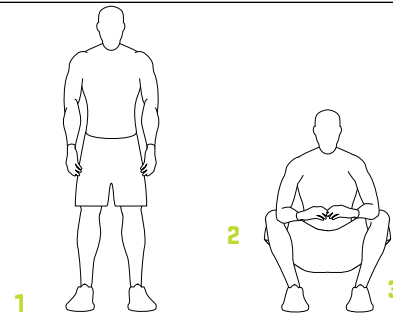
CARIOCA SWAT

- 15/15 yards



1. While standing tall, step slightly forward and to the side with your left leg
2. Keep chest and head up through the entire drill
3. Take right knee and stretch it behind the shin of the left leg
4. With weight on right foot, lunge to the side and slightly forward with the left leg
5. Repeat under step with right leg
6. Keep chest and head up throughout the movement

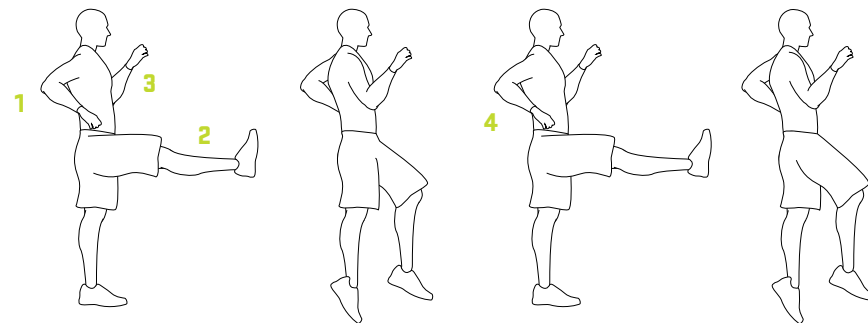
SAIGON SQUAT



1. Begin with the feet shoulder width apart. Make sure that the toes are slightly turned out
2. The athlete will squat down so that the hips are near the ground. Ensure that the heels are flat to the ground
3. The athlete will push out on the inside of the leg so that they feel a stretch in the groin area
4. Never force a stretch to an uncomfortable level

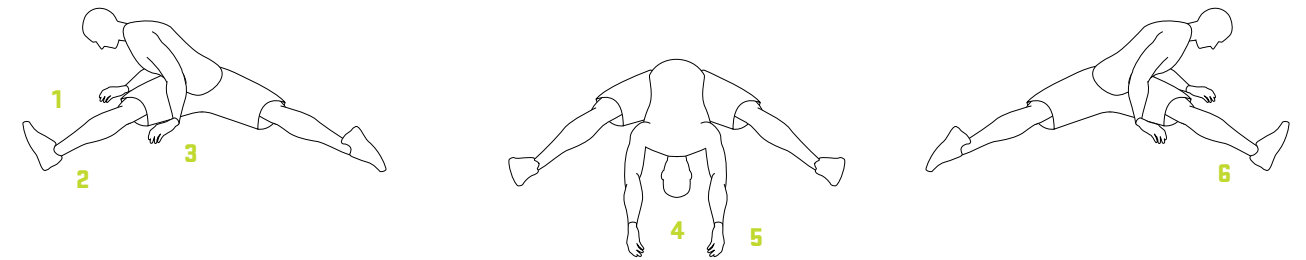
STIFF LEGGED BOUND

- 20 yards



1. The athlete will bound out just like a drum major
2. During the movement the keep the legs straight
3. The arms will move just as if the athlete were running
4. Continue the movement until they have covered the required distance

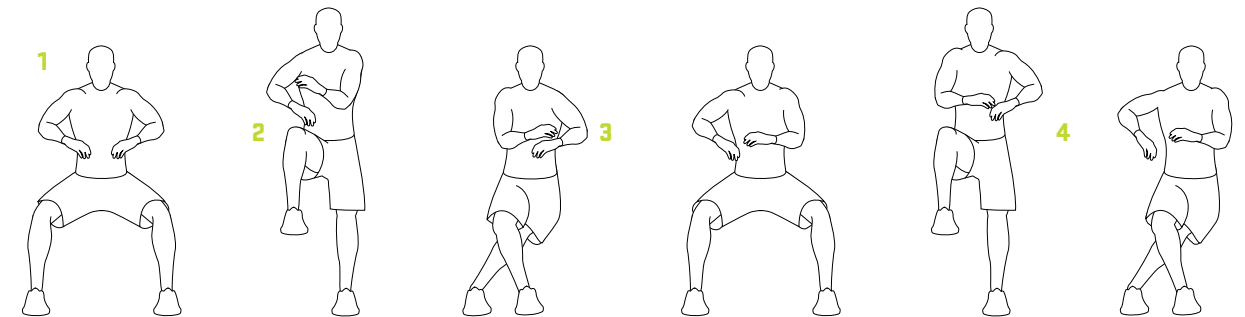
3-WAY SPLITS



1. The athlete will stretch their legs out as far as possible
2. While facing their right foot the athlete will ensure that the right foot is on the heel while the left foot is on the toes
3. Hands will be on the ground on either side of the athletes body for support
4. After holding this position for 10 - 15 seconds they athlete will rotate around so they are facing forward again. Both feet will be flat on the ground with most of the weight on the instep
5. The athlete will walk forward until the hips touch the ground and then they will walk back until they are in the initial position
6. The athlete will then rotate around so that the front leg is on the left heel so that they right foot is on the toes
7. Once all three directions have been completed that athlete will rise to a standing position
8. Never force a stretch to an uncomfortable level

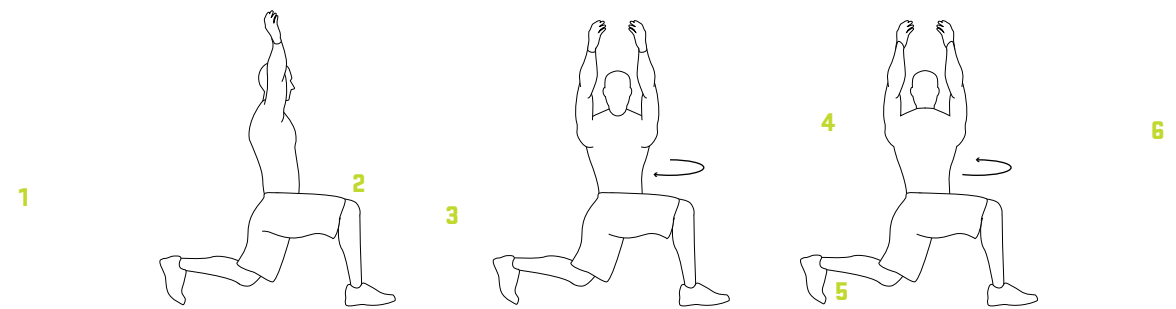
HIGH KNEE CARIOCA

- 10/10 yards



1. This exercise requires the athlete to exchange a step over and a step under movement
2. Make sure that the knee rises as far as comfortable during the step over movement so that a stretch will occur
3. Keep the arm movement very natural
4. Continue the movement for the required distance

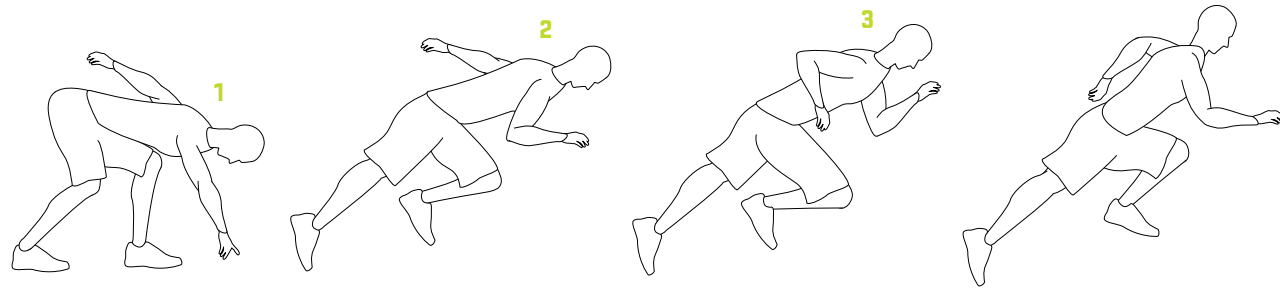
HIP FLEXOR



1. This stretch begins with the athlete on a foot and on one knee with the right leg forward
2. The athlete will lean forward on the left knee and will stretch their arms over their heads to get a better stretch
3. After holding this position for 10 - 15 seconds the athlete will rotate at the waist to the right
4. After holding this position for 10 - 15 seconds the athlete will rotate at the waist to the left
5. The athlete will switch legs and repeat the sequence
6. Never force a stretch to an uncomfortable level

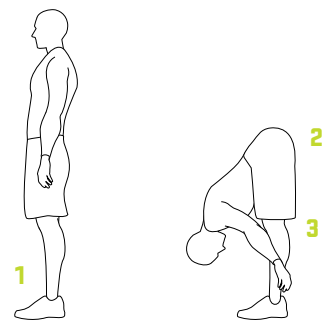
ACCELERATE

- 40 yards



1. The athlete will start the drill in a three point stance, with their hand behind the line
2. The athlete will accelerate to about 50% - 60% of top speed
3. On the 2nd acceleration the athlete shoulder work toward 75% of their top speed
4. Always use proper technique, this is not a jog

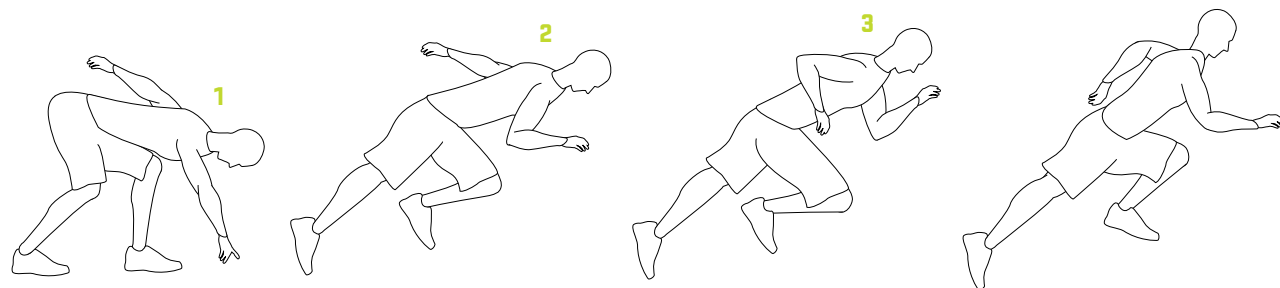
HANGING HAMSTRING



1. The athlete will put both feet together
2. The athlete will bend at the waist, keeping their back flat, and grab their calves or behind the knee and slowly pull their chest towards their knees
3. Do not allow the knees to bend
4. Never force a stretch to an uncomfortable level

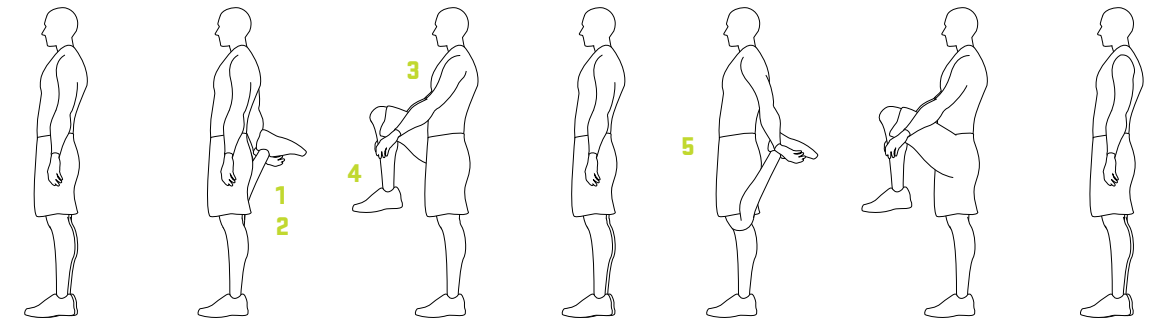
ACCELERATE

- 40 yards



1. The athlete will start the drill in a three point stance, with their hand behind the line
2. The athlete will accelerate to about 50% - 60% of top speed
3. On the 2nd acceleration the athlete shoulder work toward 75% of their top speed
4. Always use proper technique, this is not a jog

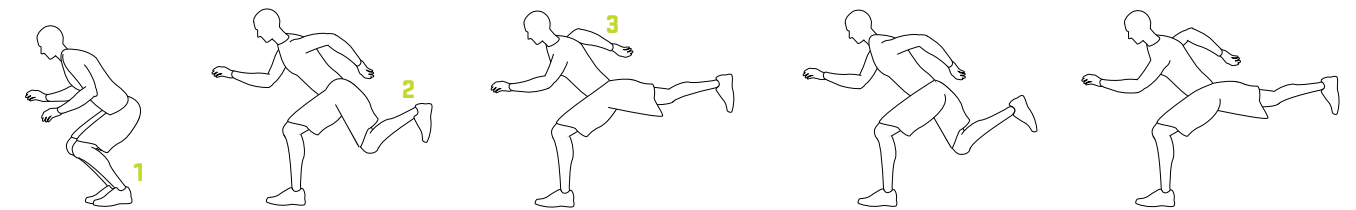
QUAD PULL



1. The athlete will grab, raise, then bend their right leg so that the heel is near the glutes
2. The athlete will grasp the ankle and will stretch the hip flexor and quadriceps for 10 - 15 seconds
3. The athlete will then release the foot as they bring the knee up towards their chest
4. Once the knee is as high up as the athlete can get it they will grasp the shin and hug the bent leg towards their mid-section. They will feel a stretch in the glutes and the hamstring area
5. After completing the right leg repeat the stretch with the left leg
6. Never force a stretch to an uncomfortable level

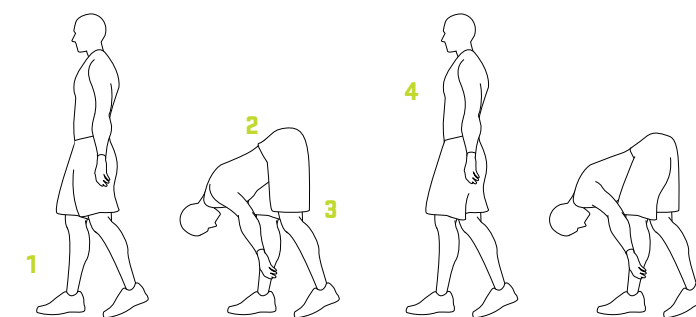
BACKWARDS RUN

- 20 yards



1. Begin with the heels next to the line. At the whistle the athlete will lean forward and begin to run backwards
2. This drill is different than a back pedal in that the athlete will kick and reach with their heels
3. The arms should swing in a normal running pattern

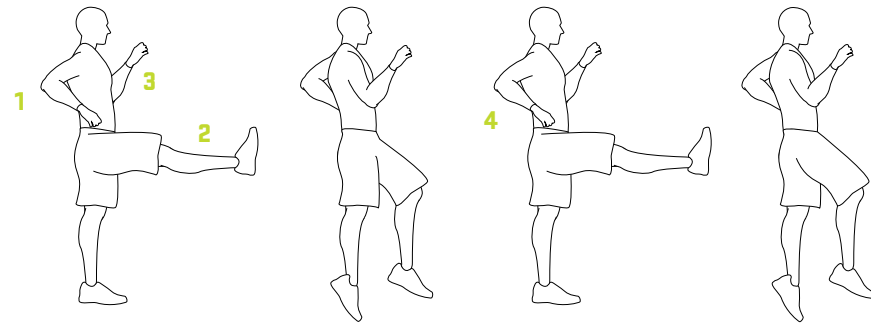
STAGGERED HAMSTRING (RT/LT)



1. Begin with the athlete's right leg staggered no farther than heel to toe relationship from the left foot
2. The athlete will bend forward at the hip, keeping their back flat, and their right leg slightly bent
3. As the athlete lowers themselves they will push their hips back so that they feel a stretch in the right leg
4. After completing the right leg repeat the stretch with the left leg
5. Never force a stretch to an uncomfortable level

STIFF LEGGED BOUND

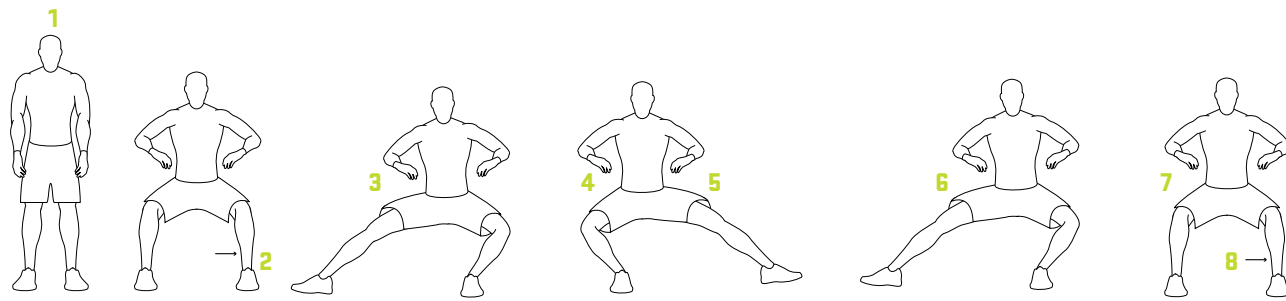
- 20 yards



1. The athlete will bound out just like a drum major
2. During the movement the keep the legs straight
3. The arms will move just as if the athlete were running
4. Continue the movement until they have covered the required distance

LATERAL LUNGE

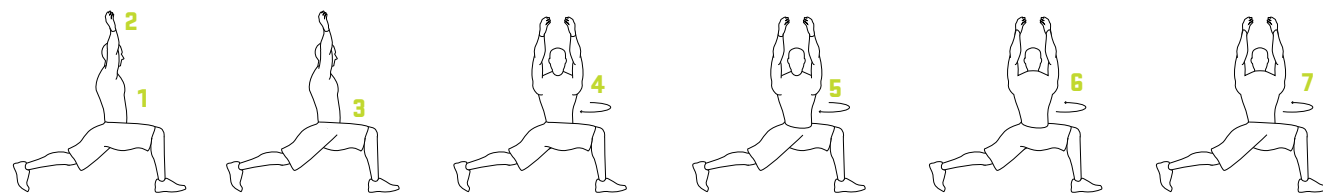
- 10/10 yards



1. Stand tall
2. Lunge out with left foot
3. Keep hip level the same throughout
4. Shift weight over left leg
5. Shift weight over right leg
6. Keep hip level the same
7. Shift weight back over left leg
8. Stand and lunge to the left again

3-WAY LUNGE

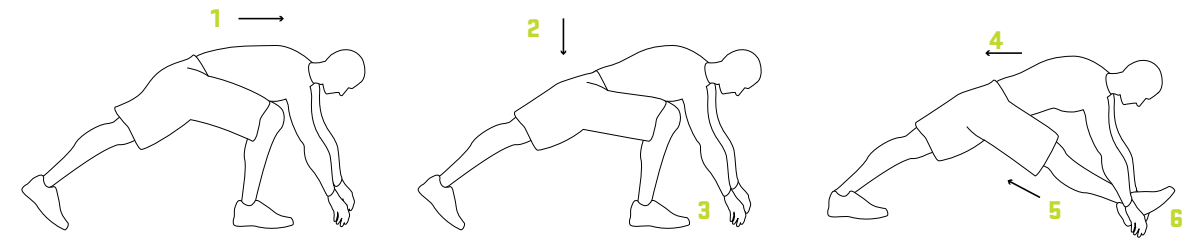
- 20 yards



1. The athlete will lunge forward as far as possible
2. In the lunge position the athlete will raise their arms over their head
3. The athlete will step with the left foot and will again raise their arms over their head
4. After the next step with the right leg the athlete will turn to the right
5. The athlete will then step with their left foot and again turn to the right
6. After the next step with the right leg the athlete will turn to the left
7. The athlete will then step with their left foot and again turn to the left
8. Continue the rotation of lunges and turns for the required distance

SPIDERMAN

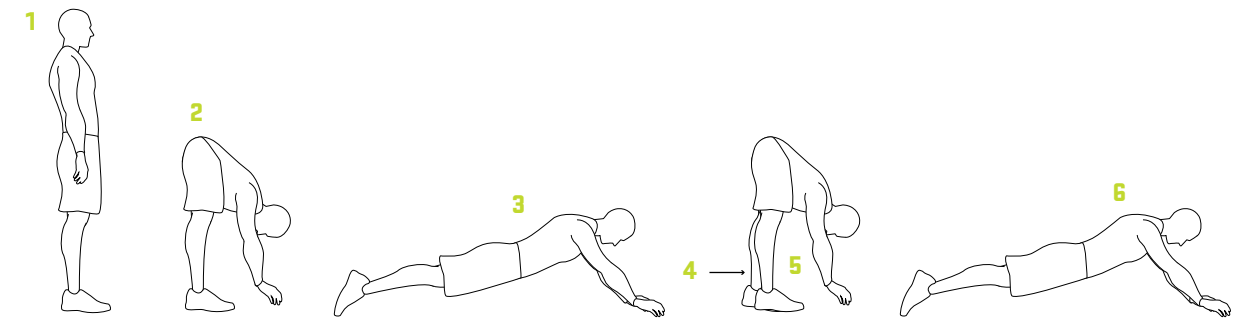
- 10 yards



1. Lunge forward
2. Lower hips towards ground
3. Hands remain on ground
4. Rock back
5. Straighten lead leg
6. Hands remain on ground 10 yards total

INCHWORM

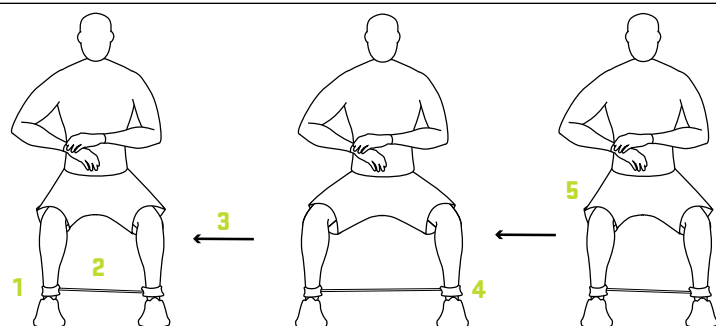
- 10 yards



1. Stand tall
2. Hands on floor, legs straight
3. Walk hands out to extended position
4. Walk feet up to hands
5. Keep legs straight
6. Repeat
7. Continue drill for 10 yards

SHUFFLE RIGHT

- 10 yards

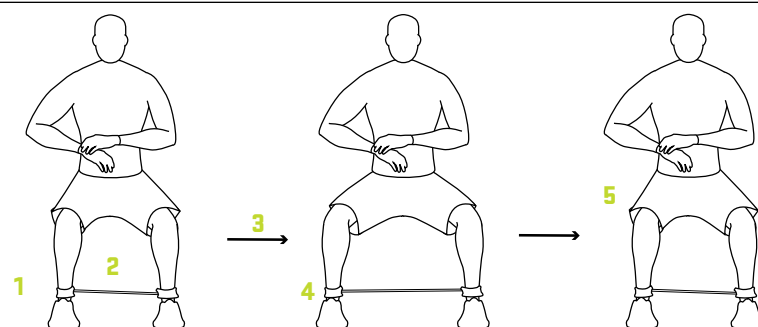


1. The athlete will put a band around their ankles. And assume a football position with their knees bent and their head up and back flat, do not bend at the waist
2. Begin the drill with the feet at hip width apart, the feet will never come closer than the hip width position
3. The athlete will lunge out to a shoulder width distance. As the athlete moves their foot their chest will follow the movement of the lead foot
4. Do not allow the athlete to lean on the trail foot as they lunge to the side

5. After completing the prescribed distance do not allow the athlete to stand up. The athlete should return to the starting point. It is important to keep the stress on the hips during this movement

SHUFFLE LEFT

- 10 yards



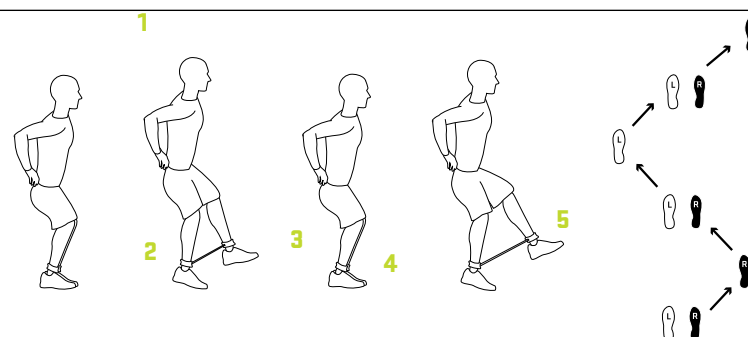
1. The athlete will put a band around their ankles. And assume a football position with their knees bent and their head up and back flat, do not bend at the waist
2. Begin the drill with the feet at hip width apart, the feet will never come closer than the hip width position
3. The athlete will lunge out to a shoulder width distance. As the athlete moves their foot their chest

- will follow the movement of the lead foot
4. Do not allow the athlete to lean on the trail foot as they lunge to the side

5. After completing the prescribed distance do not allow the athlete to stand up. The athlete should return to the starting point. It is important to keep the stress on the hips during this movement

ICE SKATER FORWARD

- 10 yards



1. The athlete will assume an athletic position with the bands around their ankles, hands behind their backs with their chest up
2. The athlete will step out on a 45° angle with right foot. As the foot comes into contact with the ground it is important to make sure that it

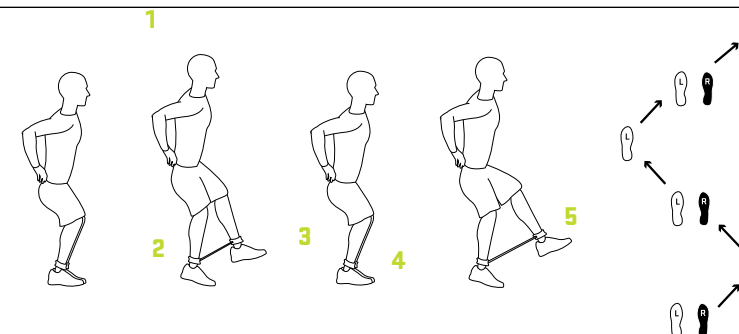
- lands full footed, do not land on the heel or on the toes but on the whole foot
3. The athlete will step with left foot and bring the feet together. The athlete will step out with left foot on a 45° angle. Make sure the athlete lands full footed

4. The athlete will bring right foot together with the left foot again. Continue this movement for the rest of the prescribed distance
5. After getting to the far point the athlete will step backward on a 45° angle with the right foot leading with the heel, landing on a full footed

6. The athlete will move the left foot together with right foot.
7. The athlete will step back on a 45° angle with left foot. Make sure that the athlete stays down in the football position for the entire exercise

ICE SKATER BACKWARD

- 10 yards



1. The athlete will assume an athletic position with the bands around their ankles, hands behind their backs with their chest up
2. The athlete will step out on a 45° angle with right foot. As the foot comes into contact with the ground it is important to make sure that it

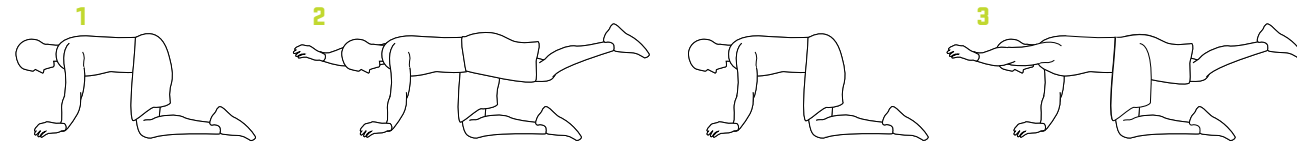
- lands full footed, do not land on the heel or on the toes but on the whole foot
3. The athlete will step with left foot and bring the feet together. The athlete will step out with left foot on a 45° angle. Make sure the athlete lands full footed

4. The athlete will bring right foot together with the left foot again. Continue this movement for the rest of the prescribed distance
5. After getting to the far point the athlete will step backward on a 45° angle with the right foot leading with the heel, landing on a full foot

6. The athlete will move the left foot together with right foot.
7. The athlete will step back on a 45° angle with left foot. Make sure that the athlete stays down in the football position for the entire exercise

HORIZONTAL STABILITY : Opposite Side Pointers

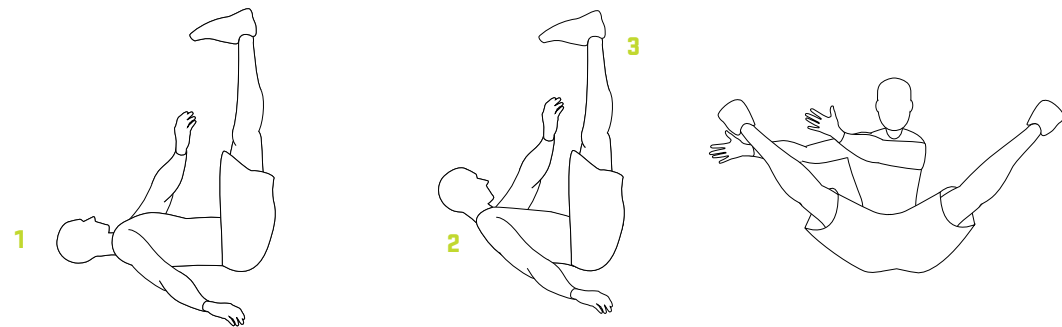
- 1 x 8 reps



1. Start with your hand and knees on the floor. Make sure that you are in a straight line from the back of your head to the end of your back
2. Extend the right arm out and extend the heel of the left leg back, hold this position for a count, then bring the right arm and left leg back to the starting position
3. Extend the left arm out and extend the heel of the right leg back, hold this position for a count and then return to the starting position
4. Continue to cycle the opposite leg and arm for the proper number of reps. Keep your core tight to stay balanced

HORIZONTAL STABILITY : V-Reach-Up

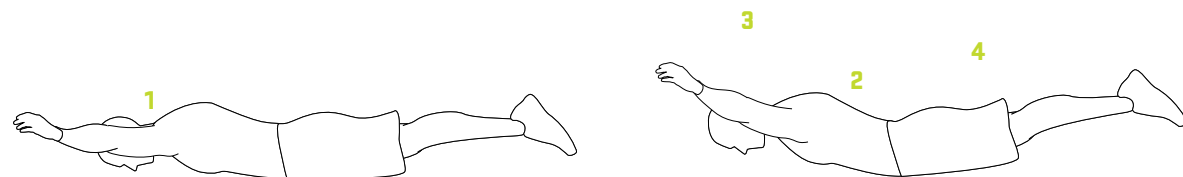
- 1 x 10 reps



1. Lay flat on the back with the legs perpendicular to the floor
2. Lift the shoulder blades off the floor, reaching up to the toes. Hold for one second, and then return to the start position
3. Heels should be up, toes should be pointing towards you
4. Inhale on the way down and exhale on the way up

HORIZONTAL STABILITY : Superman

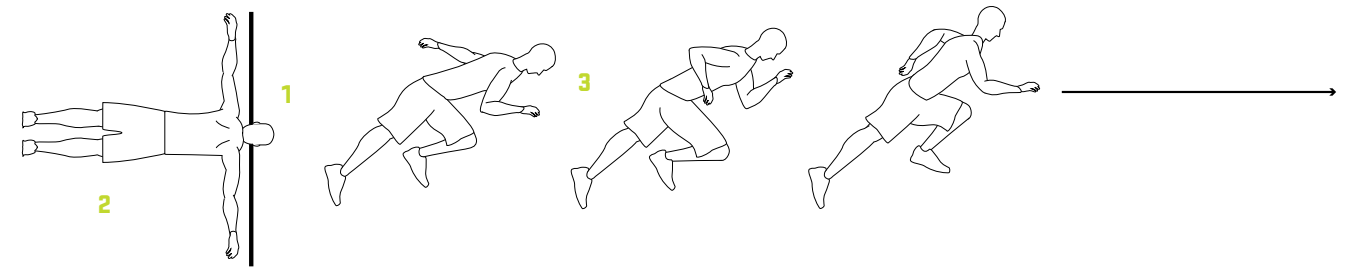
- 1 x 10 reps



1. To begin this exercise lay flat on the stomach with both arms and legs extended straight out
2. Lift the torso and thighs off the ground at the same time
3. Keep the thumbs up, and legs straight
4. This is not a jerking motion, lift the body up, hold for one second, and then return to the floor

LINEAR BURST SPEED : Scramble Start

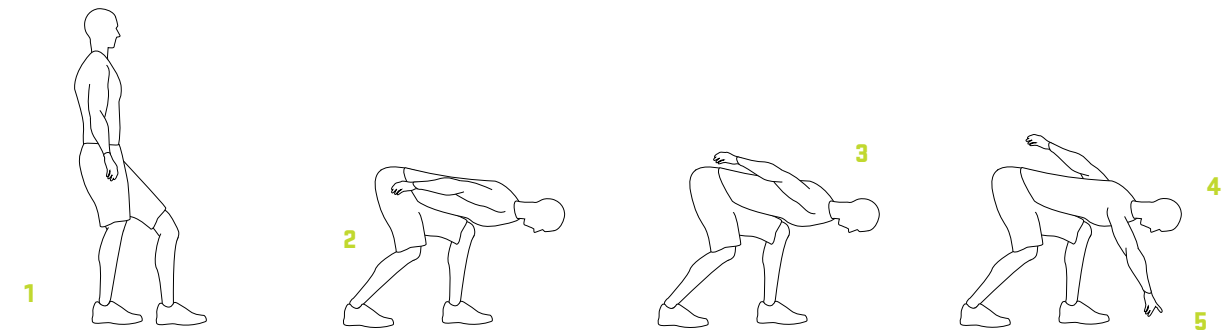
- 2 x 20 yards, Blend 4 x 20 yards



1. The athlete will start in a face down position with their chins on the floor
2. The athlete will have their feet slightly spread and their arms extended completely to the side
3. On the command (whistle / verbal / movement) the athlete will drive out and up
4. Do not allow the athlete to stand up and then drive out
5. This drill is intended to teach the athlete to drive out and also to get off the ground and get moving as fast as possible

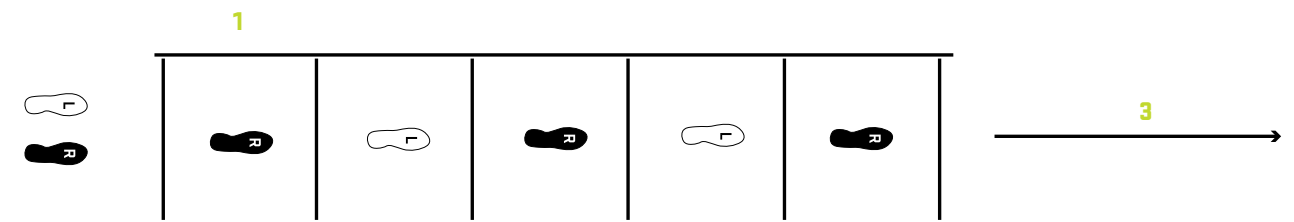
LINEAR BURST SPEED : Stance

- 2 x 20 yards, Blend 4 x 20 yards



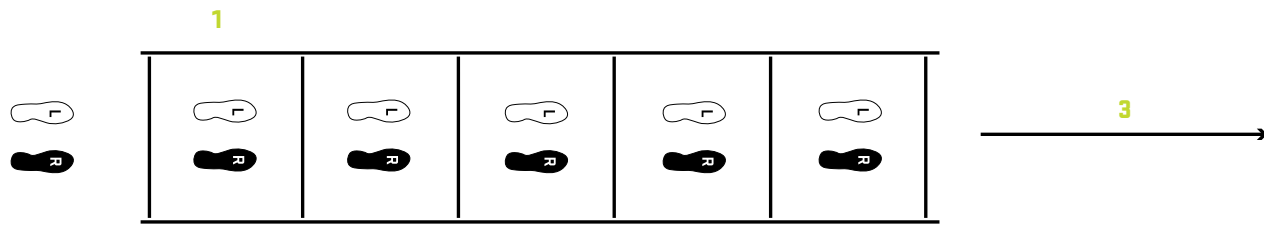
1. Foot Position: Front Leg=One show length back from the line. Drive Leg (Back)= Heel-to-Toe (minimum) extended Hip Width
2. Knee Angle: Front Leg = 90° up to 100°. Drive leg (Back) = 135°
3. Body Position: Straight line from tailbone to top of the head Hips higher than shoulder. Eyes are looking two inches behind start line
4. Hand Position: Ground Hand = Turned 1/4 turn out from football stance.
5. Finger Tip Bridge: Swing Arm = Slightly above hip line, relaxed

SPEED LADDER : One Foot In Each Hole



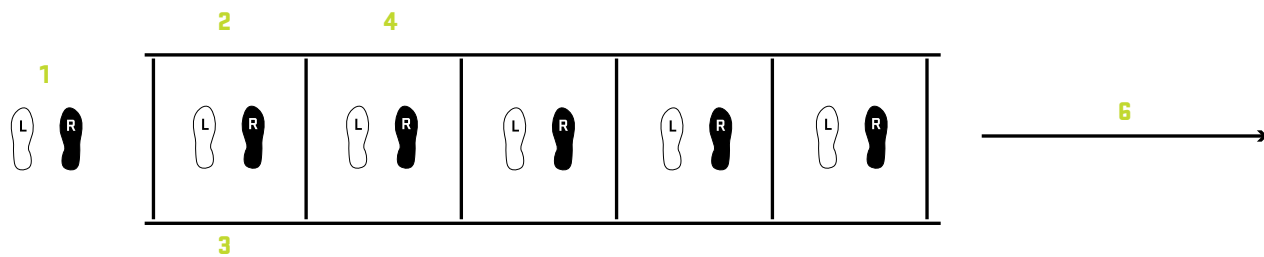
1. The athlete will run through the speed ladder making sure that one foot hits each of the open spaces in the ladder
2. Make sure the athlete is not looking at the speed ladder as they move down the course
3. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : Two Feet In Each Hole



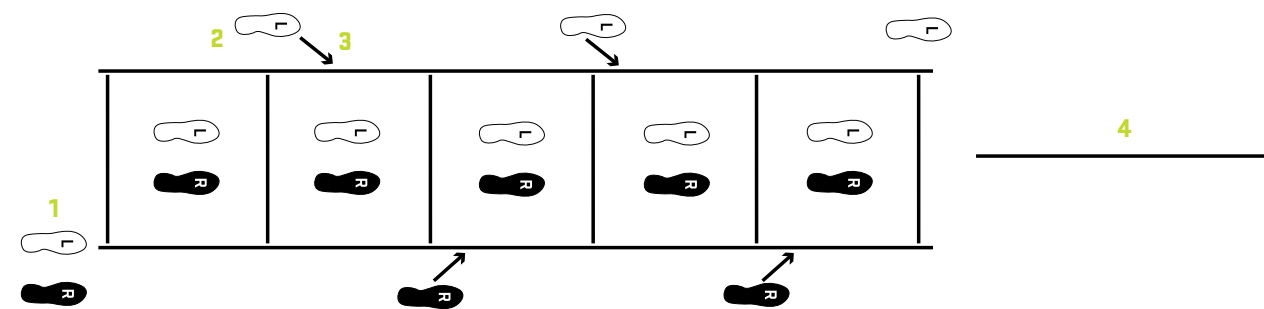
1. The athlete will run through the speed ladder making sure that both feet hit each of the open spaces in the ladder
2. Make sure the athlete is not looking at the speed ladder as they move down the course
3. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : Lateral Height Knee (RT/LT)



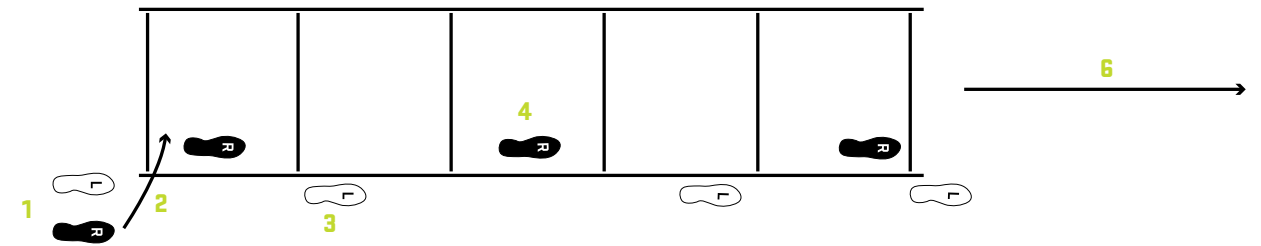
1. The athlete will have their right side (left when leading with the left leg) facing down the speed ladder
2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
3. The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
4. As the left foot (right foot when going left) strikes the ground the athlete will raise their right knee (left knee when leading with the left leg) to hip height and step into the next hole
5. Continue this high knee step action for the rest of the drill. Make sure the athlete is not looking at the speed ladder as they move down the course
6. The athlete will finish the drill by turning and sprinting 5-yards past the ladder

SPEED LADDER : Lateral Shuffle (Icky)



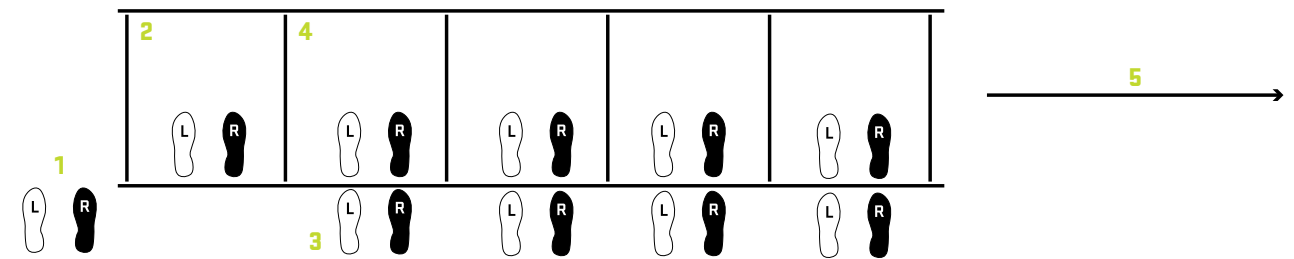
1. The athlete will face down the speed ladder to begin the drill
2. The athlete will move laterally across the speed ladder making sure both will alternately hit each hole
3. Once the outside foot steps outside of the speed ladder that athlete will start back into the next hole and move laterally across the ladder. Make sure the athlete is not looking at the speed ladder as they move down the course
4. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : High Knee Step Over



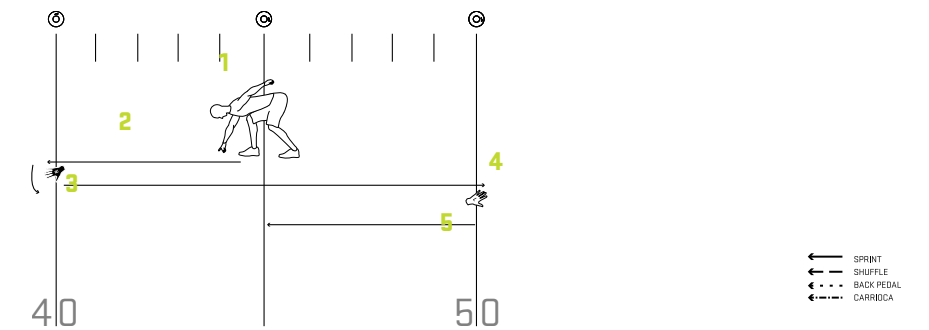
1. The athlete will start lined up on the right side of the speed ladder facing down the right vertical line of the speed ladder
2. The drill will commence with the athlete stepping over their left leg with their right foot landing in the first hole
3. The athlete will then step over the top of the right foot with their left foot landing on the outside of the speed ladder
4. The athlete will then step over with the right leg back into the ladder's next hole
5. Continue this high knee step over process for the rest of the speed ladder. It is important that the athlete is stepping over, not swinging their leg around as they step over. The drill will help loosen the athlete's ability to
6. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : Two-In-Two-Out



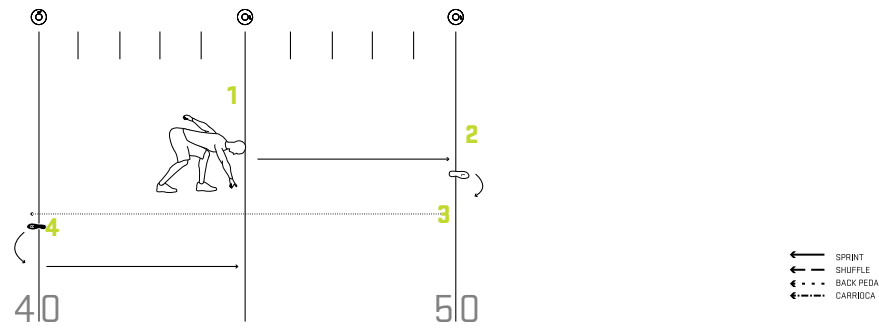
1. The athlete will have their right side (left when leading with the left leg) facing down the speed ladder
2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg). The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
3. As the left foot (right foot when going left) strikes the ground the athlete will step out of the first hole and move the foot to the outside of the second hole. The stepping out of the right foot will be followed by the athlete stepping out of the hole with their left foot
4. After stepping out of the first box the athlete will then step into the next hole with their right and then left foot. The drill will continue with the two feet stepping in and out of the box as they process laterally down the ladder. Make sure the athlete is not looking at the speed ladder as they move down the course
5. The athlete will finish the drill by turning and sprinting 5-yards past the ladder

3-CONE DRILLS : Pro Agility



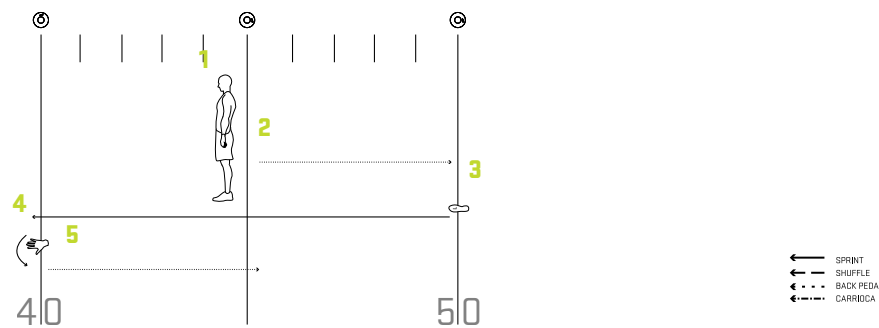
1. The athlete will start in a three point stance straddling a line, or an imaginary line that extends from the middle cone
2. The athlete will move to their right as quickly as possible. The athlete will cover the 5-yards between the middle cone and the imaginary line that extends from the cone on the right
3. After touching this line with their right hand they will then turn and sprint across the middle cones line to the imaginary line extending from the cone on the far left
4. The athlete will then touch this line with the left hand
5. As they are touching the athlete will be turning to head back across the starting line (cone). Stay low on this drill and change directions without ever completely coming to a stop

3-CONE DRILLS : Sprint - Back Pedal - Sprint



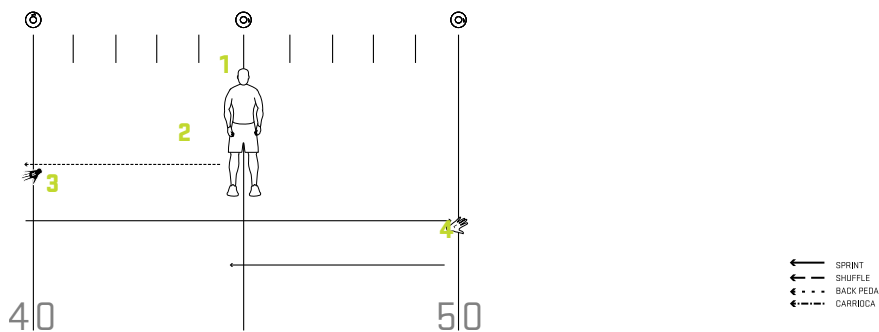
1. The athlete will start in a three point stance with their hand behind the middle line
2. The athlete will sprint forward for five yards and touch the line extending from the far right cone with their foot
3. As the foot touches the athlete will then back pedal across the middle line, the athlete will back pedal until they cross the left hand cones imaginary line
4. They will touch the line with their foot and sprint forward across the middle line

3-CONE DRILLS : Back Pedal - Sprint - Back Pedal



1. The athlete will start in an upright position with their heels pointing towards the right hand imaginary line behind the middle line (cone)
2. The athlete will begin by back peddling for five yards across the line extending from the cone on the right
3. As soon as their foot touches the line they will sprint forward for ten yards as they will cross the middle line and head to the left hand line
4. The athlete will touch the line with their hand
5. As soon as they touch they will back pedal across the middle line

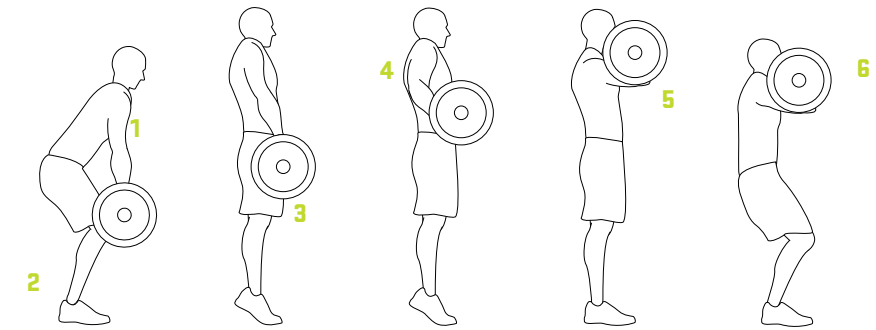
3-CONE DRILLS : Shuffle - Sprint - Sprint



1. The athlete will begin in an upright position straddling a middle line that extends from the middle cone
2. The athlete will shuffle to their right and touch the line on their right with their right hand
3. After touching the line the athlete will turn and sprint to their left, across the middle line, to the far left line which was ten yards from the far right cone
4. As they get the far left line they will touch with their left hand and then turn and sprint back across the middle line

HANG CLEAN

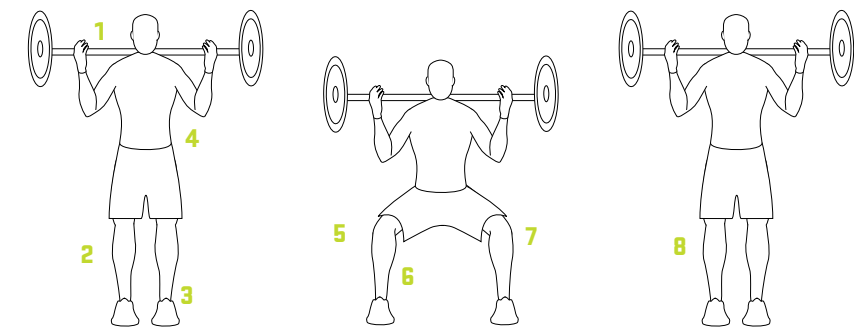
4 x 65/3, 70/3, 75/3, 80/2



1. Hold the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped
2. Stand with feet hip width apart and knees slightly bent so the bar is touching the upper thigh
3. Keeping the core tight, chest up, and back flat - slowly lower the bar to the top of the knee [shoulders should be directly over the bar and body weight should be back on the heels]
4. Explosively extend the body vertically and shrug to pull the bar up, literally jumping off the platform to shift the feet (don't jump for height, jump to shift the feet)
5. As the bar continues to move upward, allow the elbows to bend and move up to the side
6. As the bar approaches shoulder level, pull the body down into a quarter-squat position, rotate the elbows under and "catch" the bar by allowing it to rest on the shoulders

BACK SQUAT

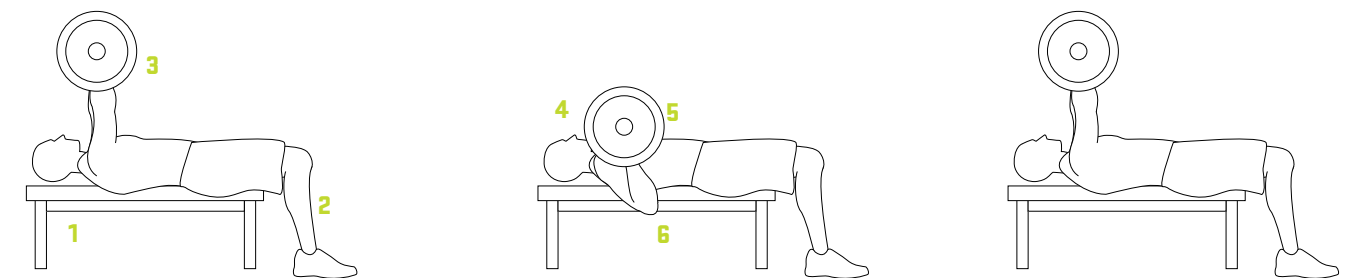
4 x 70/5, 75/5, 82/5, 85/5



1. Position the bar behind the head on the upper part of the back/trap area where it rests most comfortably using a wider than shoulder width grip
2. Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to lift
3. Feet are positioned between hip, shoulder width apart with the toes pointing slightly out
4. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
5. Begin the decent by setting the hips back slightly to shift the weight toward the heels
6. Continue to drop the hips in a controlled manner by bending the knees, keeping the chest up and back straight until thighs are parallel to the ground
7. Knees should be kept in line with the toes but never allowed to shift in front of them
8. From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

BENCH

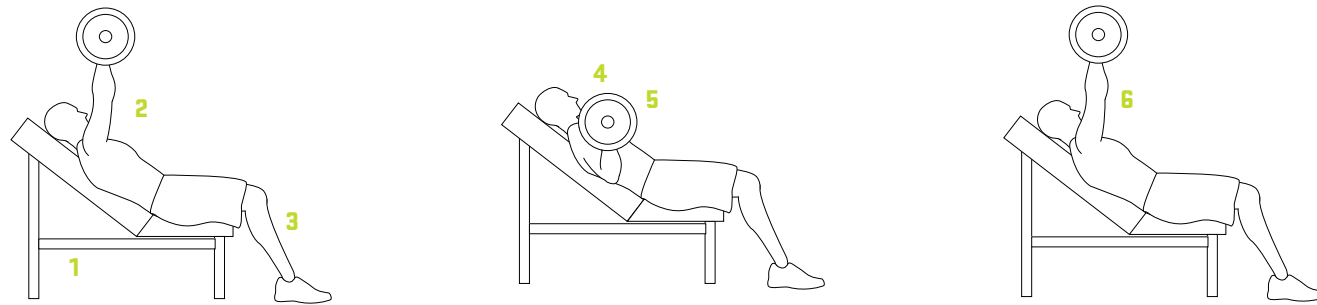
70/4, 75/4, 77/3



1. Lie face up on a bench with eyes directly below bar
2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
3. Using a slightly wider than shoulder width grip have a partner assist in unracking the bar
4. Take air in, tighten the core, and lower the bar under control to a point even with or slightly below the nipples, keeping the wrists straight
5. As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises
6. When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest) for a count before pressing the bar to the finished position
7. Do not allow the bar to sink into the athletes chest. Keep the core strong

30° INCLINE BENCH

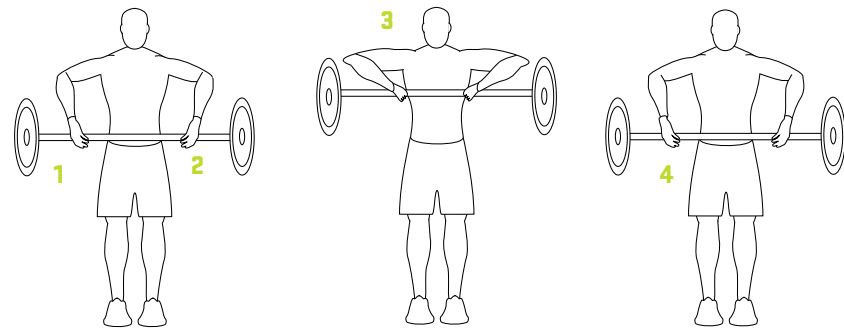
- 4 x 67/3, 70/3, 72/3



1. Adjust the bench to either a 30° angle (1 notch up) or a 45° angle (2 notches up)
2. Lie face up on a bench with the eyes directly below the bar
3. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (lock in this position and keep it through the entire movement)
4. Using a slightly wider than shoulder width grip have a partner assist in unracking the bar
5. Take air in, tighten the core, and keeping the wrist straight, lower the bar under control to the upper portion of the chest slightly below the collar bone
6. As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises

SHOULDER CIRCUIT C : Upright Rows

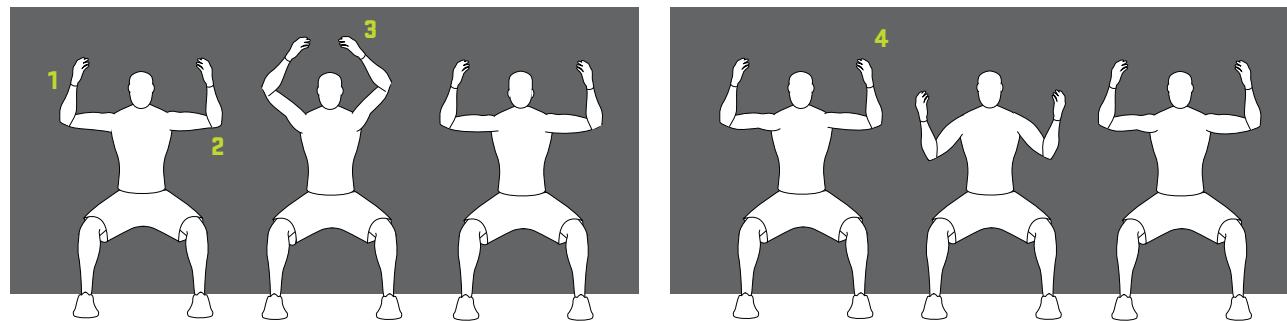
- 3 x 8



1. The athlete will grasp a barbell with their grip being just outside the smooth portion of the bar. We do not want the grip to be too close because it could adversely effect the wrist of the athlete
2. The bar will start at the athletes waist
3. The athlete will raise the bar up just under the chin by lifting their elbows as high as is necessary
4. Once the correct height is obtained the athlete will lower the weight to the starting position
5. Continue for the required reps

SHOULDER CIRCUIT C : Wall Slides (High/Low)

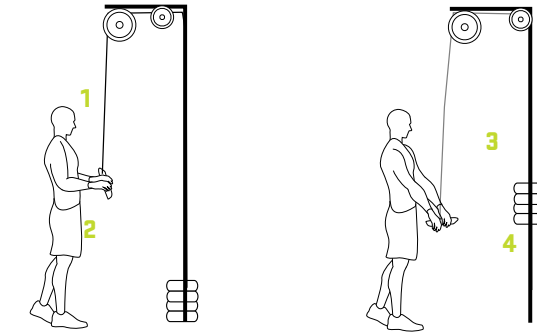
- 3 x 5



1. The athlete will start with their back, hips and heels pressed up against a smooth wall. The arms will be extended so that they are straight out from the body with the elbows touching the wall
2. The athlete will bend at the elbow so that the arm is bent at a 90° angle
3. With the finger tips and elbows touching the wall at all times the athlete will raise their hands above their head. When the fingertips touch the athlete will lower the arms to the starting position
4. After doing the number of reps required the athlete will then try to bring the elobws to the rib cage
5. Throughout the entire movement the athlete will never allow the hands/ elbows or shoulders to come off the wall

TRICEP CIRCUIT C : Tricep Extension

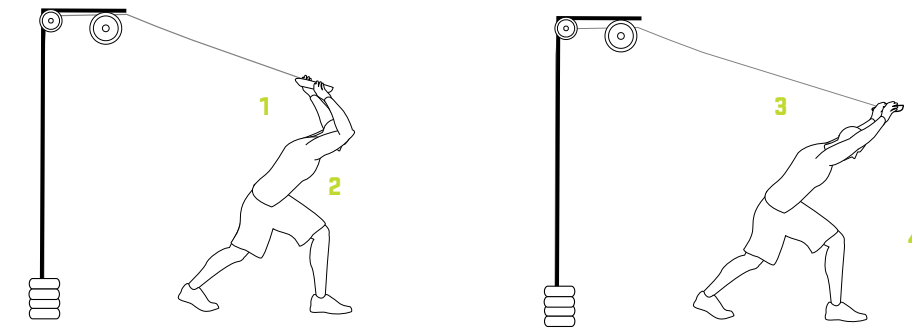
- 3 x 10



1. Using a pulley machine grasp the bar with a narrow grip at about chest height
2. Keep elbows to the side
3. Push the bar all the way down through a full range of motion
4. Pause for a count and then allow the bar to return the starting point
5. Repeat for the required number of reps

TRICEP CIRCUIT C : Tricep Overhead

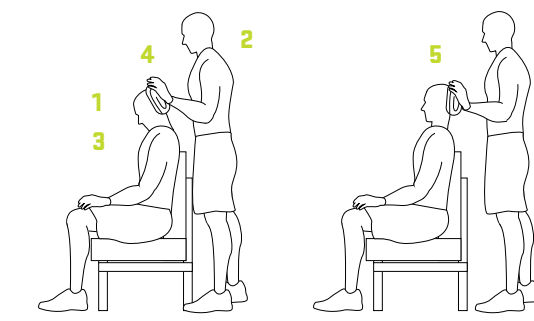
- 3 x 10



1. Using the same pulley bar / machine as you did for the tricep extension the athlete will turn their back to the pulley machine and grasp the bar over their head
2. The athlete will lean forward keeping a straight line between the top of the head and the back
3. The exercise will begin by the athlete pushing the bar from the overhead position to a complete extended position
4. The athlete will pause for a count before returning the bar slowly to the start position

MANUAL NECK : Backward

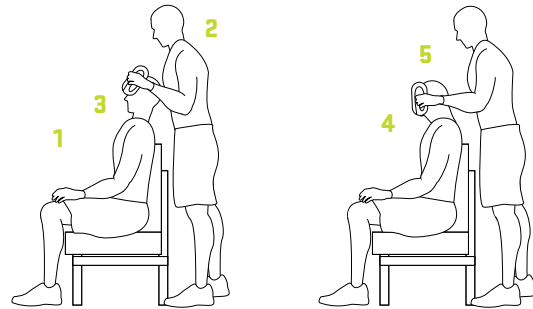
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with their hands on the back of your head
3. Begin with your neck straight, not extended backward
4. Have your partner gently push the head forward as you tuck the chin and resist them
5. Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center

MANUAL NECK : Forward

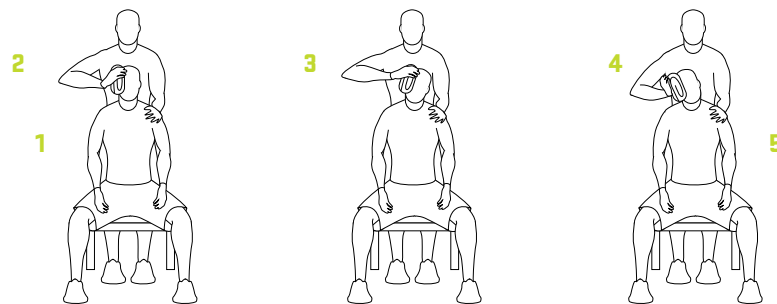
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with their hands on your forehead
3. Begin with your neck straight, not extended backward
4. Move the head forward by tucking the chin while your partner gently resists your movement
5. Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center

MANUAL NECK : Side-To-Side

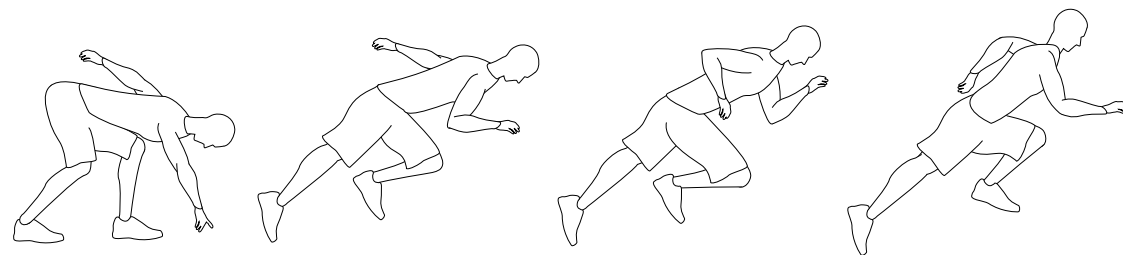
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder
3. Begin with your neck straight and have your partner gently push the head to the side as you resist them
4. Return to the starting position by moving the head back to center while your partner gently resists your movement
5. Complete the required number of repetitions on one side and then repeat for the opposite side

40/50/60

- x 2 sets of 7



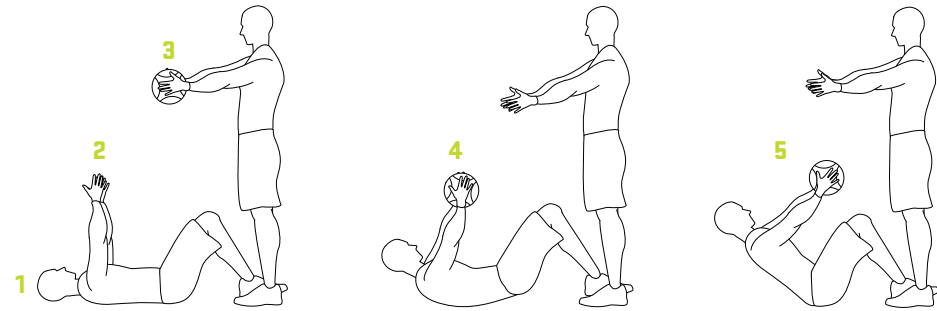
1. The athlete will run a linear distance. The distance is specific to each athlete. Offensive Linemen, Defensive Linemen will run 40-yards. Linebackers, Tight Ends, Quarterbacks, and Specialist (kickers / punters) will run 50-yards. Skill players: Wide Receivers, Defensive

Backs, Running Backs will run 60-yards. Each distance has a specific maximum time to run each distance for each position. After running the required distance the athlete will take 25 to 30-seconds of rest. After running their first set of runs they will take between 2

minutes and 30 seconds and 3 minutes (dependent upon the running schedule). If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

PARTNER POWER BALL : Sit-Up And Grab

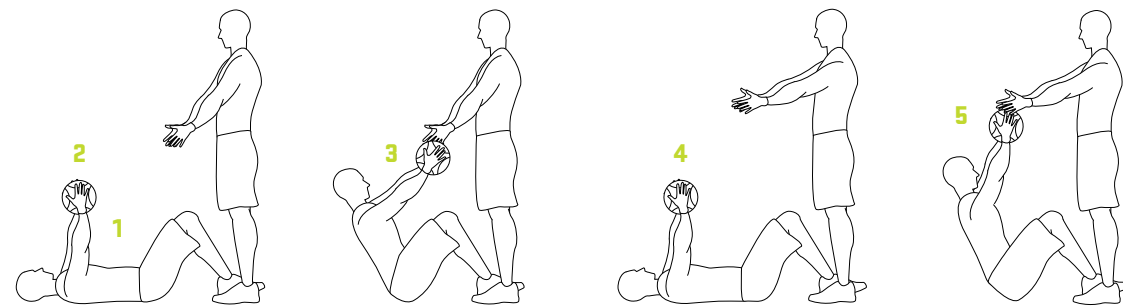
- 1 x 8 reps



1. To begin the exercise keep your back and both feet on the floor, both legs should be bent at a 45°
2. Extend the arms above your chest
3. The partner will hold the ball above the athlete's chest as a target for the athlete to reach up
4. Lift the shoulder blades off the floor and take the ball from your partner and return to the floor
5. As soon as the shoulder blades touch the ground crunch back up and hand the ball to your partner. Return to the ground and continue taking the ball and handing it off for the required reps
6. It is important to keep the ball at arms length throughout the exercise
7. Inhale on the way down and exhale on the way up

PARTNER POWER BALL : Reach-Up And Move

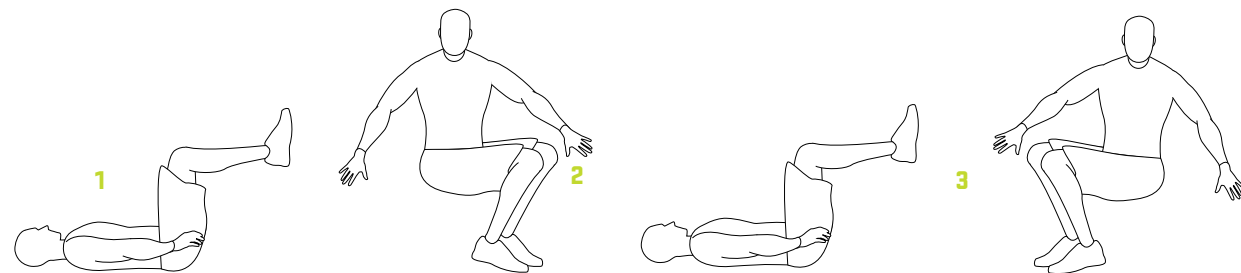
- 1 x 8 reps



1. To begin the exercise keep the back and both feet on the floor, both legs should be bent at a 45°
2. Hold a power ball above the chest with the arms fully extended
3. Lift the shoulder blades off the floor, and reach the ball to touch the partners hand
4. After touching the hand with the ball return to the ground
5. Once the shoulder blades touch that athlete will lift up again
6. The partner will move their hand to another spot
7. The sit-up and movement will continue for the required time
8. Inhale on the way down and exhale on the way up

PARTNER POWER BALL : Supine 90° Twist

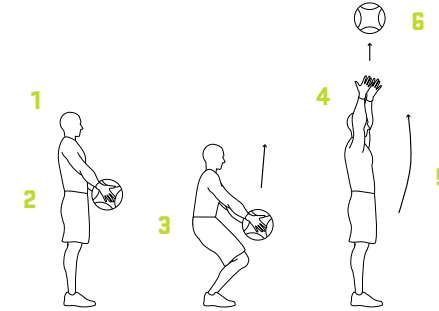
- 1 x 8 reps



1. Laying flat on the back, extend both arms to the sides, with the feet off the floor bent at 90°
2. Keeping the knees together and bent at 90°, rotate the hips to the right, gently touch the floor, and then return to the middle
3. Repeat previous step to the left, focusing on keeping your back flat and core tight

SNATCH (STANDING)

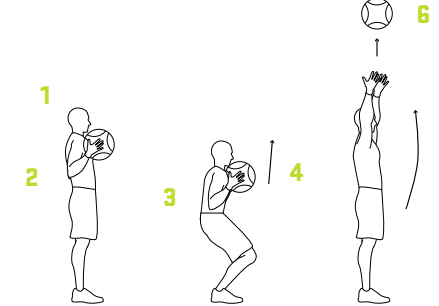
- x 8 throws



1. The athlete begins with their feet hip width apart with a power ball in their hands. Make sure there is enough room around each athlete to ensure safety
2. The athletes back with be straight, head up, with the weight balanced between both feet
3. The movement begins with the athlete bending at the waist while maintaining the flat back
4. The arms are fully extended
5. As the hips move through the range of motion the arms will carry the ball up and over their head in a snatch movement
6. Make sure that you watch the flight of the ball to ensure that you can get out of the way when the ball lands

JERK (STANDING)

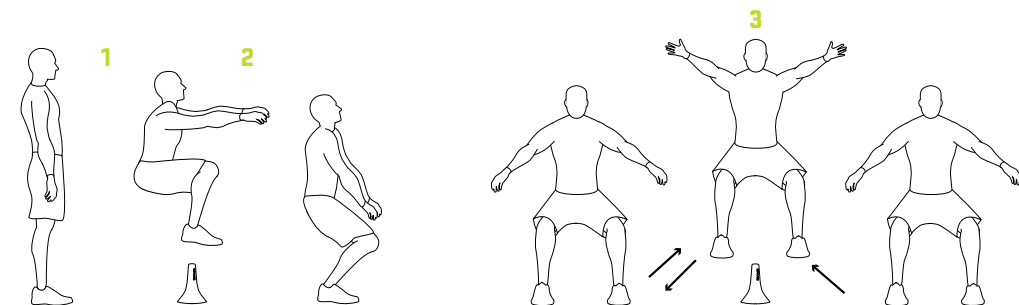
- x 8 throws



1. The athlete begins with their feet hip width apart with a power ball in their hands. Make sure there is enough room around each athlete to ensure safety
2. The athletes back will be straight, head up with their weight balanced between their feet
3. The movement begins with the athlete bending at the waist while maintaining the flat back
4. The ball will begin at the top of the athlete's chest, even with the chin
5. As the hips move through the range of motion the arms will carry the ball up and over their head in a jerk movement
6. Make sure that you watch the flight of the ball to ensure that you can get out of the way when the ball lands

CONE HOP : Single Cone

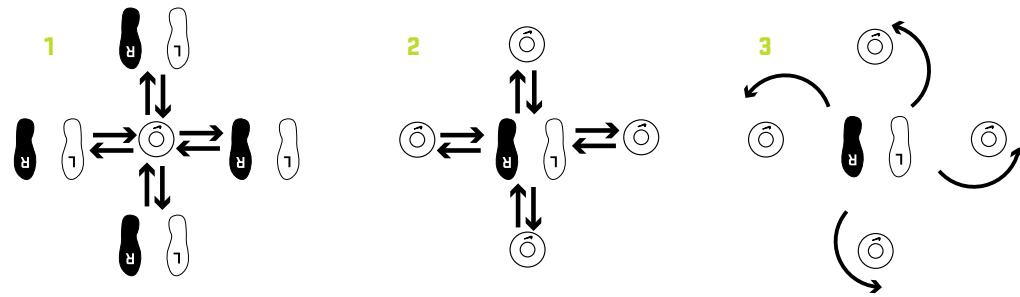
- 2 x 6



1. The first level for this drill will be to use a single cone. The athlete will begin by jumping over the cone and showing that they are able to control the landing
2. They will then jump backwards over the cone, again showing control in their landing. They will, after a set number of reps, will move to have the cone on their side
3. The athlete will then jump over the cone laterally showing that they are able to land under control

CDNE HOP : Lateral

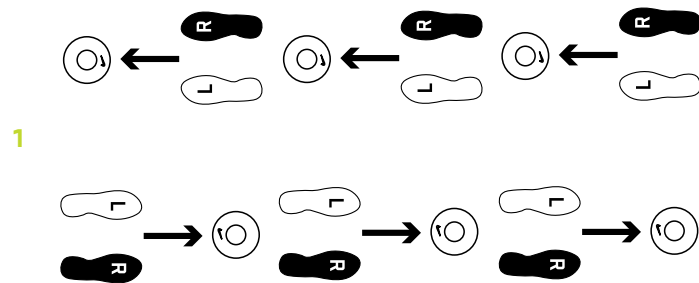
- 2 x 6



1. After doing single hops the next level will have the athlete jumping multiple times over and back and laterally over the cone
2. After the athlete has shown the ability to jump a single cone four cones will be introduced. The athlete will stand in the middle of four cones they will begin by doing a series of single jumps forward, laterally and backwards. This will then be expanded to multiple jumps of forward and backward jumps and lateral jumps
3. The final progression will have the athletes jumping around the four cones clockwise and counter clockwise. Each time the athlete jumps and land it is vital that they show control when they land allowing their ankles, knees and hips as shock absorbers

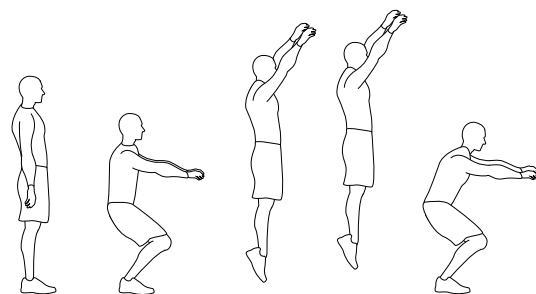
CDNE HOP : Forward/Backward

- 2 x 6



1. A variation of this will be to line up three cones in a line. The athlete will work down and back across the line with single and then multiple lateral hops. This series is a great way to add a variation to a jumping (plyometric) program

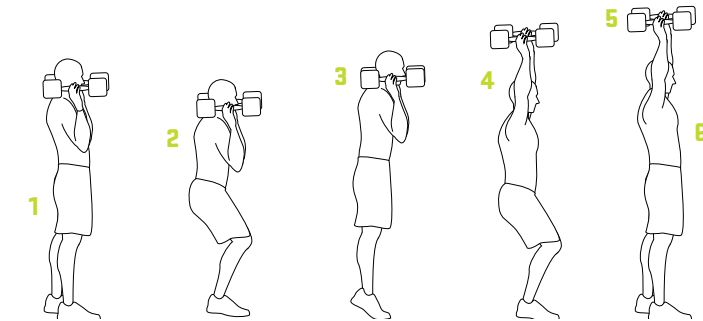
JUMP AND LAND



1. Jumping and landing is the key to being an explosive athlete. This drill is done each time we start a new cycle of training. Make sure your athlete jumps as high as possible. Any effort less than 100% is a wasted effort. The most important part of the jump is actually the landing. Make sure that the coach and the athlete understand how important the landing is. The jump as a single entity is important but the key to be a great athlete is being able to jump two, three or five times with great effort and intensity. Most plays can be 3 or 4 explosive efforts before the play is finished. Because of the importance of multiple jumps the ability to land properly, allowing the ankles, knees and hips to act as shock absorbers to allow the athlete to land softly. As the athlete lands it is now important to get off the ground as quickly as possible. This time in between jumps is the difference between a good athlete and a great athlete

DUMBBELL JERK

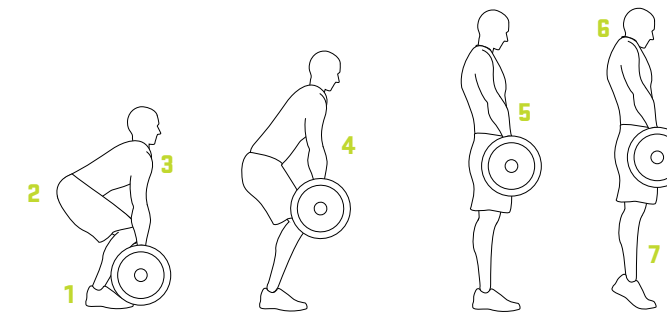
- 3 x 55/4, 62/4, 65/3



1. Standing with the feet under the hips and using a neutral grip, palms facing in, position the Dumbbells at shoulder level allowing them to slightly rest on the shoulders
2. Keeping the chest up and heels flat, tighten the core and drop into a quarter squat position by allowing the hips and knees to bend slightly
3. Quickly change direction by thrusting the dumbbells straight up overhead using the legs and arms together
4. As the dumbbells continue to rise, shift the feet from hip width to shoulder width and rebend the knees slightly
5. The dumbbells should be caught overhead by locking the arms out at the exact same moment the feet come back into contact with the ground after the shift
6. Stand tall with the dumbbells overhead then lower them to the start position and reset the feet for the next repetition

CLEAN PULL

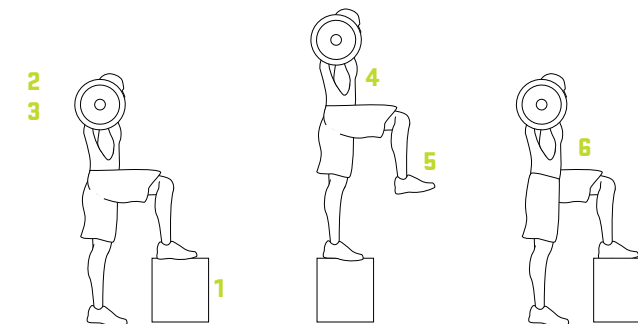
- 4 x 70/4, 75/4, 80/4, 85/4



1. Stand with feet hip width apart so that the balls of the feet are positioned directly under the bar
2. Squat down and grip the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped
3. Position the body so the shoulders are directly over the bar, tighten the core and pull the chest up so the back remains flat
4. Pull the bar off the floor at a constant speed by extending the hips and knees, back angle remains constant as the hips and shoulders rise at the same rate
5. The bar remains close to the body after it crosses the knees
6. Explosively extend the body vertically and shrug to pull the bar up
7. At the height of the pull the ankles, knees, and hips are fully extended

BOX STEP-UP

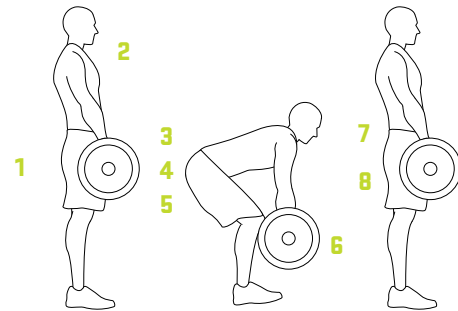
- 3 x 52/5, 55/5, 55/5



1. Use a box that positions the lead leg so the top of the thigh is parallel to the ground (typically between 16-22 inches)
2. Position the bar behind the head on the upper part of the back/trap area where it rests most comfortably
3. Hold onto the bar using a wider than shoulder width grip and place one foot (lead leg) on top of the box, making sure the heel is completely on the box
4. Maintaining an erect body position, tighten the core and push through the foot on the box to stand up tall on that leg while driving the opposite knee into the air
5. The knee drive is accompanied by pulling the toes toward the shin of that same leg
6. From the top position, return to the starting position under control to perform the next repetition

ROMANIAN DEAD LIFT (RDL)

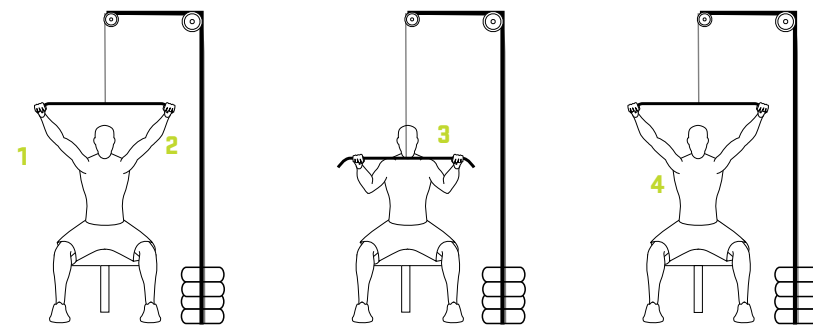
- 3 x 55/5, 55/5, 55/5



1. Hold onto the bar using a clean grip and stand with the feet directly under the hips with the knees slightly bent
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
3. Begin the decent by setting the hips back slightly to shift the weight toward the heels
4. Keeping the bar close to the body, pivot from the hips to lower the bar toward the ground
5. Continue down keeping the core tight, chest up, and back flat until a slight stretch in the hamstrings is felt
6. This point will be somewhere between just below the knee and the middle of the shin
7. From the bottom, pivot from the hips to return to the starting position, exhaling as you rise
8. Focus on the hamstring and gluteal muscles performing the work to return to the starting position

BACK CIRCUIT C : Wide Lat Pulldown

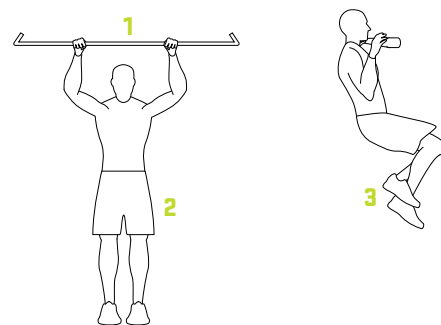
- 3 x 8



1. Sit at a high cable pulldown machine with the knees held down by the padding
2. Fully extend the arms overhead and grasp the bar using a wide, overhand grip (palms facing away from you)
3. Pull the bar down in front of the face to the collarbone, squeezing the shoulder blades together and pulling the elbow down & back
4. Exhales and in a controlled manner, return the bar to the starting position with elbows fully extended

BACK CIRCUIT C : Narrow Grip Pull-Up

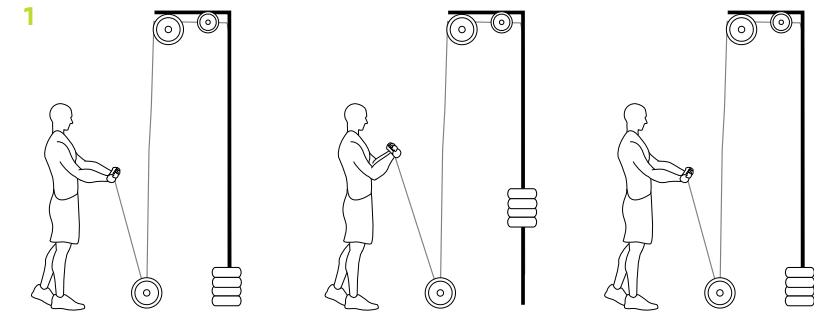
- 3 x 8



1. The athlete will take the assigned grip. Narrow Grip: hands inside shoulder width
2. Do not jump into the first repetition. Allow your body to hang prior to doing the first repetition
3. Bend knees and cross your ankles. Have a partner spot/assist by pushing up on shins or low back to achieve the required number of repetitions

BICEP CIRCUIT C : Cable Curl

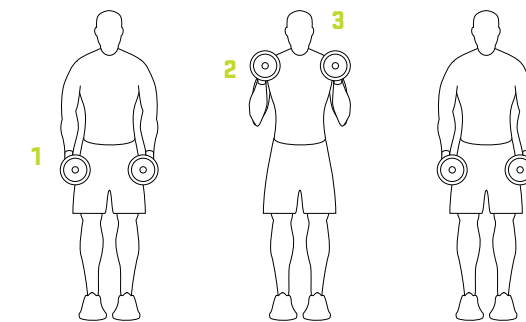
- 3 x 10



1. Using a pulley system, the athlete will curl the bar up to their chest and then back down under control. Do not allow the weight to pull the bar down out of control. Do not swing or sway the body trying to get the bar up to the top position

BICEP CIRCUIT C : Dumbbell Hammer Curl

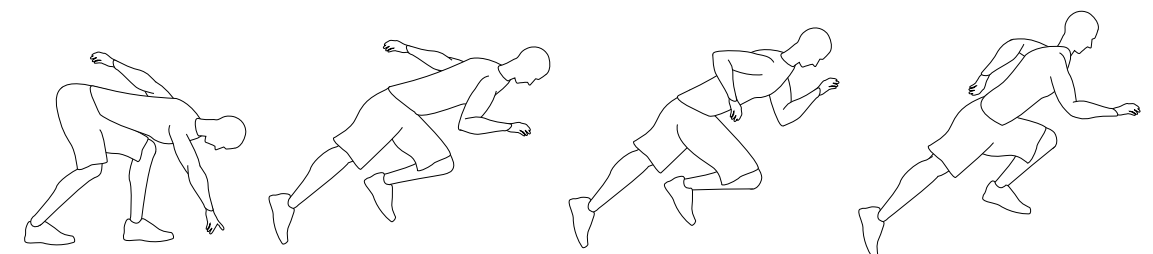
- 3 x 8



1. Hold a dumbbell in each hand at your sides with the palms facing in
2. Curl the weights upward by bending at the elbows so that the flat end of the dumbbell is coming up toward the shoulder
3. Bring the weight up so that it almost touches the shoulder and then return to the starting position in a controlled manner

20 YARD SPRINT

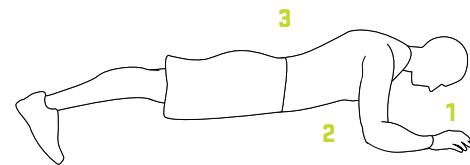
- x 2 sets of 11, 15-18 sec rest/2:00 min rest



1. The athlete will sprint for 20-yards. They will rest for between 15 - 18 seconds between each repetition. After running the first set the athlete will take 2 minutes before they start their second set. If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

PLANKS : Front Plank

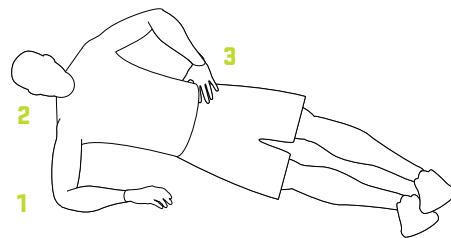
- 2 x 30 seconds



- 1. Hands 12 inches apart
- 2. Elbows underneath shoulders
- 3. Head neutral, body flat

PLANKS : Right Plank

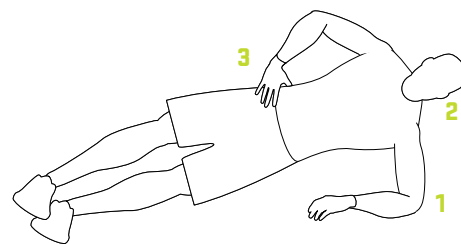
- 2 x 25 seconds



- 1. Right elbow and forearm on ground perpendicular to body
- 2. Head neutral, body flat, no hip rise
- 3. Left arm on hip

PLANKS : Left Plank

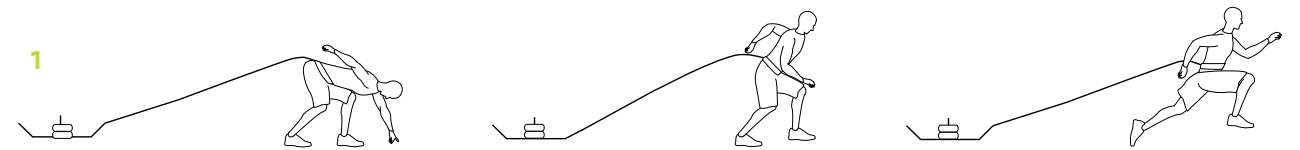
- 2 x 25 seconds



- 1. Left elbow and forearm on ground perpendicular to body
- 2. Head neutral, body flat, no hip rise
- 3. Right arm on hip

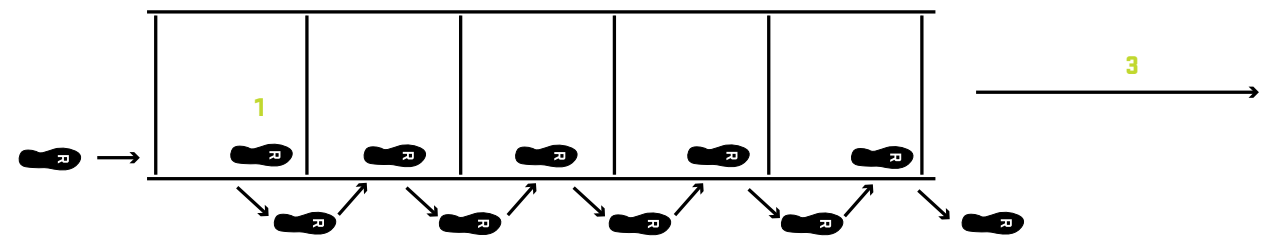
DYNAMIC SPEED : Sleds

- 4 x 20 yards with sleds & without sleds



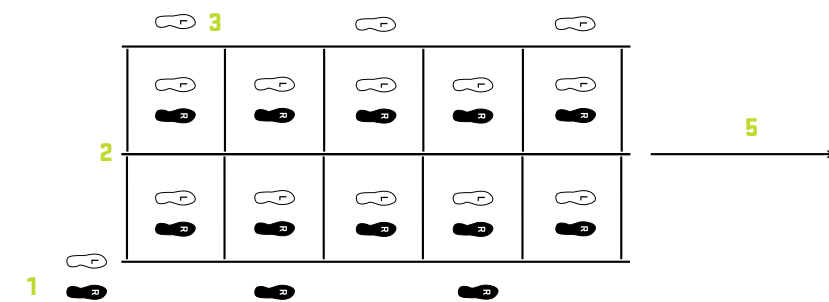
- 1. The athlete will start with a sled attached to their belt. The weight should be around 10 - 15% of the athlete body weight. Too much weight will cause the athlete to bend at the hips rather than keeping proper running form. Make sure the sled is directly behind the athlete so it won't slid out and clip the ankles of an athlete running next to you. Also make sure that the cord attaching the athlete and the sled is tight. If the sled cord is slack the sled will jerk the athlete when they start. Make sure the athlete runs all of the way through the required distance. Use proper running form

ROPES : One Foot In Every Hole



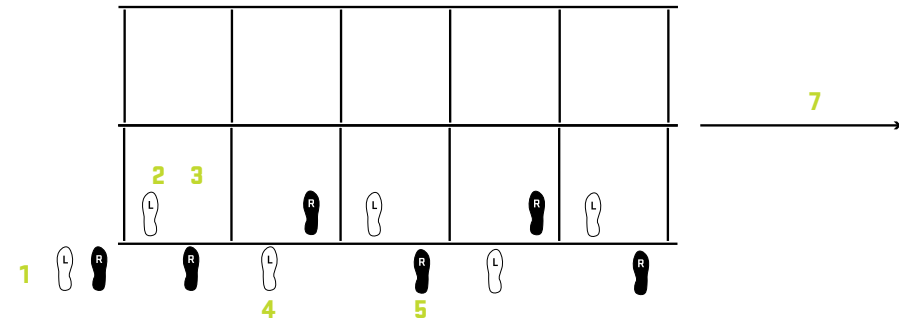
- 1. The athlete will run through the ropes making sure that one foot hits each of the open spaces in the ropes
- 2. Make sure the athlete is not looking at the ropes as they move down the course
- 3. The athlete will finish the drill by sprinting 5-yards past the ladder

ROPES : Lateral Shuffle (Icky)



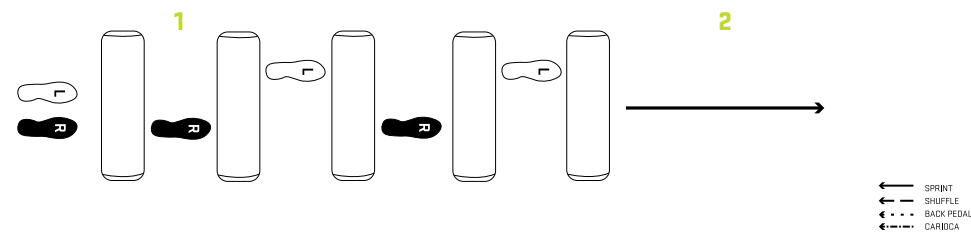
- 1. The athlete will face down on the right side of the ropes to begin the drill
- 2. The athlete will move laterally across the ropes making sure both feet will alternately hit each hole
- 3. Once the outside foot steps outside of the both sets of holes of the ropes the athlete will start back into the next hole and move laterally across the ladder
- 4. Make sure the athlete is not looking at the ropes as they move down the course
- 5. The athlete will finish the drill by sprinting 5-yards past the ropes

ROPES : Lateral Scissor



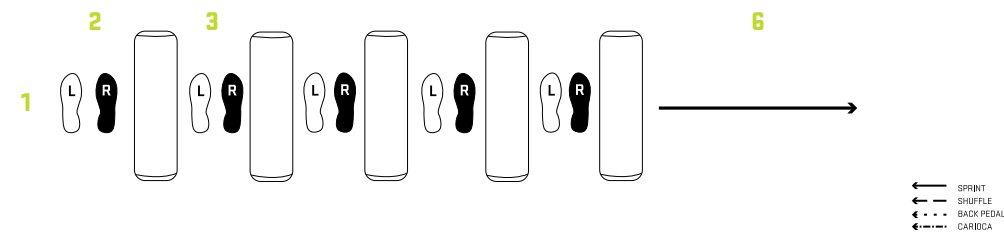
1. The athlete will have their right side (left when leading with the left leg) facing down the ropes
2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
3. The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
4. As the left foot (right foot when going left) strikes the ground the athlete will raise their foot slightly and move the foot back out of the hole
5. The athlete will then alternate between moving their right foot in and their left foot out of the holes in a lateral movement
6. The scissoring action of the feet is the key to the drill. Make sure the athlete is not looking at the ropes as they move down the course
7. The athlete will finish the drill by turning and sprinting 5-yards past the ropes

8 BAG DRILLS : One Foot In Each Hole



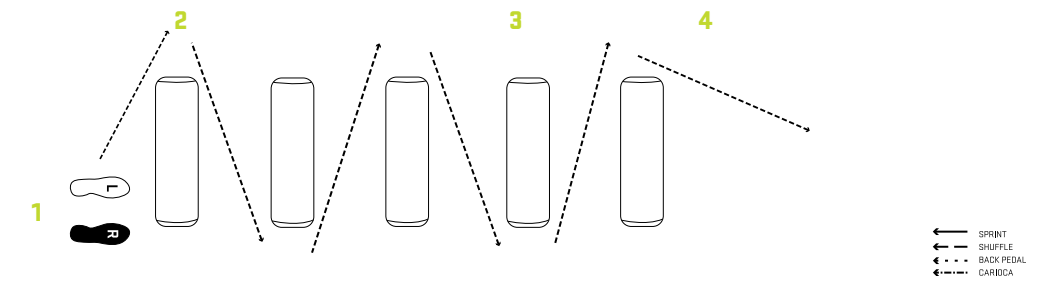
1. The athlete will run over the bags making sure that one foot hits each of the open spaces between each of the bags. Make sure the athlete is not looking at the bags as they move down the line
2. The athlete will finish the drill by sprinting 5-yards past the bags

8 BAG DRILLS : Lateral High Knee



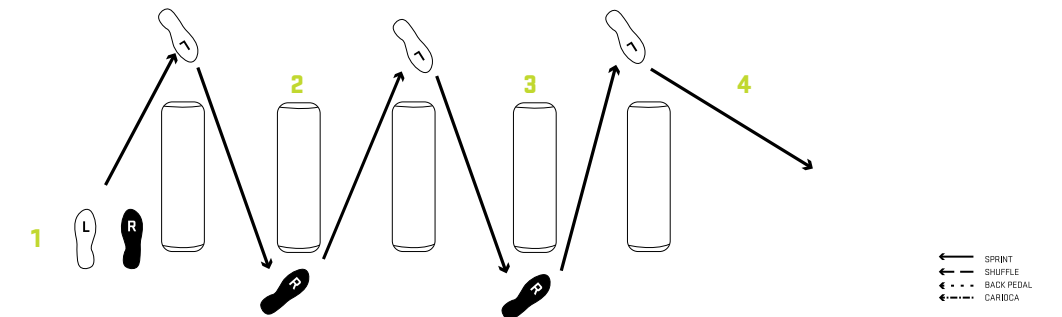
1. The athlete will have their right side (left when leading with the left leg) facing down the line of bags
2. The athlete will begin by stepping over the first bag with their right foot (left when leading with the left leg)
3. The athlete will then follow with the left foot (right foot when going left) stepping into the same spot between the first two bags
4. As the left foot (right foot when going left) strikes the ground the athlete will raise their right knee (left knee when leading with the left leg) to hip height and step into the next hole
5. Continue this high knee step action for the rest of the drill. Make sure the athlete is not looking at the bags as they move down the line
6. The athlete will finish the drill by turning and sprinting 5-yards past the bags

8 BAG DRILLS : Shuffle



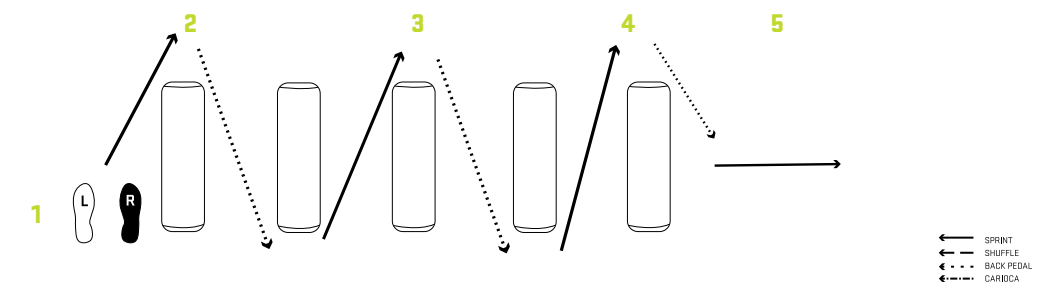
1. The athlete will start on the far right side of the first bag
2. The drill begins with the athlete shuffling to the left across the first bag. When the athlete hits the left end of the first bag the athlete will slide forward and shuffle from left to right across the second bag
3. This pattern will continue throughout the line of bags. Make sure the athlete is not looking at the bags as they move down the line
4. The athlete will finish the drill by sprinting 5-yards past the bags

8 BAG DRILLS : Zig-Zag Run



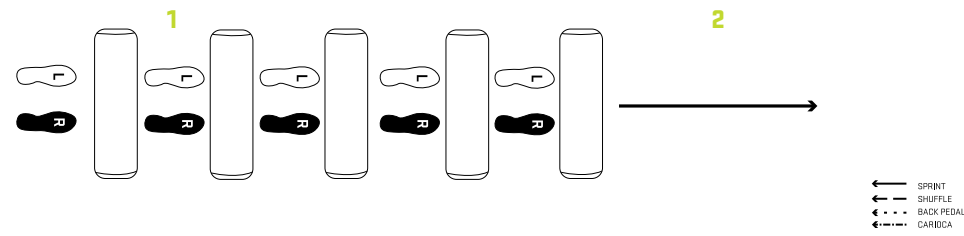
1. The athlete will start on the far right side of the first bag
2. The drill begins with the athlete running to the left across the first bag. When the athlete hits the left end of the first bag the athlete will cut and drive to the next forward bag and continue to run from left to right across the second bag
3. This pattern will continue throughout the line of bags. Make sure the athlete is not looking at the bags as they move down the line
4. The athlete will finish the drill by sprinting 5-yards past the bags

8 BAG DRILLS : Sprint - Back Pedal



1. The athlete will start on the far right side of the first bag
2. The athlete will begin the drill by sprinting to the end of the first bag. When they get to the end of the bag the athlete will then drop their hips and back pedal around to the end of the second bag
3. When the athlete gets to the end of the second bag they will sprint to the top of the third bag
4. This sprint and back pedal progression will continue through the end of the line of bags. Make sure the athlete is not looking at the bags as they move down the line
5. The athlete will finish the drill by sprinting 5-yards past the bags

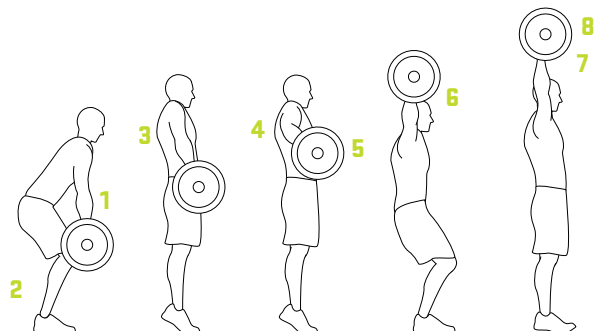
8 BAG DRILLS : Two Feet In Each Hole



1. The athlete will run over the bags making sure that both feet hit each of the open spaces between each of the bags. Make sure the athlete is not looking at the bags as they move down the line
2. The athlete will finish the drill by sprinting 5-yards past the bags

HANG SNATCH

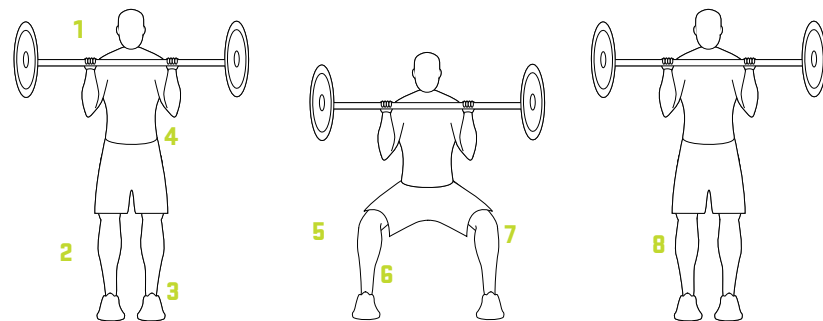
- 4 x 32/4, 35/4, 40/4, 42/4



1. Hold the bar using a snatch grip, keeping the arms straight, elbows rotated out, and wrists cupped
2. Stand with feet hip width apart and knees slightly bent so the bar is touching the upper thigh
3. Keeping the core tight, chest up, and back flat - slowly lower the bar to the top of the knee (shoulders should be directly over the bar and body weight should be back on the heels)
4. Explosively extend the body vertically and shrug to pull the bar up, literally jumping off the platform to shift your feet (don't jump for height, jump to shift the feet)
5. As the bar continues to move upward, allow the elbows to bend and move up to the side
6. As the bar moves past the face, pull the body down into a quarter-squat position, locking the arms
7. The bar should be "caught" overhead, not pressed (the force of the pull is what carries the bar overhead)
8. Finish by standing tall with the weight overhead

FRONT SQUAT

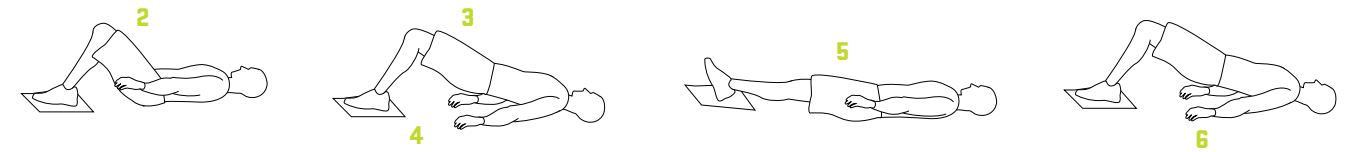
- 4 x 40/5, 45/5, 50/5



1. Position the bar in a power clean catch position—across the shoulders in front of the neck with the elbows up and fingertips on the bar
2. Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to perform the lift
3. Feet are positioned between hip and shoulder width apart with the toes pointing slightly out
4. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
5. Begin the decent by setting the hips back slightly to shift the weight toward the heels
6. Continue to drop the hips in a controlled manner by bending the knees, keeping the elbows and chest up and back straight until the top of the thighs are parallel to the ground
7. Knees should be kept in line with the toes but never allowed to shift in front of them
8. From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

TOWEL SLIDES

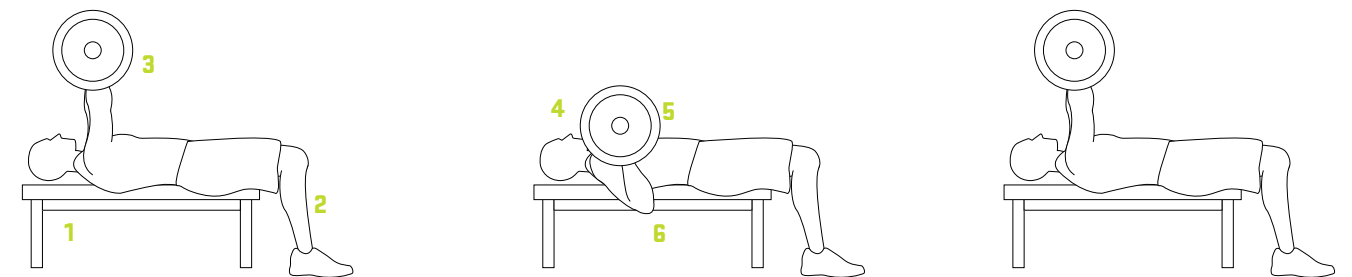
- 3 x 5



1. The athlete will need to find a smooth surface to complete this movement. We like to use the wooded portion of a platform
2. The athlete will begin on their back with their legs at a 45° angle. The feet will have a towel underneath them
3. The movement begins with the athlete getting into a bridge position with only their heels and shoulders touching the ground
4. The athlete will slide their heels, with the towel underneath the feet, as far as they can without allowing their glutes to touch the floor
5. When the athlete gets to a fully extended position they will then curl their legs back towards their hips
6. When the feet are back under the knees they will slide back out to the first position continue sliding the heels forward and back for the recommended reps

BENCH

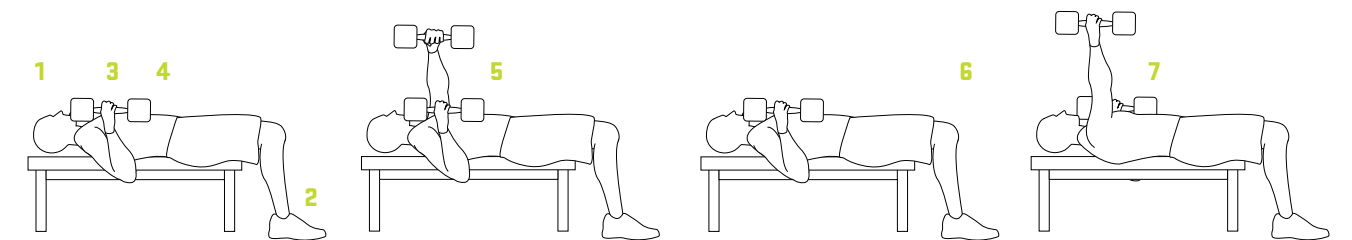
- 4 x 65/5, 75/5, 80/4, 85/2



1. Lie face up on a bench with eyes directly below bar
2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
3. Using a slightly wider than shoulder width grip have a partner assist in unracking the bar
4. Take air in, tighten the core, and lower the bar under control to a point even with or slightly below the nipples, keeping the wrists straight
5. As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises
6. When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest)
7. Do not allow the bar to sink into the athletes chest. Keep the core strong for a count before pressing the bar to the finished position

DUMBBELL ALT PRESS

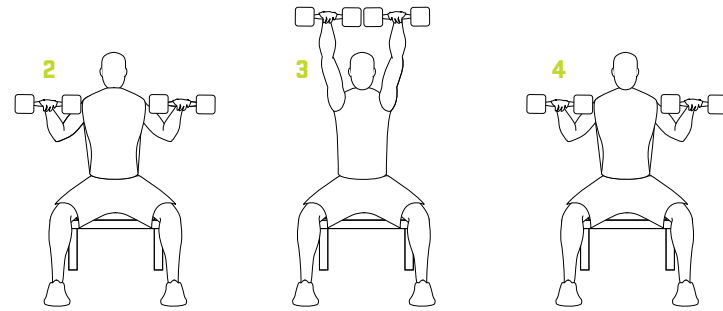
- 30/4, 32/4, 35/4



1. Lie face up on a bench with eyes directly below dumbbells
2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
3. Using a slightly wider than shoulder width grip have a partner watch the lift for safety
4. Take air in, tighten the core, and lower the dumbbells under control to a point even with or slightly below the nipples, keeping the wrists straight
5. As soon as the dumbbells touch the chest, drive 1 arm back to the starting position making sure to achieve full elbow extension, exhaling as the dumbbell rises
6. Repeat motion alternating from one arm to the other
7. When executing the pause bench, the athlete will allow the dumbbells to remain in the bottom position (on the chest) for a count before pressing the dumbbells to the finished position
8. Do not allow the dumbbells to sink into the athletes chest. Keep the core strong

SHOULDER CIRCUIT A : Dumbbell Shoulder Press

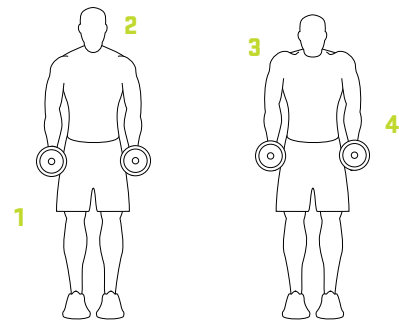
- 3 x 8



1. Using a 90° bench, sit holding the dumbbells on the thighs with the feet directly under the knees and the back flat against the bench
2. Use the legs to help lift the dumbbells to shoulder level
3. Take air in, tighten the core, and press the dumbbells straight up overhead to full elbow extension
4. Lower the dumbbells under control to the starting position, exhaling as you lower the dumbbells

SHOULDER CIRCUIT A : Dumbbell Shrugs

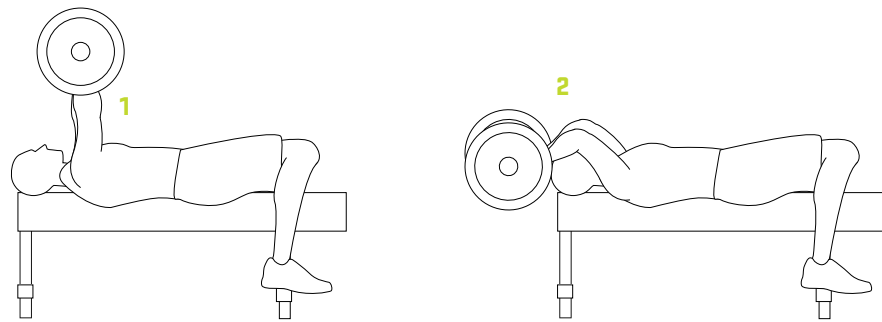
- 3 x 10



1. Allow the dumbbells to hang at the side, stand with the feet directly under the hips with the knees slightly bent
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
3. Keeping the arms straight, shrug the dumbbells straight up using the traps as if trying to touch the shoulders to the ear
4. Inhale and hold your breath as the shrug begins and then exhale as you return to the starting position

TRICEP CIRCUIT A : EZ Bar Extension

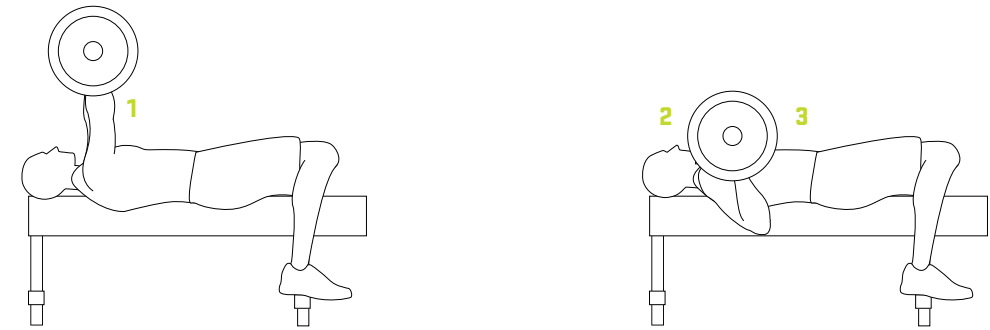
- 3 x 8



1. Lying flat on a bench using an EZ-curl bar, press the weight up directly over the chest
2. Lower the weight down, just behind the head by bending at the elbows
3. Return the weight back to the starting position with the elbows fully extended, exhaling as you lift

TRICEP CIRCUIT A : Close Grip Press

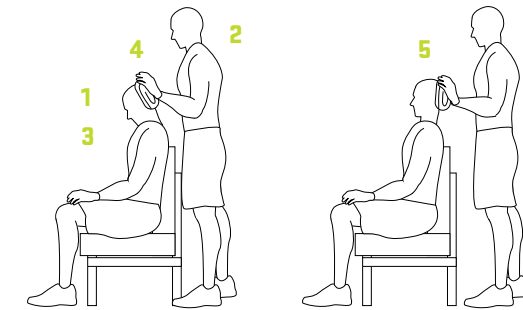
- 3 x 8



1. Lying flat on a bench using an EZ-curl bar, press the weight up directly over the chest
2. Keeping the elbows in close to the body, lower the bar to the chest as if performing a bench press
3. Once the bar touches the chest, press it upward, extending the elbows and return the bar to the starting position

MANUAL NECK : Backward

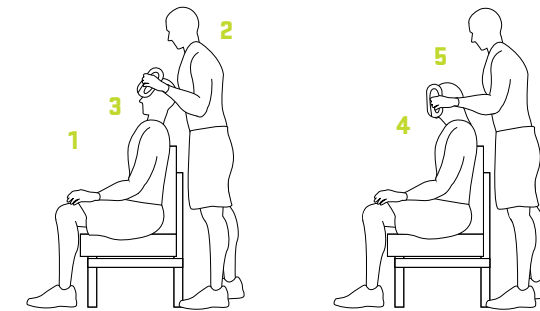
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with their hands on the back of your head
3. Begin with your neck straight, not extended backward
4. Have your partner gently push the head forward as you tuck the chin and resist them
5. Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center

MANUAL NECK : Forward

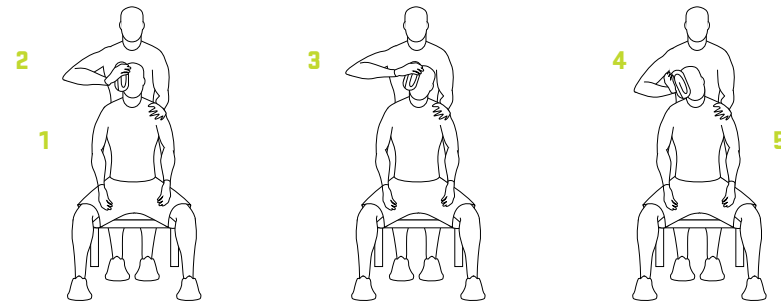
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with their hands on your forehead
3. Begin with your neck straight, not extended backward
4. Move the head forward by tucking the chin while your partner gently resists your movement
5. Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center

MANUAL NECK : Side-To-Side

- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder
3. Begin with your neck straight and have your partner gently push the head to the side as you resist them
4. Return to the starting position by moving the head back to center while your partner gently resists your movement
5. Complete the required number of repetitions on one side and then repeat for the opposite side

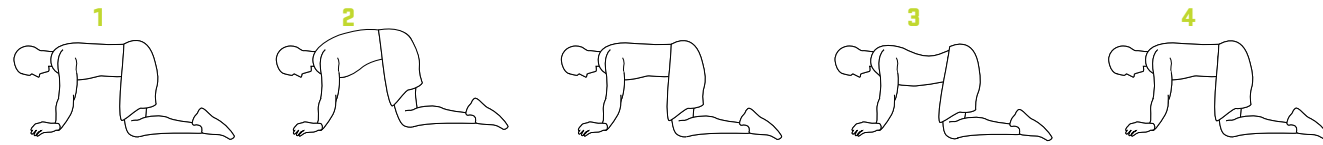
AGILITY CIRCUIT (refer to schedule for drill list)

- 2 x 5 drills, 20-30 sec rest/2:00 min rest

1. The athlete, or coach, will set up a series of agility drills (see agility list for ideas). After each repetition the athlete will take between 20 and 30-seconds to recover. After finishing the required number of repetitions the athlete will take 2 minutes before starting their next station of agility drills. If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

HORIZONTAL STABILITY : Cats/Camels

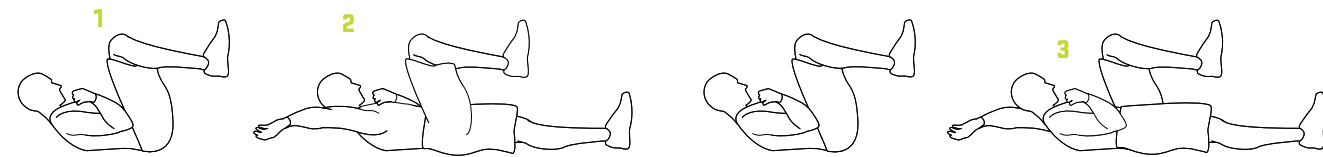
- 1 x 8 reps



1. Start with your hands and knees on the floor. Make sure that you are in a straight line from the back of your head to the end of your back
2. Press your belly button up to your spine and allow the back to rise up. Hold this position for two counts. This is the camel portion of the movement
3. Now relax by slowly pushing your belly button towards the ground. Stay tall with your arms and legs don't actually sink to the floor. Hold this position for two counts. This is the cat portion of the movement
4. Continue to cycle between the camel and the cat movement for the appropriate number of repetitions

HORIZONTAL STABILITY : Dead Bug

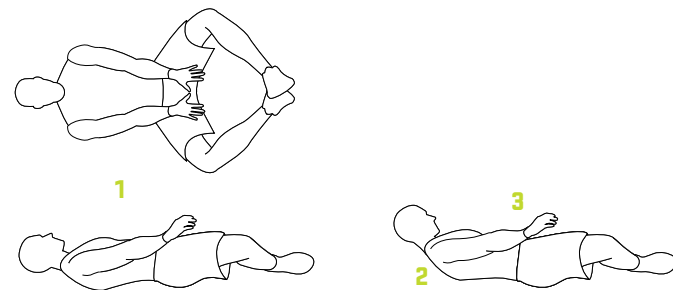
- 2 x 8 reps



1. To begin the exercise lay with the back flat against the ground, legs at 90°, upper body in a crunched position
2. Extend right arm and left leg out at the same time, hold for one count, and return to crunch position
3. Repeat same steps for left arm and right leg
4. Remember to stay crunched at all times and keep back flat to the floor
5. Breathe normally as you exercise

HORIZONTAL STABILITY : Reach Through

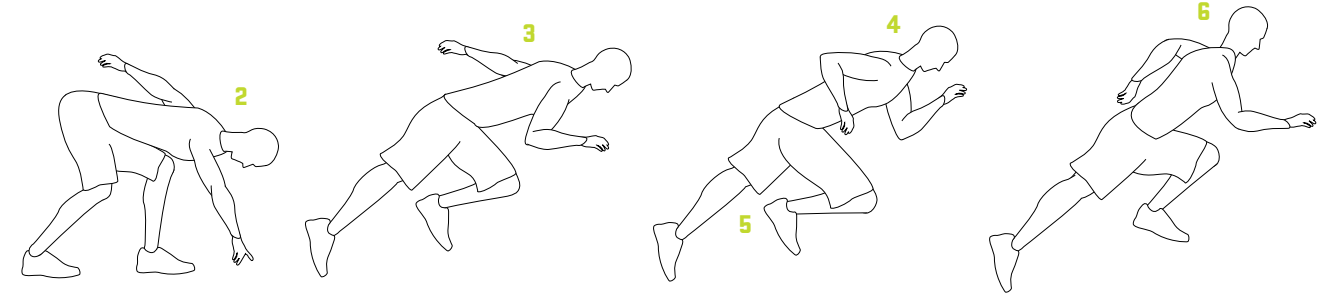
- 2 x 8 reps



1. To begin the movement lay flat on the back with the bottom of the feet touching together and knees pointed to the floor
2. Lift the shoulder blades off the ground to a crunched position
3. Extend both arms out as you reach between your legs reach towards your feet and then return to crunch position
4. Breathe normally as you exercise

LINEAR BURST SPEED : O-Step

- 1 x 20 yards stance O-Step



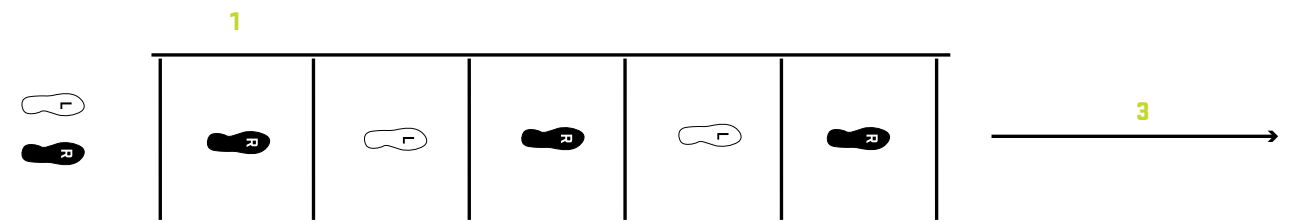
1. The name O-Step comes from the concept that this movement has occurred before a true step as been take. The uniqueness of this movement is that it is determinant of how well the run will go
2. The movement begins with the athlete coming out of the start stance or any starting position or change of direction where acceleration is necessary
3. As the athlete pushes off their Front Foot the athlete will be working to get to the 45° angle as soon and as explosively as possible
4. The Swipe and Cloak movement will help insure the straight body position that allows the athlete to apply force as efficiently as possible
5. The knee of the Drive Leg will be as parallel to the ground as possible. The shin will be parallel to body position the eyes will still be looking down so that the head does not rise prematurely, which would cause the body to rise too quick
6. Make sure the athlete does not reach out with the shin. This "casting" action will cause an athlete to over stride which will slow the athlete and could potentially cause injury

LINEAR BURST SPEED : 2-4-6 Step Drills

- 1 x 20 yards focus on first 2, 4, & 6 steps. 2 x 20 yards blend all 6 steps

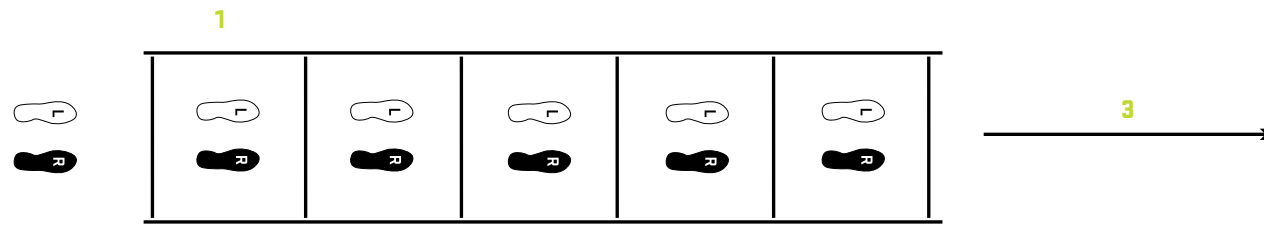
1. This coaching transition helps you to get a feeling if an athlete is pushing hard enough during the Drive Phase
2. The markers will be at 2 steps in which you want the athlete driving out while not casting the shin
3. The 4 step marker should be a 5-yards
4. The 6 step marker will be between 8 and 10 - yards
5. It is important that you do not over coach the step counting. If an athlete becomes to obsessed with counting their steps they will have a tendency to over stride in order to achieve the markers
6. The best coaching system is to focus each of the runs on a different step pattern. Have the athlete push as hard as possible for 2-steps or 4-steps or 6-steps, as a coach you are monitoring how close to the markers they become

SPEED LADDER : One Foot In Each Hole



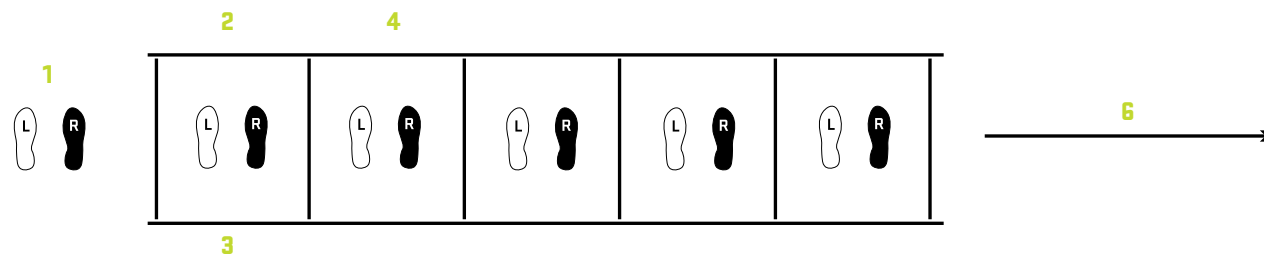
1. The athlete will run through the speed ladder making sure that one foot hits each of the open spaces in the ladder
2. Make sure the athlete is not looking at the speed ladder as they move down the course
3. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : Two Feet In Each Hole



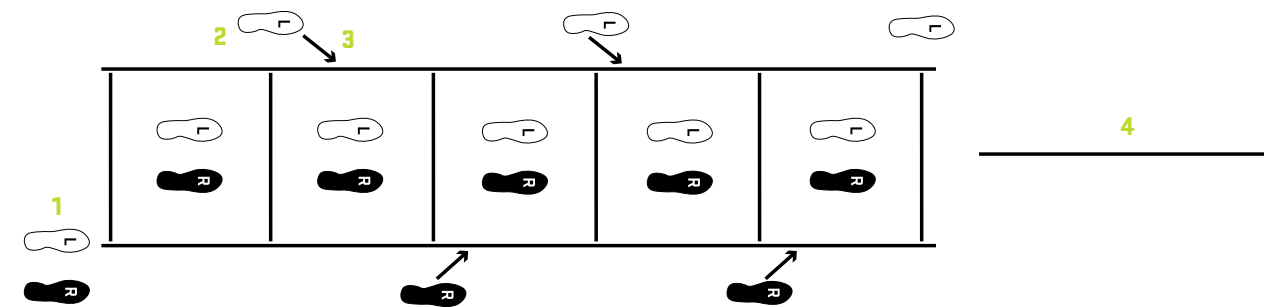
1. The athlete will run through the speed ladder making sure that both feet hit each of the open spaces in the ladder
2. Make sure the athlete is not looking at the speed ladder as they move down the course
3. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : Lateral High Knee (RT/LT)



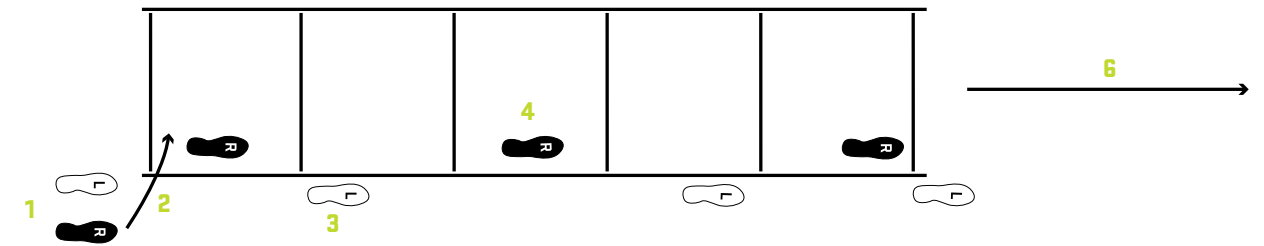
1. The athlete will have their right side (left when leading with the left leg) facing down the speed ladder
2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
3. The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
4. As the left foot (right foot when going left) strikes the ground the athlete will raise their right knee (left knee when leading with the left leg) to hip height and step into the next hole
5. Continue this high knee step action for the rest of the drill. Make sure the athlete is not looking at the speed ladder as they move down the course
6. The athlete will finish the drill by turning and sprinting 5-yards past the ladder

SPEED LADDER : Lateral Shuffle (Icky)



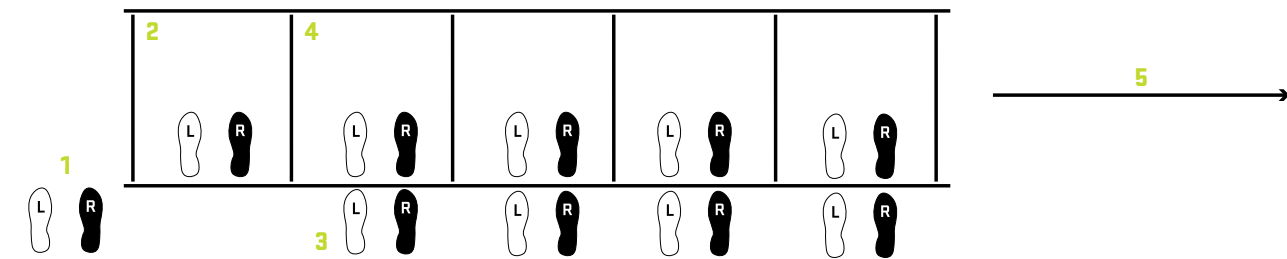
1. The athlete will face down the speed ladder to begin the drill
2. The athlete will move laterally across the speed ladder making sure both will alternately hit each hole
3. Once the outside foot steps outside of the speed ladder that athlete will start back into the next hole and move laterally across the ladder. Make sure the athlete is not looking at the speed ladder as they move down the course
4. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : High Knee Step Over



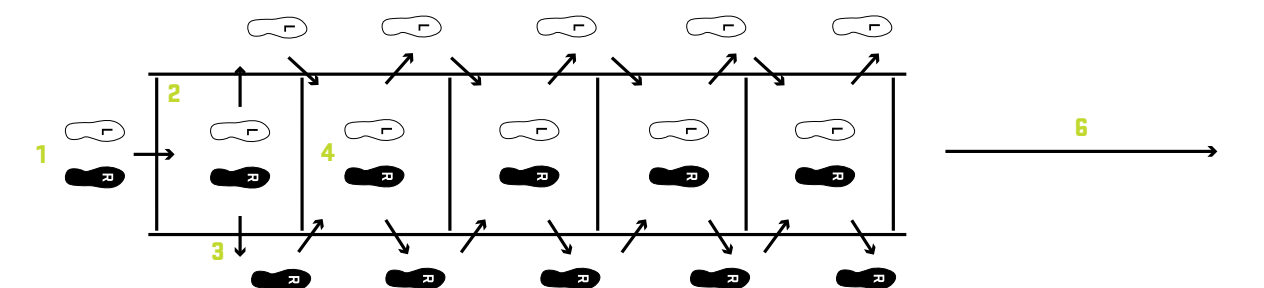
1. The athlete will start lined up on the right side of the speed ladder facing down the right vertical line of the speed ladder
2. The drill will commence with the athlete stepping over their left leg with their right foot landing in the first hole
3. The athlete will then step over the top of the right foot with their left foot landing on the outside of the speed ladder
4. The athlete will then step over with the right leg back into the ladder's next hole
5. Continue this high knee step over process for the rest of the speed ladder. It is important that the athlete is stepping over, not swinging their leg around as they step over. The drill will help loosen the athlete's ability to
6. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : Two-In-Two-Out



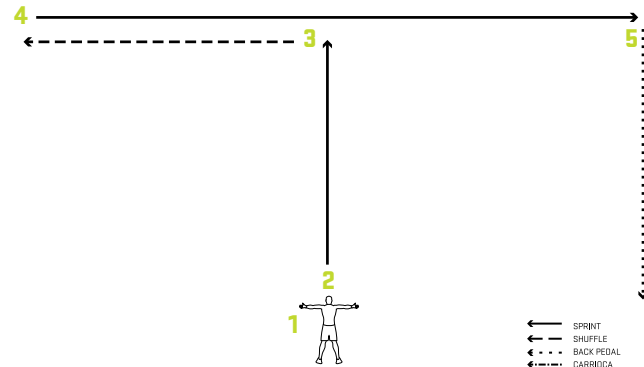
1. The athlete will have their right side (left when leading with the left leg) facing down the speed ladder
2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg). The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
3. As the left foot (right foot when going left) strikes the ground the athlete will step out of the first hole and move the foot to the outside of the second hole. The stepping out of the right foot will be followed by the athlete stepping out of the hole with their left foot
4. After stepping out of the first box the athlete will then step into the next hole with their right and then left foot. The drill will continue with the two
5. The athlete will finish the drill by turning and sprinting 5-yards past the ladder

SPEED LADDER : Two Foot Hopsotch



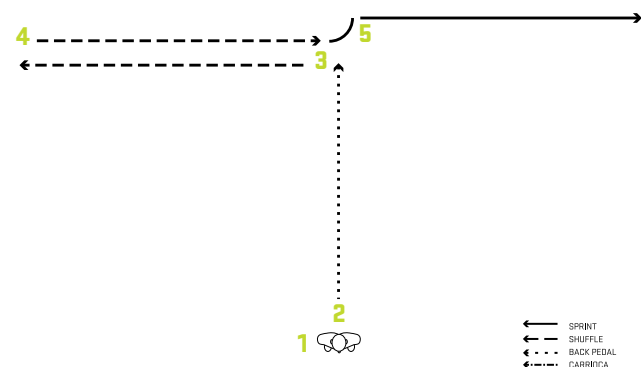
1. The athlete will begin the drill by facing down the speed ladder
2. The athlete will jump with both feet into the first hole
3. Once the feet touch the athlete will then jump out of the hole and outside of the ladder where they straddle the area between the first and second hole
4. As quickly as possible the athlete will then hop, with both feet, back into the second hole
5. This in and out hopping will continue for the rest of the speed ladder. Make sure the athlete is not looking at the speed ladder as they move down the course
6. The athlete will finish the drill by sprinting 5-yards past the ladder

F-DRILLS : Sprint - Shuffle - Sprint - Back Pedal



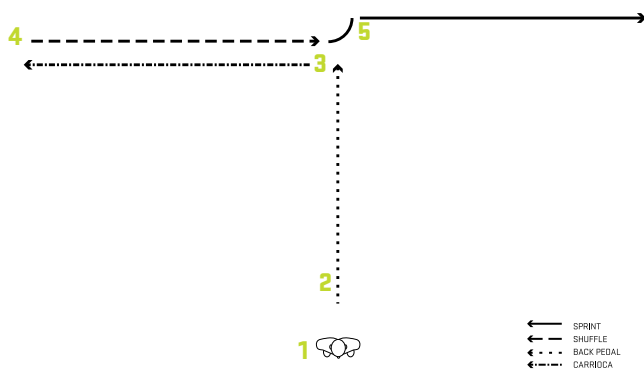
1. Start in scramble position, laying on chest
2. Sprint x 5 yards
3. Shuffle left x 5 yards
4. Turn and run x10 yards
5. Back pedal x 5 yards

F-DRILLS : Back Pedal - Shuffle - Shuffle - Sprint



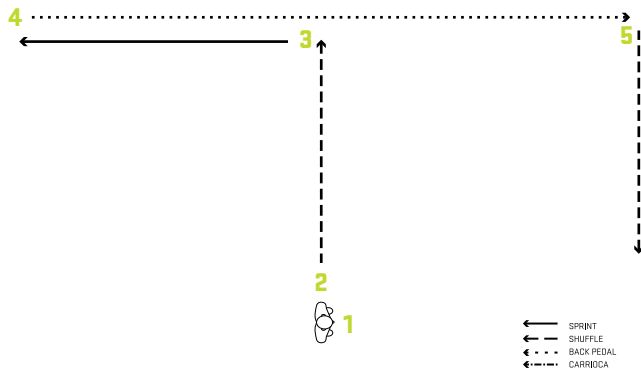
1. Start with heels on the line
2. Back pedal x 5 yards
3. Shuffle right x 5 yards
4. Shuffle left x 10 yards
5. Sprint x 5 yards

F-DRILLS : Back Pedal - Carioca - Shuffle - Sprint



1. Start with heels on the line
2. Back pedal x 5 yards
3. Carioca towards the right x 5 yards
4. Shuffle left x 10 yards
5. Sprint x 5 yards

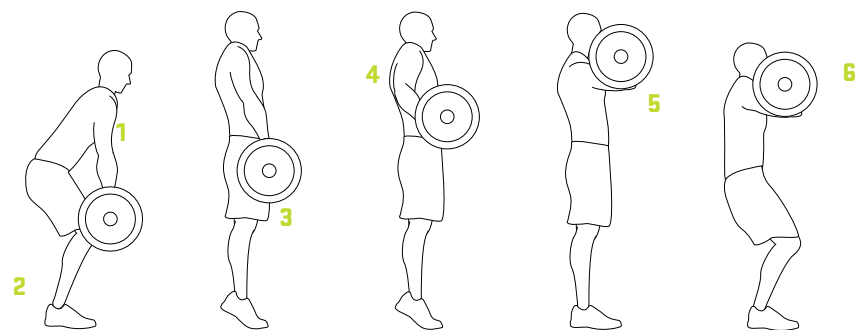
F-DRILLS : Shuffle - Sprint - Back Pedal - Shuffle



1. Start with left side down the line
2. Shuffle left x 5 yards
3. Sprint x 5 yards
4. Back Pedal x 10 yards
5. Shuffle right x 5 yards

HANG CLEAN

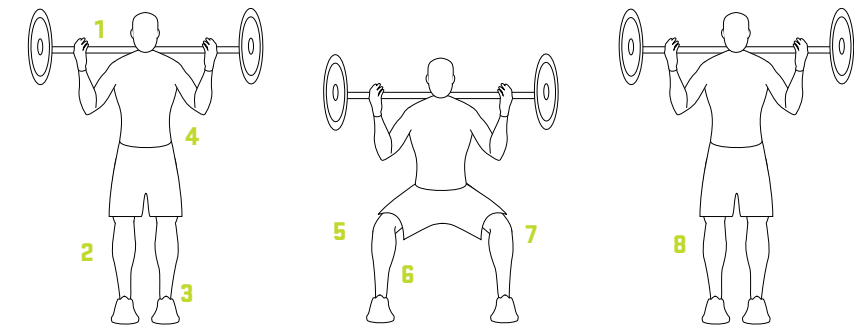
- 4 x 70/4, 75/4, 80/3, 85/3



1. Hold the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped
2. Stand with feet hip width apart and knees slightly bent so the bar is touching the upper thigh
3. Keeping the core tight, chest up, and back flat - slowly lower the bar to the top of the knee (shoulders should be directly over the bar and body weight should be back on the heels)
4. Explosively extend the body vertically and shrug to pull the bar up, literally jumping off the platform to shift the feet (don't jump for height, jump to shift the feet)
5. As the bar continues to move upward, allow the elbows to bend and move up to the side
6. As the bar approaches shoulder level, pull the body down into a quarter-squat position, rotate the elbows under and "catch" the bar by allowing it to rest on the shoulders

BACK SQUAT

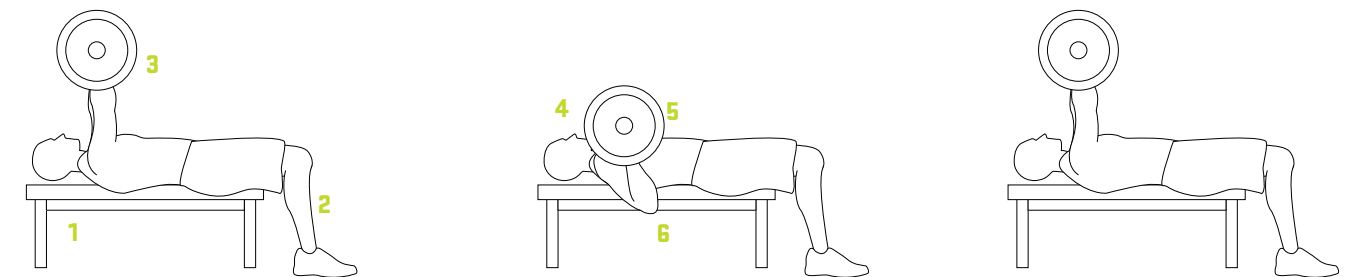
- 4 x 72/5, 77/4, 82/4, 87/4



1. Position the bar behind the head on the upper part of the back/trap area where it rests most comfortably using a wider than shoulder width grip
2. Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to lift
3. Feet are positioned between hip, shoulder width apart with the toes pointing slightly out
4. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
5. Begin the decent by setting the hips back slightly to shift the weight toward the heels
6. Continue to drop the hips in a controlled manner by bending the knees, keeping the chest up and back straight until thighs are parallel to the ground
7. Knees should be kept in line with the toes but never allowed to shift in front of them
8. From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

BENCH

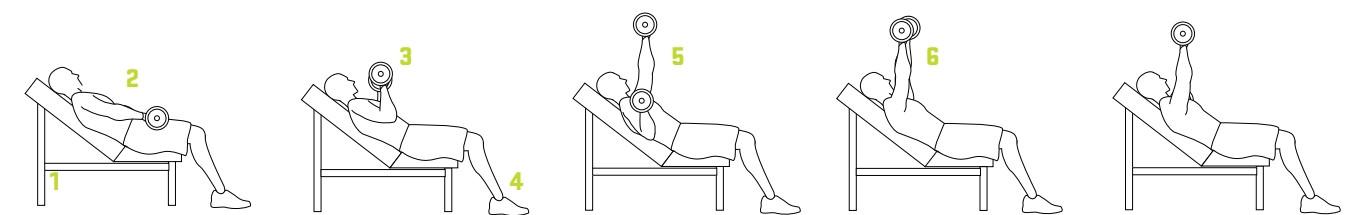
- 4 x 67/5, 72/4, 77/3, 82/3



1. Lie face up on a bench with eyes directly below bar
2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
3. Using a slightly wider than shoulder width grip have a partner assist in unranking the bar
4. Take air in, tighten the core, and lower the bar under control to a point even with or slightly below the nipples, keeping the wrists straight
5. As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises
6. When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest) for a count before pressing the bar to the finished position
7. Do not allow the bar to sink into the athletes chest. Keep the core strong

30° ALT DUMBBELL INCLINE

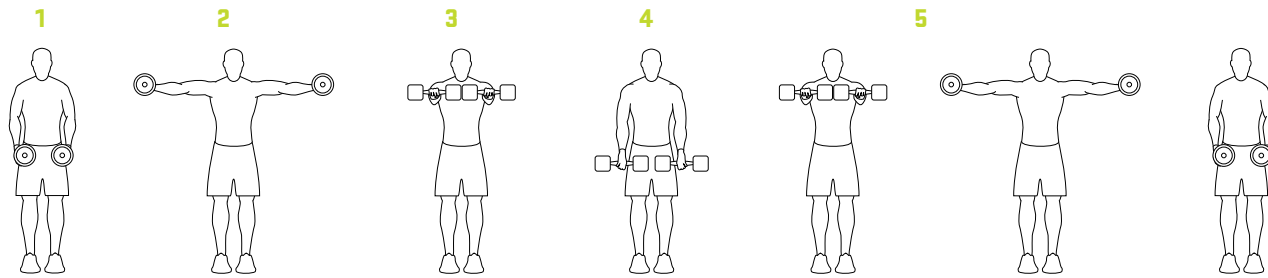
- 3 x 30-4, 32/4, 35/4



1. Adjust the bench to either a 30° angle (1 notch up) or a 45° angle (2 notches up)
2. Lie face up on the bench with the dumbbells resting on the thighs
3. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
4. Use the legs to help lift the dumbbells to shoulder level then fully extend the arms straight up
5. Keeping one arm extended straight up, inhale and lower the opposite dumbbell under control to the outer part of the chest near the armpit, keeping the wrist straight
6. Push the lowered dumbbell back up to the starting position and repeat with the other arm, exhaling as you press
7. Maintain balance and the correct body position when transitioning between arms
8. Continue alternating dumbbells until the required number of repetitions has been completed

SHOULDER CIRCUIT D : Dumbbell T-Drill

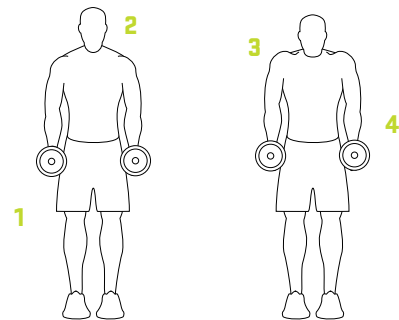
- 3 x 7



1. Holding a dumbbell in each hand in front of the body, stand in an athletic stance with the feet hip width apart, core tight, and knees and elbows slightly bent
2. Raise the dumbbells in the air out to the side leading with the elbows until the arms are Parallel to the floor
3. Keeping the dumbbells at shoulder level, bring them directly in front of the body (front Raise finish position)
4. Lower the dumbbells from this point straight down in front of the body
5. Repeat starting with the front raise and finish by lowering them in the lateral raise position
6. There & back counts as one rep

SHOULDER CIRCUIT D : Dumbbell Shrugs

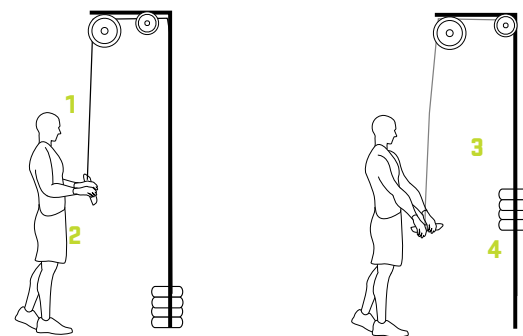
- 3 x 10



1. Allow the dumbbells to hang at the side, stand with the feet directly under the hips with the knees slightly bent
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
3. Keeping the arms straight, shrug the dumbbells straight up using the traps as if trying to touch the shoulders to the ear
4. Inhale and hold your breath as the shrug begins and then exhale as you return to the starting position

TRICEP CIRCUIT D : Tricep Extension

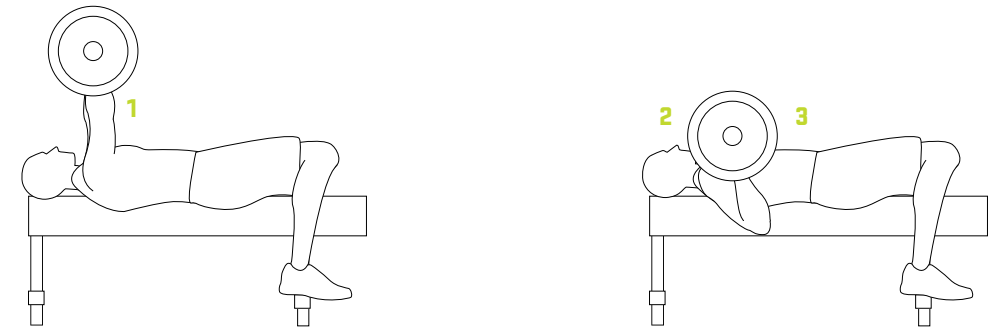
- 3 x 5



1. Using a pulley machine grasp the bar with a narrow grip at about chest height
2. Keep elbows to the side
3. Push the bar all the way down through a full range of motion
4. Pause for a count and then allow the bar to return the starting point
5. Repeat for the required number of reps

TRICEP CIRCUIT D : EZ Bar Close Grip Press

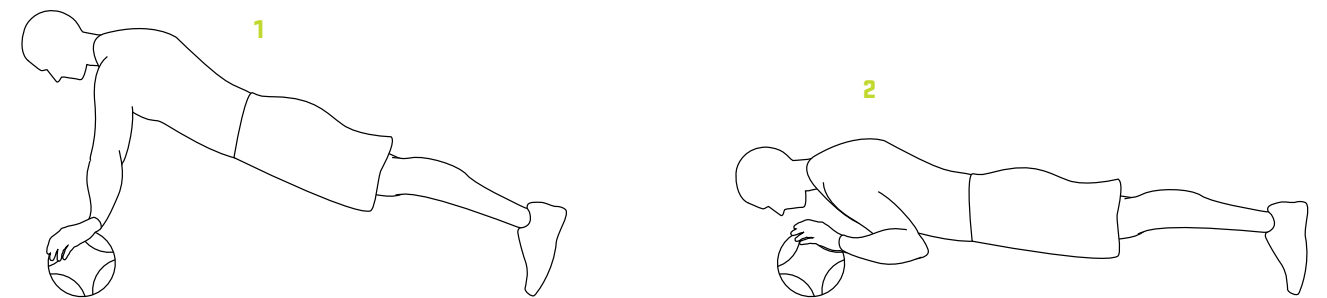
- 3 x 5



1. Lying flat on a bench using an EZ-curl bar, press the weight up directly over the chest
2. Keeping the elbows in close to the body, lower the bar to the chest as if performing a bench press
3. Once the bar touches the chest, press it upward, extending the elbows and return the bar to the starting position

TRICEP CIRCUIT D : Power Ball Push-Up

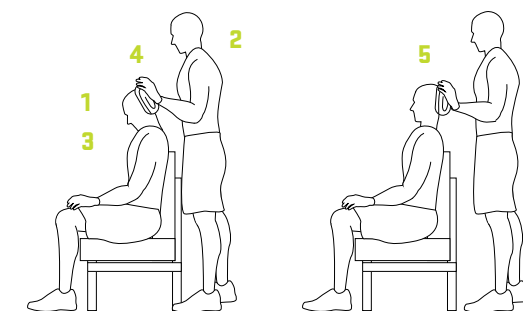
- 3 x 12



1. Place hands on a power ball and assume the push-up position; arms extended, back flat, body in a straight line
2. Keeping the elbows in, lower the body until the chest touches the power ball and then press back up to full elbow extension

MANUAL NECK : Backward

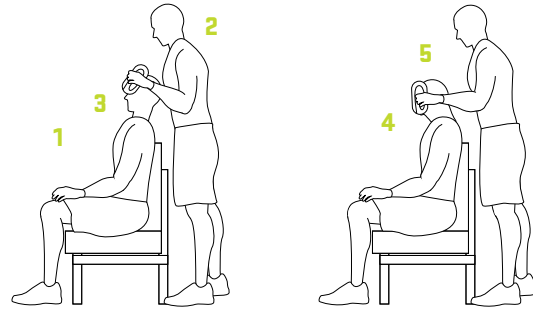
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with their hands on the back of your head
3. Begin with your neck straight, not extended backward
4. Have your partner gently push the head forward as you tuck the chin and resist them
5. Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center

MANUAL NECK : SIDE-TO-Side

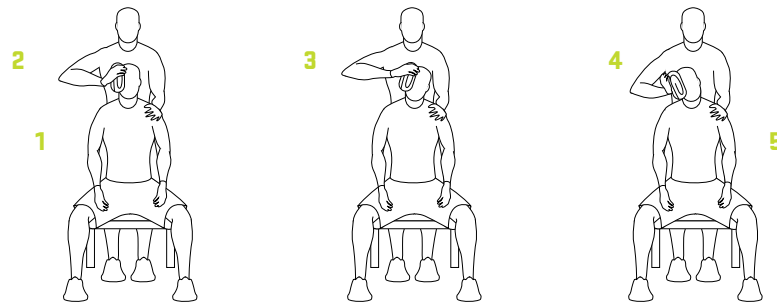
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with their hands on your forehead
3. Begin with your neck straight, not extended backward
4. Move the head forward by tucking the chin while your partner gently resists your movement
5. Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center

MANUAL NECK : SIDE-TO-Side

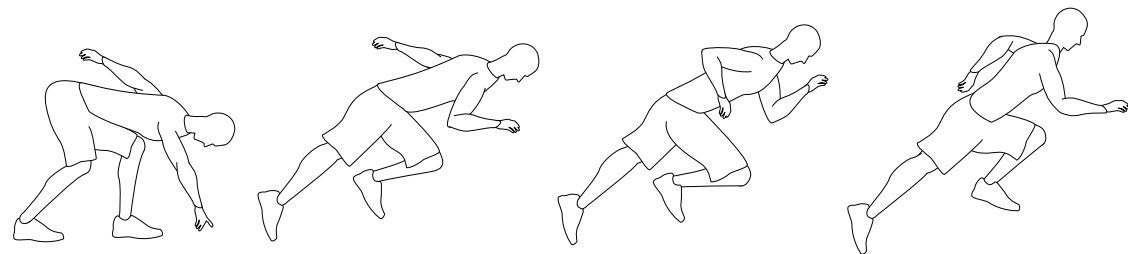
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder
3. Begin with your neck straight and have your partner gently push the head to the side as you resist them
4. Return to the starting position by moving the head back to center while your partner gently resists your movement
5. Complete the required number of repetitions on one side and then repeat for the opposite side

20 YARD SPRINTS

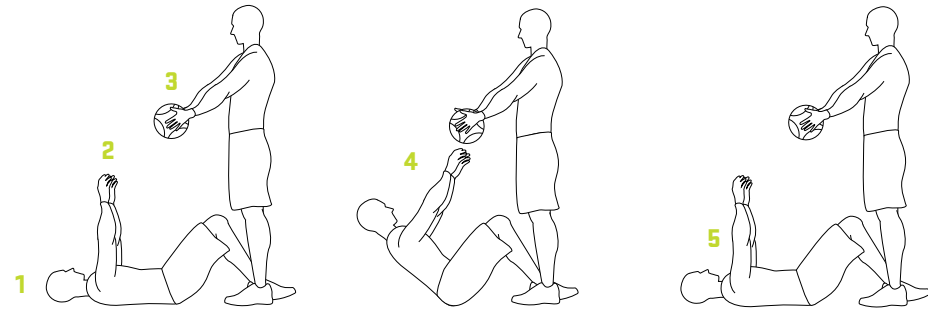
- x 2 sets of 12, 15-18 sec rest/2:00 min rest



1. The athlete will sprint for 20-yards. They will rest for between 15 – 18 seconds between each repetition. After running the first set the athlete will take 2 minutes before they start their second set. If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

PARTNER POWER BALL : Sit-Up And Touch

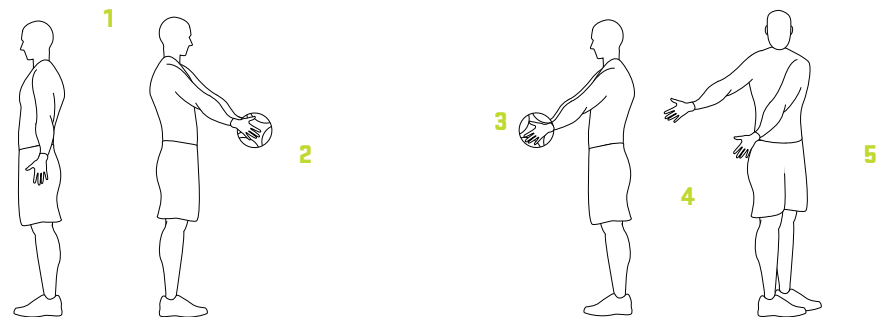
- 2x10 reps



1. To begin the exercise keep your back and both feet on the floor, both legs should be bent at a 45°
2. Extend the arms above your chest
3. The partner will hold the ball above the athlete's chest as a target for the athlete to reach up and touch
4. Lift the shoulder blades off the floor and touch the ball, hold for a second, and return to the floor
5. Inhale on the way down and exhale on the way up

PARTNER POWER BALL : Partner Hand Off

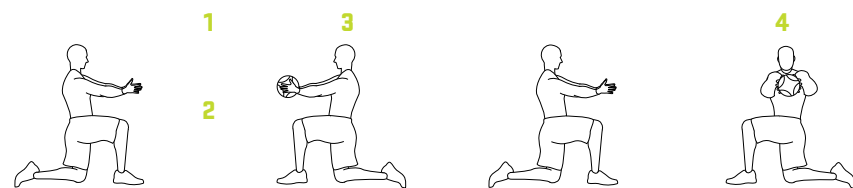
- 1x10 reps



1. Two partners will stand back to back with about a foot between each, one athlete will start by holding a power ball
2. The exercise begins when the athlete with the ball turns to their right with the ball
3. The other athlete will respond by turning and reaching to their left and receiving the ball from the first athlete
4. After receiving the ball the second athlete will turn to their right handing the ball to the first athlete
5. The athlete's will continue the rotation for the required number of reps and then will change the direction in which they were turning

PARTNER POWER BALL : Lateral Toss (Knee)

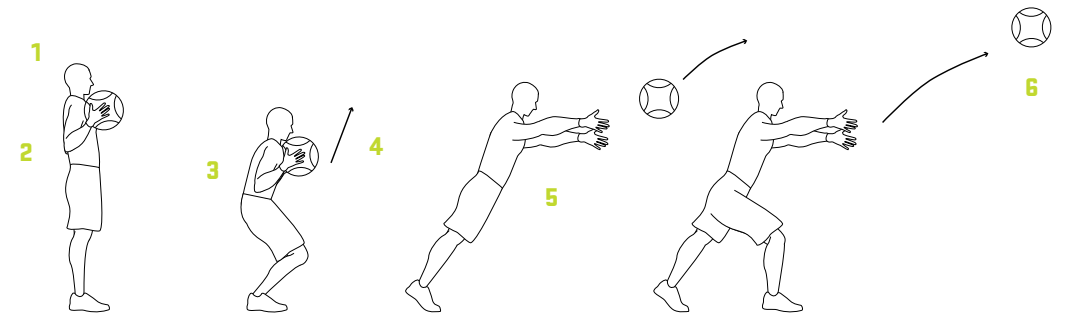
- 1x10 reps



1. This drill is just like the lateral toss except in this drill both partners will begin on their one knee
2. The partners will be the partners will have their knees in a line about 2 - 3 yards away from each other with the knee nearest each partner being up
3. One partner will be holding a power ball
4. To begin the exercise the athlete with the ball will rotate away from the other partner allowing their arms to extend away from their body

THRUST (STANDING)

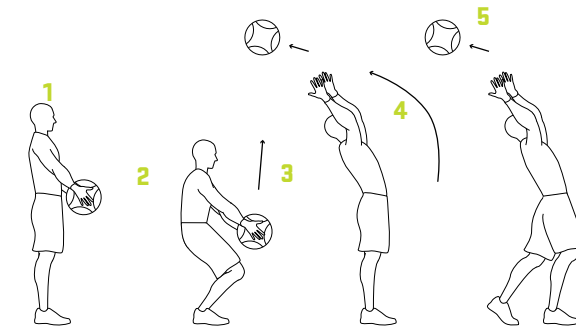
- 2x5 throws



1. The athlete begins with their feet hip width apart with a power ball in their hands. Make sure there is enough room around each athlete to ensure safety
2. The athletes back will be straight, head up with their weight balanced between their feet
3. The movement begins with the athlete bending at the waist while maintaining the flat back
4. The ball will begin at the top of the athlete's chest, even with the chin
5. As the hips move through the range of motion the arms will carry the ball out and in front of the athlete in a pushing action
6. Make sure that you watch the flight of the ball to ensure that you can get out of the way when the ball lands

OVERHEAD (STANDING)

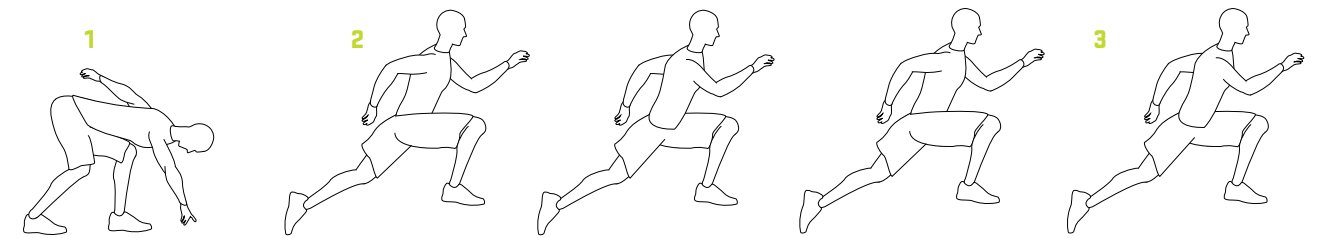
- 2x5 throws



1. The athlete begins with their feet hip width apart with a power ball in their hands. With their back facing their intended target landing area. Make sure there is enough room around each athlete to ensure safety
2. The athletes back will be straight, head up. The movement begins with the athlete bending at the waist while maintaining the flat back with their weight balanced between their feet
3. The arms are fully extended with the ball almost touching their knees
4. As the hips move through the range of motion the arms will carry the ball up and over the top of their head in an arcing movement
5. Make sure that you watch the flight of the ball to ensure that you can get out of the way when the ball lands

BOUNCING

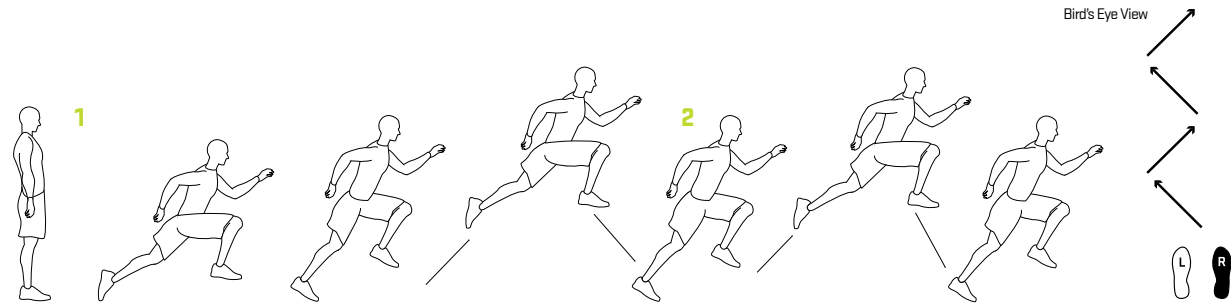
- x 20 yards



1. The drill begins with the athlete in a three point stance
2. As they drive off their front foot to get in the bounding action. The athlete will drive out as far as possible getting a full extension from the back leg
3. The body is tall, the knee is up, the shin is back and the toes are up. The arm motion will be the same as if they are running

ICE SKATER (FORWARD/BACKWARD)

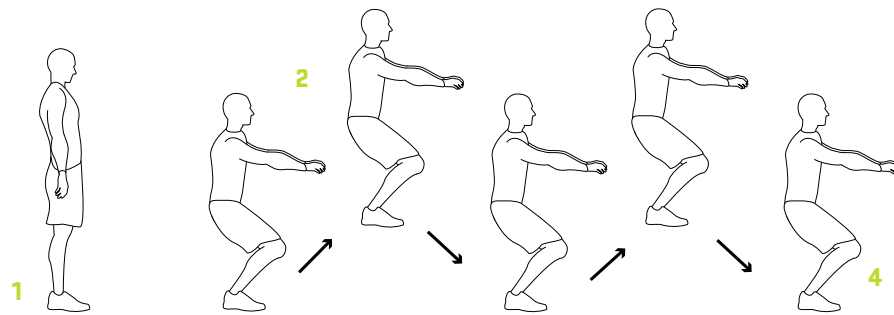
- x 20 yards



1. This drill begins with the athlete in a standing position. The athlete will drive out in a 45° angle
2. As the athlete lands they will allow the ankle, knee and hip act as a shock absorber as they load the hip to drive off their landing leg into a 45° angle jump back the other direction.
3. When the athlete drives out they will get a full extension from the back leg
4. The body is tall, the knee is up, the shin is back and the toes are up. The arm motion will be the same as if they are running

SKI HOP

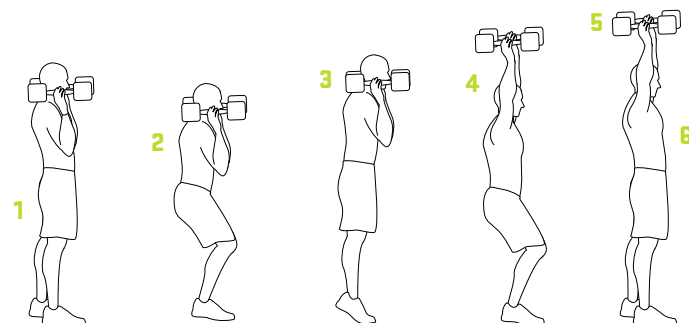
- x 15 yards (60 hops)



1. The athlete will begin this drill in a two point stance with their feet together. The athlete will use an imaginary line that is two inches wide by two inches tall
2. The athlete will hop over and back along this imaginary line as they progress down the field. The movement is quick
3. The guide is to get 20 over and back hops in each five yard distance. If the drill is to last 15 yards the goal is to get at least 60 hops in this distance
4. This movement done mostly with the ankles but you should still use all of your lower extremities to absorb the shock of the jump

DUMBBELL JERK

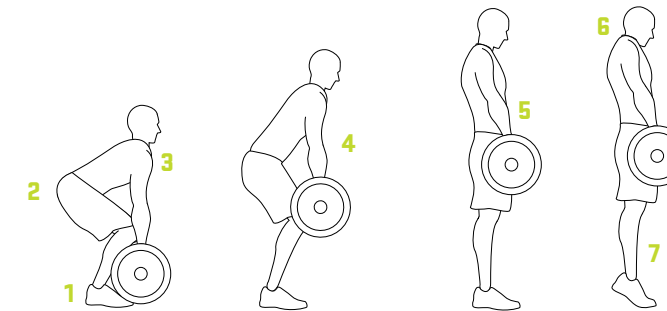
- 4 x 55/4, 62/4, 65/4



1. Standing with the feet under the hips and using a neutral grip, palms facing in, position the Dumbbells at shoulder level allowing them to slightly rest on the shoulders
2. Keeping the chest up and heels flat, tighten the core and drop into a quarter squat position by allowing the hips and knees to bend slightly
3. Quickly change direction by thrusting the dumbbells straight up overhead using the legs and arms together
4. As the dumbbells continue to rise, shift the feet from hip width to shoulder width and rebend the knees slightly
5. The dumbbells should be caught overhead by locking the arms out at the exact same moment the feet come back into contact with the ground after the shift
6. Stand tall with the dumbbells overhead then lower them to the start position and reset the feet for the next repetition

CLEAN PULL

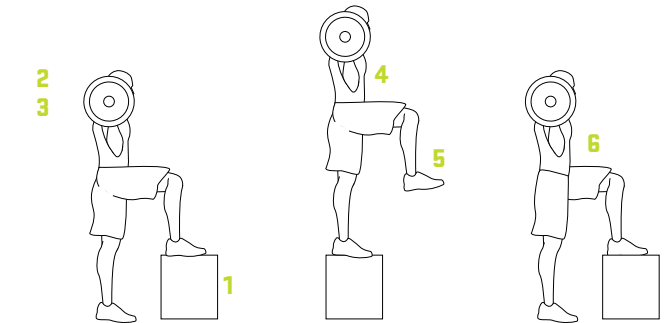
- 3 x 75/4, 82/4, 87/3, 92/2



1. Stand with feet hip width apart so that the balls of the feet are positioned directly under the bar
2. Squat down and grip the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped
3. Position the body so the shoulders are directly over the bar, tighten the core and pull the chest up so the back remains flat
4. Pull the bar off the floor at a constant speed by extending the hips and
5. The bar remains close to the body after it crosses the knees
6. Explosively extend the body vertically and shrug to pull the bar up
7. At the height of the pull the ankles, knees, and hips are fully extended

BOX STEP UP

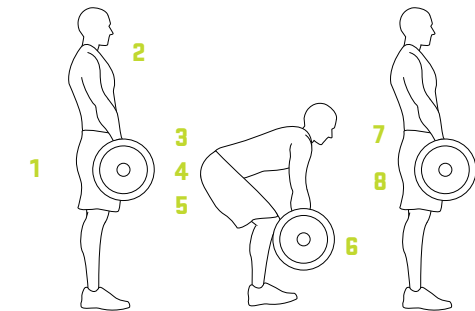
- 3 x 52/5, 55/5, 57/5



1. Use a box that positions the lead leg so the top of the thigh is parallel to the ground (typically between 16-22 inches)
2. Position the bar behind the head on the upper part of the back/trap area where it rests most comfortably
3. Hold onto the bar using a wider than shoulder width grip and place one foot (lead leg) on top of the box, making sure the heel is completely on the box
4. Maintaining an erect body position, tighten the core and push through the foot on the box to stand up tall on that leg while driving the opposite knee into the air
5. The knee drive is accompanied by pulling the toes toward the shin of that same leg
6. From the top position, return to the starting position under control to perform the next repetition

ROMANIAN DEAD LIFT (RDL)

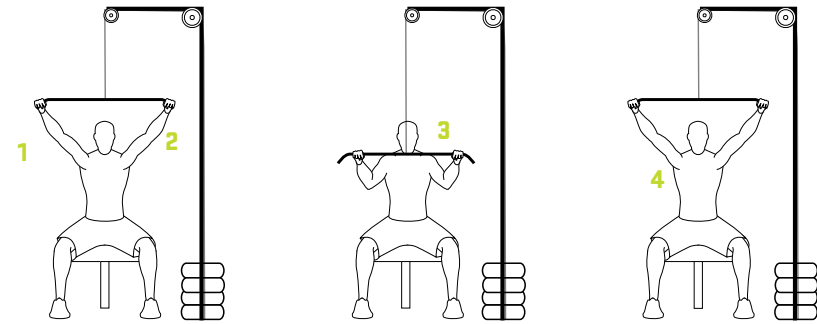
- 3 x 55/4, 55/4, 55/4



1. Hold onto the bar using a clean grip and stand with the feet directly under the hips with the knees slightly bent
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
3. Begin the decent by setting the hips back slightly to shift the weight toward the heels
4. Keeping the bar close to the body, pivot from the hips to lower the bar toward the ground
5. Continue down keeping the core tight, chest up, and back flat until a slight stretch in the hamstrings is felt
6. This point will be somewhere between just below the knee and the middle of the shin
7. From the bottom, pivot from the hips to return to the starting position, exhaling as you rise
8. Focus on the hamstring and gluteal muscles performing the work to return to the starting position

BACK CIRCUIT D : Wide Lat Pull-Down

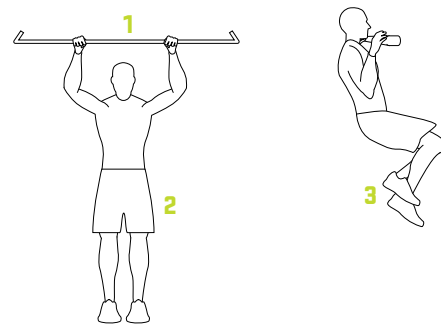
- 3 x 8



1. Sit at a high cable pulldown machine with the knees held down by the padding
2. Fully extend the arms overhead and grasp the bar using a wide, overhand grip (palms facing away from you)
3. Pull the bar down in front of the face to the collarbone, squeezing the shoulder blades together and pulling the elbow down & back
4. Exhales and in a controlled manner, return the bar to the starting position with elbows fully extended

BACK CIRCUIT D : Narrow Grip Pull-Up

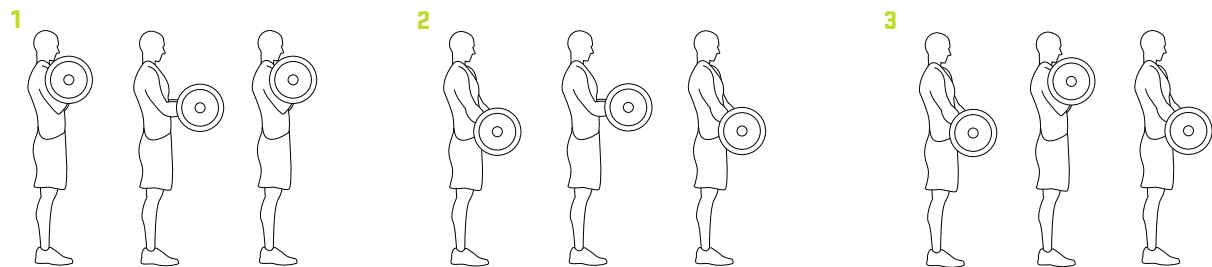
- 3 x 8



1. The athlete will take the assigned grip. Narrow Grip: hands inside shoulder width
2. Do not jump into the first repetition. Allow your body to hang prior to doing the first repetition
3. Bend knees and cross your ankles. Have a partner spot/assist by pushing up on shins or low back to achieve the required number of repetitions

BICEP CIRCUIT D : 21's

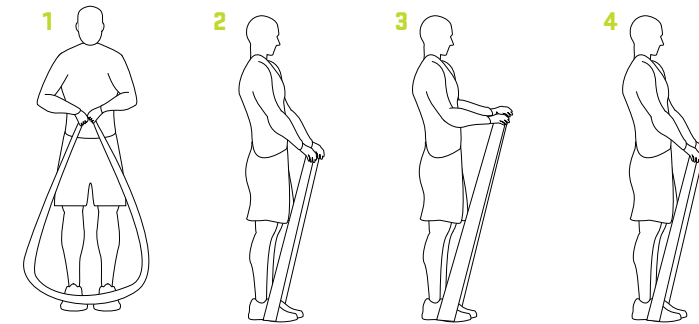
- 21's 3x21 (7, 7, 7)



1. An athlete will use a straight bar or EZ curl bar. The athlete will start with the weight at the top of the lift. The athlete will do 7 reps from the top half way down (the arms are at a 90° angle) and then back to the top
2. After completely finishing all seven reps, the athlete will then lower the bar to the thighs. The athlete will then raise the bar up to the halfway point (the arms are at a 90° angle) and then return it to the lowest position seven times
3. The final seven reps will be a complete bicep curl. Seven half way down, plus seven half way up, plus seven full curls, equals 21 reps

BICEP CIRCUIT D : BAND CURLS

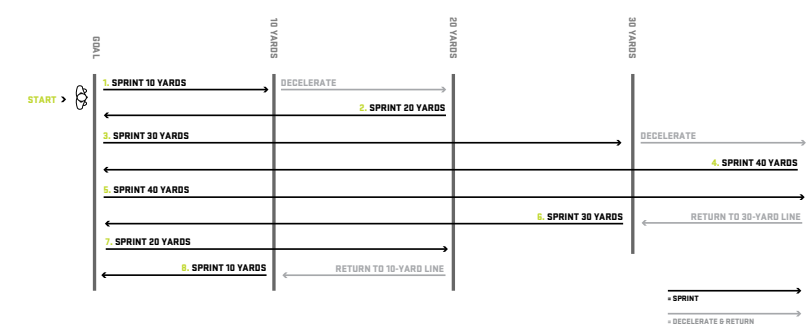
- 3 x 10



1. This exercise requires the use of monster or a similar type of large band made of rubber. The athlete will start by holding the bands with their thumbs touching with about 6-8 inches between their hands. The band will then hang down to the ground
2. The athlete will then stand on the band
3. The athlete will start the exercise by doing curling motion, curl the band up to their chest
4. Then back down under control. Do not allow the elasticity to pull the bar down out of control. Do not swing or sway the body trying to get the band up to the top position

B-PLAY DRIVE

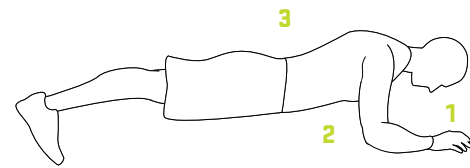
- x 3, 20 sec rest/2:00 min rest



1. Start on goal line. Sprint 10 yds. Decelerate to 20 yd line. 15 sec rest
 2. Sprint 20 yds. Return to goal line. 15 sec rest
 3. Sprint 30 yds. Decelerate to 40 yd line. 15 sec rest
 4. Sprint 40 yds. Return to goal line. 15 sec rest
 5. Sprint 40 yds. Decelerate return back to 30 yd line. 15 sec rest
 6. Sprint 30 yds. Return to goal line. 15 sec rest
 7. Sprint 20 yds. Decelerate return to the 10 yd line. 15 sec rest
 8. Sprint 10 yds. Recovery before next effort is 90 seconds
- The athlete will rest 20 seconds between each rep. After 8 plays the athlete will rest for 2:00 minutes before starting the next set of 8 plays. If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

PLANKS : Front Plank

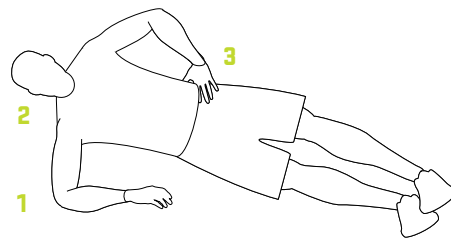
- 2x35 seconds



- 1. Hands 12 inches apart
- 2. Elbows underneath shoulders
- 3. Head neutral, body flat

PLANKS : Right Plank

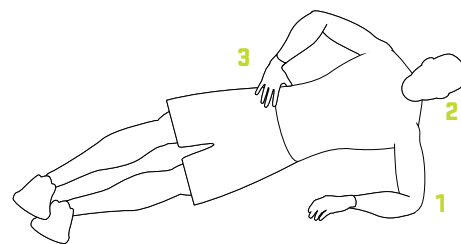
- 2x30 seconds



- 1. Right elbow and forearm on ground perpendicular to body
- 2. Head neutral, body flat, no hip rise
- 3. Left arm on hip

PLANKS : Left Plank

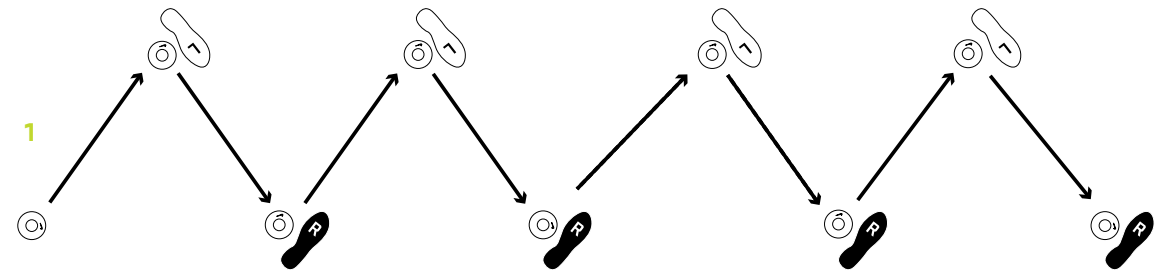
- 2x30 seconds



- 1. Left elbow and forearm on ground perpendicular to body
- 2. Head neutral, body flat, no hip rise
- 3. Right arm on hip

DYNAMIC SPEED : 5 Yard Zig-Zag Run

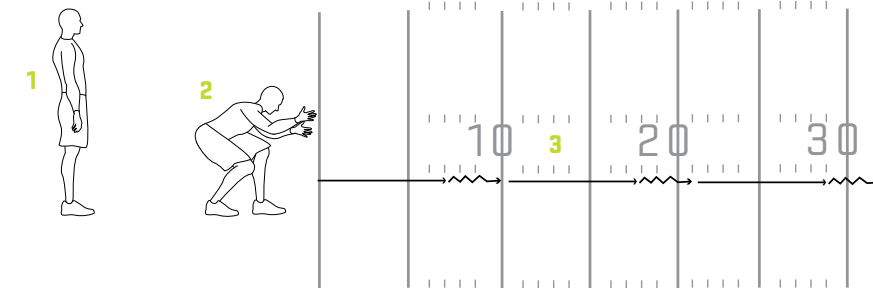
- 2 x 20 yards



- 1. The athlete will sprint from the starting cone to the first cone
- When the athlete gets to the first cone they will cut off their outside foot and burst to the next cone

DYNAMIC SPEED : 360 Swoop Drill A

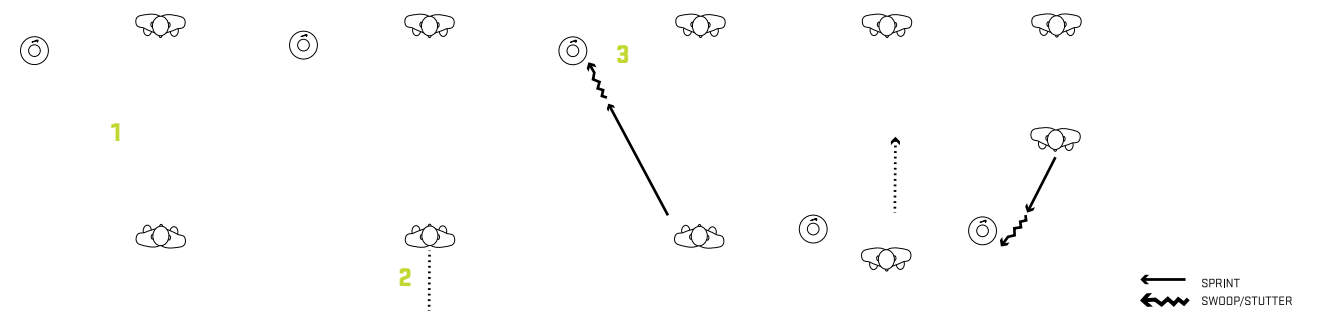
- 4 x 20 yards



- 1. The athlete will begin in an upright position. The athlete will sprint towards a line 10 yards away from the starting line
- 2. As the athlete nears the line the athlete will break down into a swoop position (low hips, knees bent inside leg out from splitting an imaginary ball carrier, arms low ready to wrap and tackle)
- 3. The athlete will take three stutter steps to the first ten yard line. After hitting the line the athlete will burst to full speed towards the next line, 10 yards away, where they will break down into the swoop position
- 4. The athlete will continue the burst and swoop rotation throughout the entire distance required

DYNAMIC SPEED : 360 Swoop Drill B

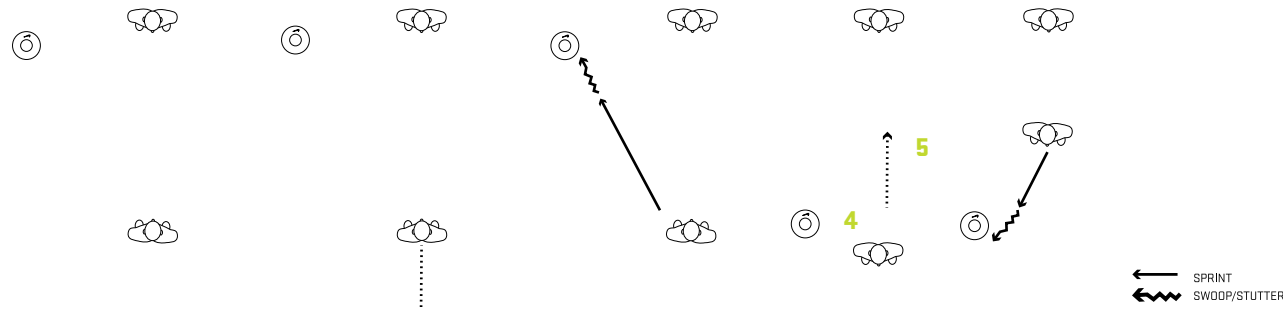
- 4 x 20 yards



- 1. This drill will require two athletes and one cone. The first part of the drill will have the anchor athlete standing 3 yards to the right of the cone with the working athlete facing them 5-yards away
- 2. The working athlete will back pedal for up to 5 yards waiting for the anchor athlete to give him a cue to break on the cone
- 3. At the cue the working athlete will break on the cone sprinting up to it and then swooping in with their inside foot splitting the middle of the cone

DYNAMIC SPEED : 360 Swoop Drill B (continued)

- 4 x 20 yards



4. The second drill will have the athlete stand to the left of the cone. The partners will switch after the two reps. The next set will have the

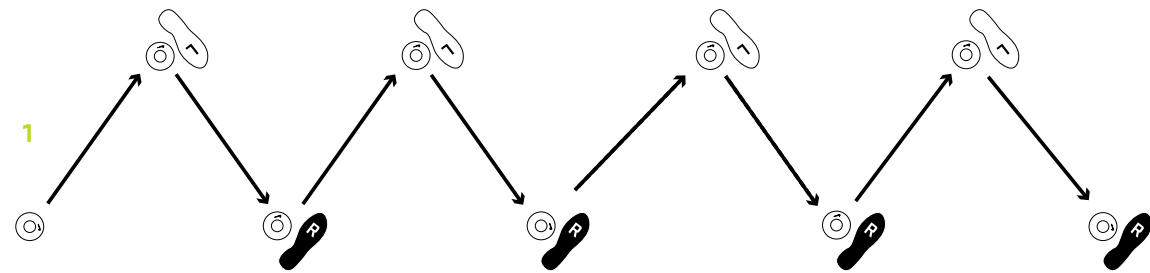
working athlete starting to the right of the cone with the anchor athlete pulling the cord tight (5 - 7-yards) as they stand behind the working athlete

5. The working athlete will begin the drill by back pedaling towards the anchor on a cue the athlete will sprint towards the cone breaking down and swapping into the cone with their

inside foot. The athlete will switch sides to finish this set. Continue the rotation of reps with the anchor for the required numbers of reps

DYNAMIC SPEED : 10 Yard Zig-Zag Run

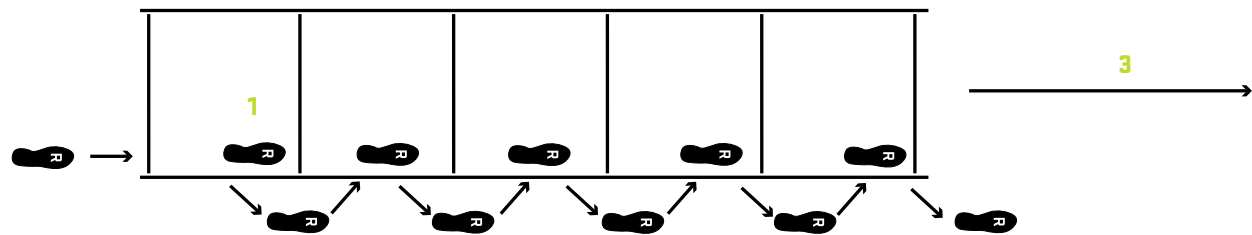
- 2 x 30 yards



1. The athlete will sprint from the starting cone to the first cone

When the athlete gets to the first cone they will cut off their outside foot and burst to the next cone

ROPES : One Foot In Every Hole

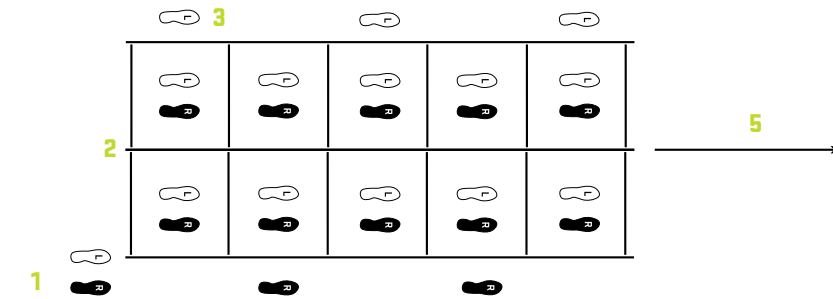


1. The athlete will run through the ropes making sure that one foot hits each of the open spaces in the ropes

2. Make sure the athlete is not looking at the ropes as they move down the course

3. The athlete will finish the drill by sprinting 5-yards past the ladder

ROPES : Lateral Shuffle (Icky)



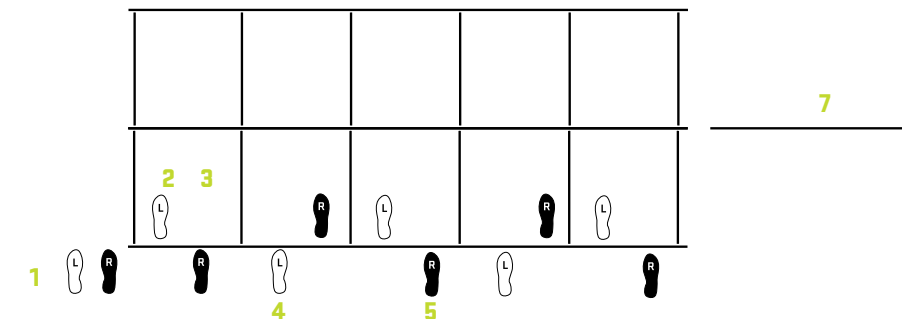
1. The athlete will face down on the right side of the ropes to begin the drill

3. Once the outside foot steps outside of the both sets of holes of the ropes the athlete will start back into the next hole and move laterally across the ladder

4. Make sure the athlete is not looking at the ropes as they move down the course

5. The athlete will finish the drill by sprinting 5-yards past the ropes

ROPES : Lateral Scissor



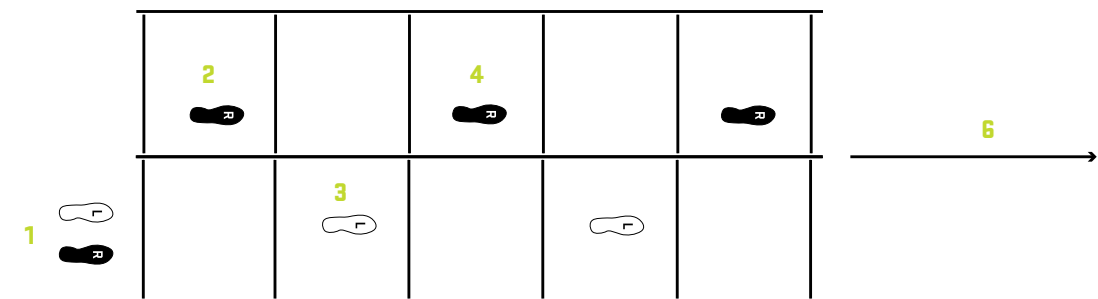
1. The athlete will have their right side (left when leading with the left leg) facing down the ropes

3. The athlete will then follow with the left foot (right foot when going left) stepping into the same hole

5. The athlete will then alternate between moving their right foot in and their left foot out of the holes in a lateral movement

7. The athlete will finish the drill by turning and sprinting 5-yards past the ropes

ROPES : High Knee Step Over



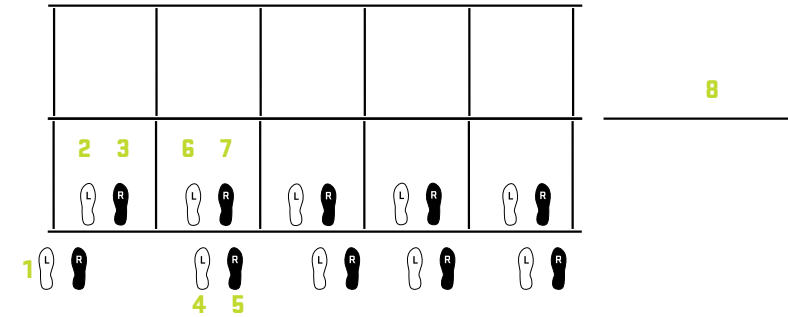
1. The athlete will start lined up down the middle line of the ropes facing down the line of the ropes

3. The athlete will then step over the top of the right foot with their left foot landing in the right side set of holes of the ropes

5. Continue this high knee step over process for the rest of the ropes. It is important that the athlete is stepping over, not swinging their leg around as they step over. The drill will help loosen the athlete's ability to move their hips. Make sure the athlete is

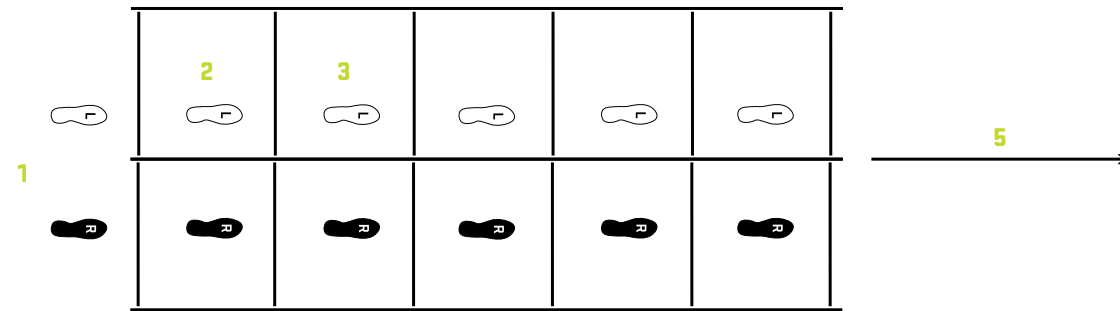
not looking at the ropes as they move down the course
6. The athlete will finish the drill by sprinting 5-yards past the ropes

ROPES : Two-In-Two-Out



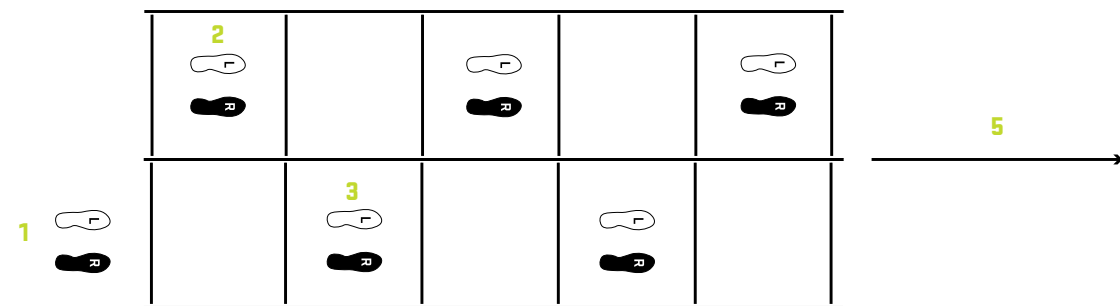
- The athlete will have their right side (left when leading with the left leg) facing down the ropes
- The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
- The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
- As the left foot (right foot when going left) strikes the ground the athlete will step out of the first box and move the foot to the outside of the second hole
- The stepping out of the right foot will be followed by the athlete stepping out of the hole with their left foot
- After stepping out of the first hole the athlete will then step into the next hole with their right and then left foot
- The drill will continue with the two feet stepping in and out of the box as they process laterally down the ropes. Make sure the athlete is not looking at the speed ladder as they move down the course
- The athlete will finish the drill by turning and sprinting 5-yards past the ropes

ROPES : Two Foot Hops



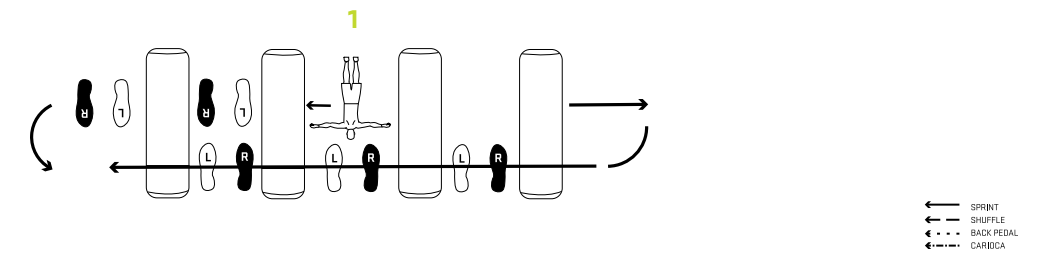
- The athlete will begin the drill by facing down the speed ladder
- The athlete will jump with both feet into the first hole
- Once the feet touch the athlete will then jump out of the hole into the second set of holes
- This in and out hopping will continue for the rest of the ropes. Make sure the athlete is not looking at the ropes as they move down the course
- The athlete will finish the drill by sprinting 5-yards past the ropes

ROPES : Diagonal Ski Hops



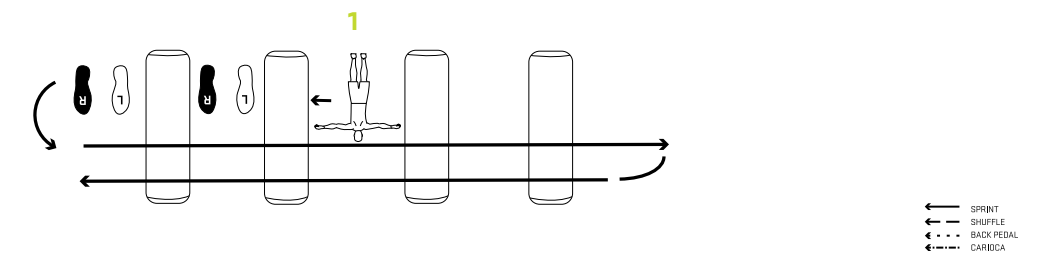
- The athlete will begin the drill with both of their feet together
- The exercise begins with the athlete jumping into the first hole on the right side of the ropes with both of their feet
- The athlete will then jump diagonally, with both feet, into the left hole of the second row
- This diagonal hopping will continue for the rest of the ropes. Make sure the athlete is not looking at the ropes as they move down the course
- The athlete will finish the drill by sprinting 5-yards past the ropes

4-BAG DRILLS : Lateral - Lateral - Sprint



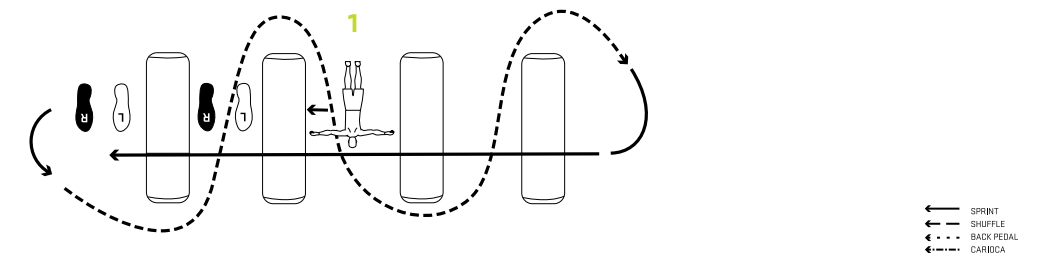
- Lateral > Lateral > Sprint

4-BAG DRILLS : Lateral - Sprint - Sprint



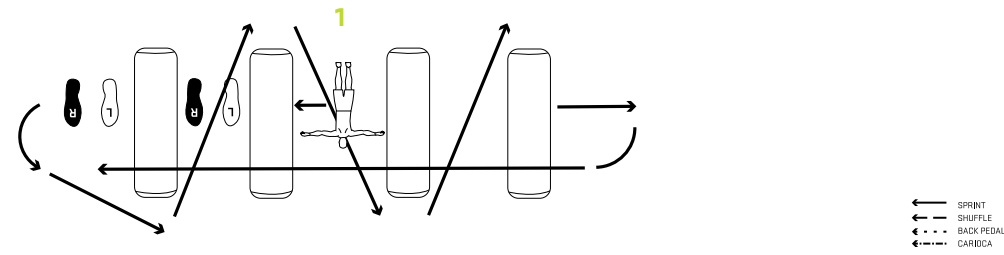
- Lateral > Sprint > Sprint

4-BAG DRILLS : Lateral - Shuffle - Sprint



- Lateral > Shuffle > Sprint

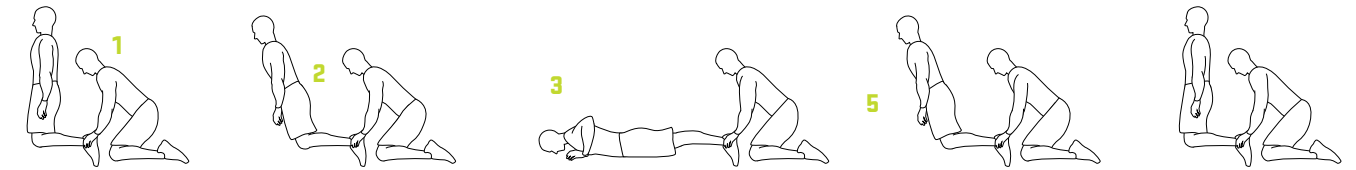
4-BAG DRILLS : Lateral - Zig-Zag Run - Sprint



1. Lateral > Zig-Zag > Sprint

RUSSIAN LEANS

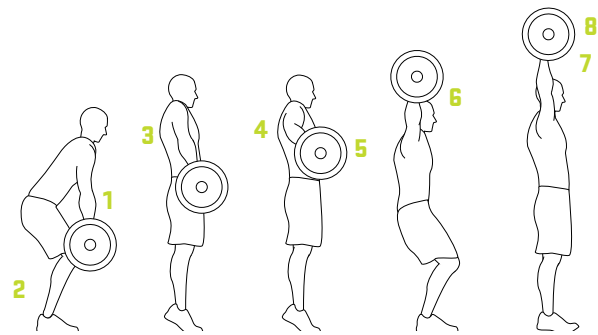
- 3 x 4



1. Kneel on a mat or cushion, with the toes directly under the heels, and have a partner hold your ankles
2. Keeping the body in a straight line from knees to shoulders, slowly lower yourself down toward the floor using the hamstrings to control the descent
3. Keep the chest up, hips in, and hands ready to catch you at the bottom
4. If form breaks down, the hamstrings fatigue, or you are getting close to the floor, use the hands to catch yourself from hitting the ground
5. From the bottom, use the arms to gently push back up off the floor and pull with the hamstrings back to the starting position

HANG SNATCH

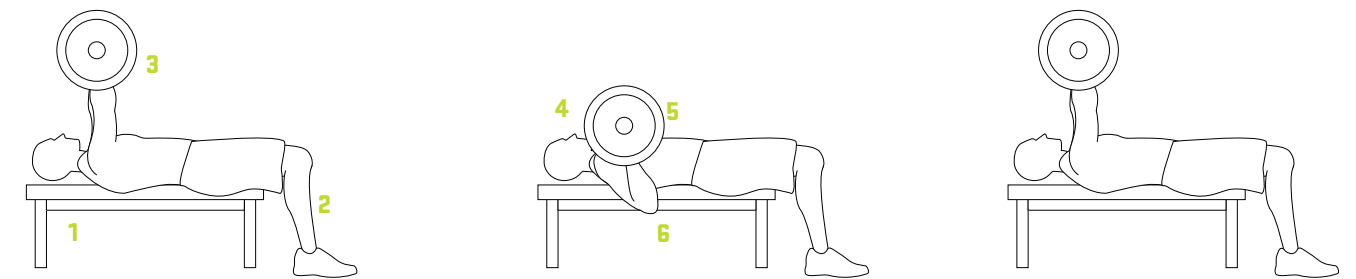
- 4 x 35/4, 37/4, 42/3, 45/



1. Hold the bar using a snatch grip, keeping the arms straight, elbows rotated out, and wrists cupped
2. Stand with feet hip width apart and knees slightly bent so the bar is touching the upper thigh
3. Keeping the core tight, chest up, and back flat - slowly lower the bar to the top of the knee (shoulders should be directly over the bar and body weight should be back on the heels)
4. Explosively extend the body vertically and shrug to pull the bar up, literally jumping off the platform to shift your feet (don't jump for height, jump to shift the feet)
5. As the bar continues to move upward, allow the elbows to bend and move up to the side
6. As the bar moves past the face, pull the body down into a quarter-squat position, locking the arms
7. The bar should be "caught" overhead, not pressed (the force of the pull is what carries the bar overhead)
8. Finish by standing tall with the weight overhead

BENCH

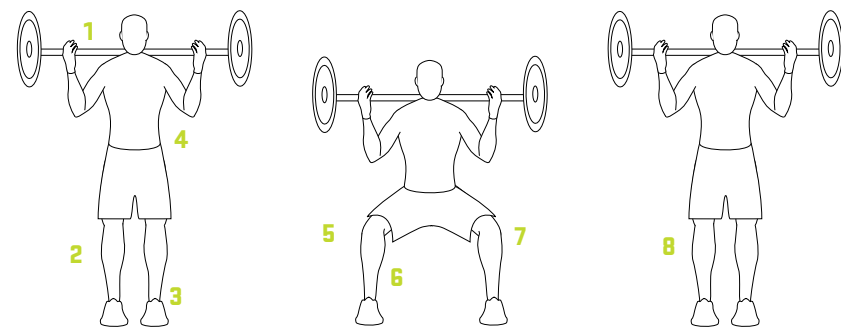
- 4 x 70/5, 77/5, 82/3, 87/2



1. Lie face up on a bench with eyes directly below bar
2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
3. Using a slightly wider than shoulder width grip have a partner assist in unracking the bar
4. Take air in, tighten the core, and lower the bar under control to a point even with or slightly below the nipples, keeping the wrists straight
5. As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises
6. When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest)
7. Do not allow the bar to sink into the athletes chest. Keep the core strong for a count before pressing the bar to the finished position

BACK SQUAT

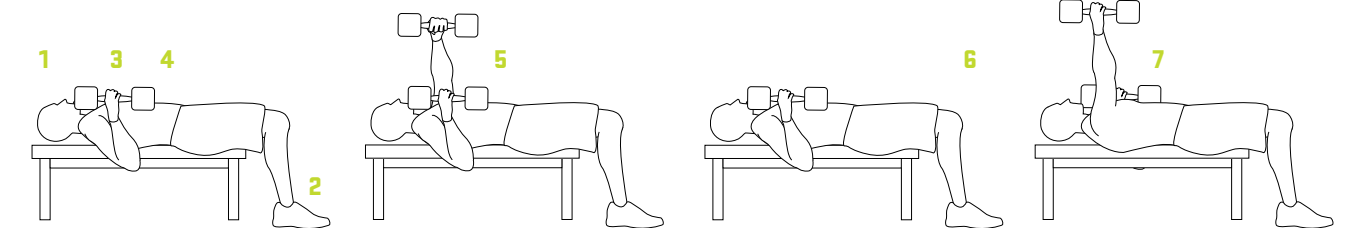
- 4 x 62/5, 70/5, 75/4, 80/4



1. Position the bar behind the head on the upper part of the back/trap area where it rests most comfortably using a wider than shoulder width grip
2. Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to lift
3. Feet are positioned between hip, shoulder width apart with the toes pointing slightly out
4. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
5. Begin the descent by setting the hips back slightly to shift the weight toward the heels
6. Continue to drop the hips in a controlled manner by bending the knees, keeping the chest up and back straight until thighs are parallel to the ground
7. Knees should be kept in line with the toes but never allowed to shift in front of them
8. From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

DUMBBELL ALT PRESS

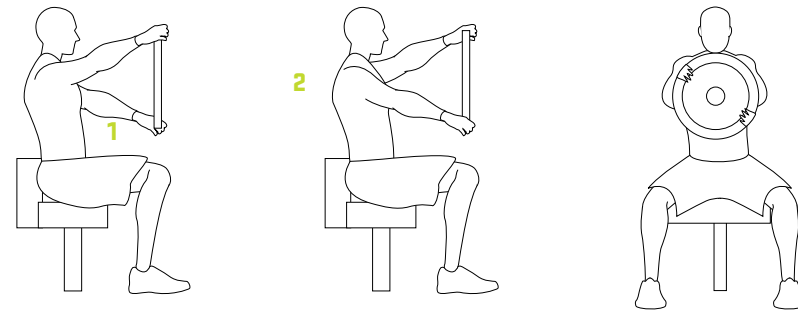
- 32/4, 35/4, 37/4



1. Lie face up on a bench with eyes directly below dumbbells
2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
3. Using a slightly wider than shoulder width grip have a partner watch the lift for safety
4. Take air in, tighten the core, and lower the dumbbells under control to a point even with or slightly below the nipples, keeping the wrists straight
5. As soon as the dumbbells touch the chest, drive 1 arm back to the starting position making sure to achieve full elbow extension, exhaling as the dumbbell rises
6. Repeat motion alternating from one arm to the other
7. When executing the pause bench, the athlete will allow the dumbbells to remain in the bottom position (on the chest) for a count before pressing the dumbbells to the finished position
8. Do not allow the dumbbells to sink into the athletes chest. Keep the core strong

SHOULDER CIRCUIT B : PLATE CIRCUIT : Seated Plate Figure 8

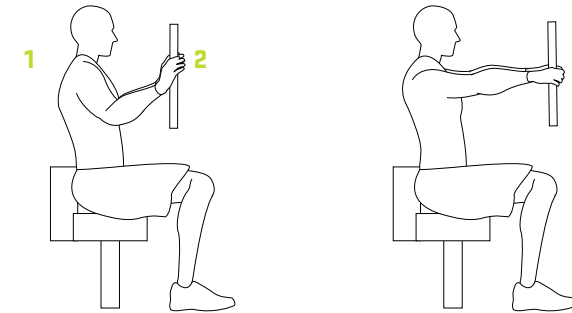
- 3 x 8



1. Using a 90° bench, sit holding a plate in front of the chest, arms fully extended, feet directly under the knees, and the back straight
2. Draw a figure-8 from side to side with the plate by allowing one hand to rotate over the top
3. Move the plate using only the arms

SHOULDER CIRCUIT B : PLATE CIRCUIT : Seated Plate Punch

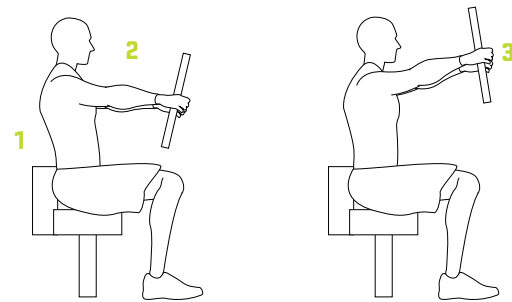
- 3 x 8



1. Using a 90° bench, sit holding a plate in front of the chest with the feet directly under the knees and the back straight
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
3. Explosively push (punch) the plate straight out and back in, keeping it level with the chest

SHOULDER CIRCUIT B : PLATE CIRCUIT : Seated Plate Front Raise

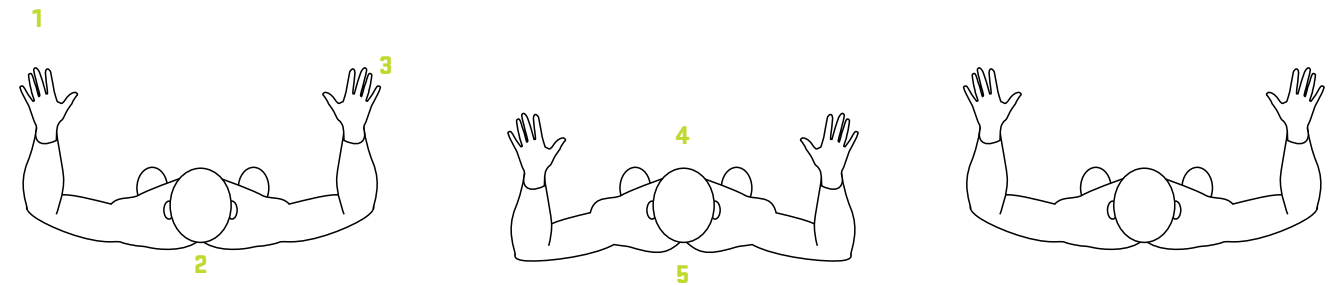
- 3 x 8



1. Using a 90° bench, sit holding a plate between the legs with the feet directly under the knees and the back straight
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
3. Keeping the arms straight, raise the plate to shoulder level and pause for a count
4. Exhale as you return to the starting position

SHOULDER CIRCUIT B : Scap Pinch

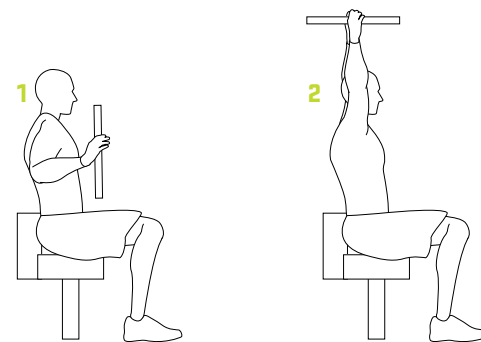
- 3 x 20



1. This exercise will start with the athlete standing
2. The athlete will raise their arms so that the arm is parallel to the ground. The arms will then be bent at a 90° angle so that the forearms are facing the ground and the elbows are straight out from the shoulders
3. There are three different movements to this drill. The first movement requires the thumbs to be pointed up. The second movement requires the palms to be flat to the ground. The third part of the drills requires the athlete to have their thumbs pointing down
4. No matter which way the hands are turned the movement is the same. The athlete will push their elbows back trying to pinch the scapula (shoulder blades together)
5. The movement will be of good pace, not slow not too quick. To cue the movement a coach can put a finger between the shoulders blades of the player and tell them to pinch them together

SHOULDER CIRCUIT B : PLATE CIRCUIT : Seated Plate Overhead Press

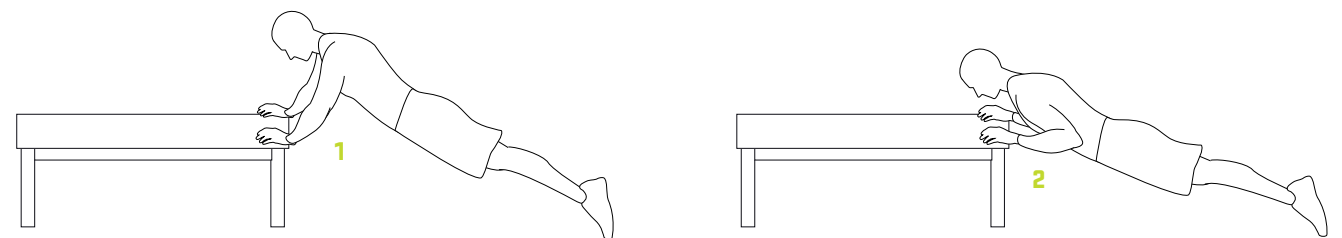
- 3 x 8



1. Using a 90° bench, sit holding a plate in front of the chest with the feet directly under the knees and the back straight
2. Extend arms upward, pressing the plate overhead until the arms reach full elbow extension
3. Exhale as you return to the starting position

TRICEP CIRCUIT B : PUSH-UP COMPLEX : Bench Push-Up

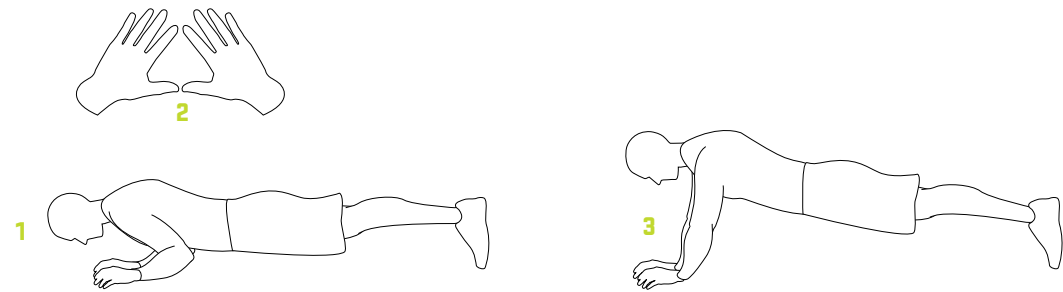
- 3 x 20/15/10



1. Place hands on the end of a flat bench and assume the push-up position; arms extended, back flat, body in a straight line
2. Keeping the elbows in, lower the body until the chest touches the bench and then press back up to full elbow extension

TRICEP CIRCUIT B : PUSH-UP COMPLEX : Diamond Push-Up

- 3 x 20/15/10



1. Begin in push-up position, arms extended, back flat, body in a straight line
2. Place hands in the diamond position, index finger and thumb of each hand meet forming a diamond shape
3. Keeping the elbows in, lower the body until the chest touches the floor and then press back up to full elbow extension

TRICEP CIRCUIT B : PUSH-UP COMPLEX : Power Ball Push-Up

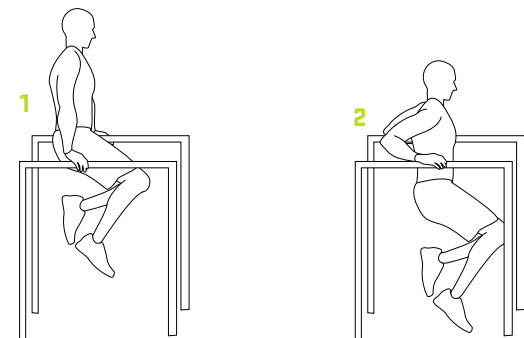
- 3 x 20/15/10



1. Place hands on a power ball and assume the push-up position; arms extended, back flat, body in a straight line
2. Keeping the elbows in, lower the body until the chest touches the power ball and then press back up to full elbow extension

TRICEP CIRCUIT B : Dips

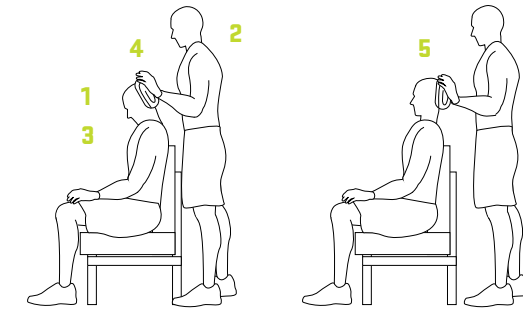
- 3 x 10-15



1. Using a dip rack, hold the body above the ground by fully extending the arms
2. Lower the body by bending at the elbow until it makes at least a 90° angle with the forearm
3. From the bottom position, press the body back up using the arms until full elbow extension, exhaling as you rise

MANUAL NECK : Backward

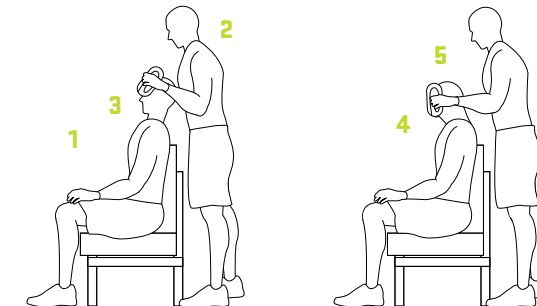
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with their hands on the back of your head
3. Begin with your neck straight, not extended backward
4. Have your partner gently push the head forward as you tuck the chin and resist them
5. Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center

MANUAL NECK : Forward

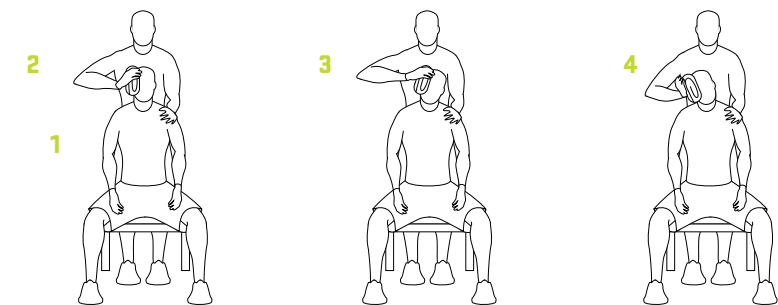
- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with their hands on your forehead
3. Begin with your neck straight, not extended backward
4. Move the head forward by tucking the chin while your partner gently resists your movement
5. Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center

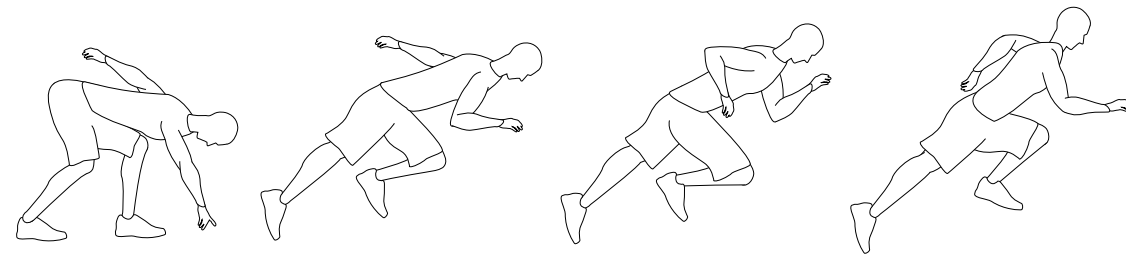
MANUAL NECK : Side-To-Side

- x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench
2. Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder
3. Begin with your neck straight and have your partner gently push the head to the side as you resist them
4. Return to the starting position by moving the head back to center while your partner gently resists your movement
5. Complete the required number of repetitions on one side and then repeat for the opposite side

40/50/60



1. The athlete will run a linear distance. The distance is specific to each athlete. Offensive Linemen, Defensive Linemen will run 40-yards. Linebackers, Tight Ends, Quarterbacks, and Specialist (kickers / punters) will run 50-yards. Skill players: Wide Receivers, Defensive

Backs, Running Backs will run 60-yards. Each distance has a specific maximum time to run each distance for each position. After running the required distance the athlete will take 25 to 30-seconds of rest. After running their first set of runs they will take between 2

minutes and 30 seconds and 3 minutes (dependent upon the running schedule). If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

MAX WEIGHT LIFTING RANGES

FOR ATHLETES WHO DO NOT KNOW THEIR MAXES, USE THIS CHART AS A GUIDE.

BODY TYPE	HANG CLEAN / POWER CLEAN	BENCH	SQUAT
HEAVY-WEIGHT	230 - 250 lbs	275 - 300 lbs	400 - 450 lbs
MIDDLE-WEIGHT	200 - 235 lbs	225 - 275 lbs	350 - 400 lbs
LIGHT-WEIGHT	185 - 200 lbs	200 - 225 lbs	275 - 350 lbs
FLYWEIGHT	45 - 185 lbs	45 - 200 lbs	45 - 275 lbs

Maxes from these three lifts will determine all of the major movement maxes.

HANG CLEAN / POWER CLEAN MAX WILL BE USED TO FIGURE:

Olympic Lifts (Hang Clean / Hang Snatch / Clean Pull / Dumbbell Jerk)
 One Legged Lifts (Box Step-up and One Legged Squat)

BENCH PRESS MAX WILL BE USED TO BE USED TO FIGURE:

All Pressing: (Bench Press, Bench Press (Pause) / 30 and 45-degree Incline Bench / Dumbbell Flat Bench / 30 and 45-degree Dumbbell Bench and all Alternating Dumbbell Pressing Actions / Shoulder Press / Dumbbell Shoulder Press \ and all Alternating Dumbbell Pressing Actions.

SQUAT MAX WILL BE USED TO FIGURE:

Back Squat and Front Squat

One repetition maxing is not necessary to run this or any other program. The strength ranges are relative to size and body strength that the athlete shows during normal workouts. If a wide receiver can handle more weight by showing his ability to have great technique and speed of movement, then the athlete can move up to a higher strength level.

If you don't do a one rep max with your team (or a rep max period), then start athletes at the beginner level and allow them to rise through the levels as they are able to handle the weight. Remember safety first and don't ever push an athlete to lift a weight that is out of their technique level. Always err on the side of safety!

Often times with younger athletes, the bigger athletes are not always the strongest. If this is the case for your bigger athletes, allow them to move to a lower strength until they are able to show great technique and speed of movement. Once these two major areas are accomplished, the athlete can move up to a higher strength level.

WARNING! Sport training can result in serious injury. Do not exercise without proper instructions or supervision, or without first consulting your physician. Use of the information in the Nike Football SPARQ Training Pre-season Program implies an understanding of these risks and releases Nike, Inc., its trainers and affiliates from any and all damages.

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	20%	22.5%	25%	27%
100	20	20	25	30
110	20	25	30	30
120	25	30	30	35
130	25	30	30	25
140	30	30	35	40
150	30	35	40	40
160	30	35	40	40
170	35	40	40	45
180	35	40	45	50
190	40	40	45	50
200	40	45	50	55
210	40	45	50	55
220	45	50	55	60
240	50	55	60	65
250	50	55	65	65
260	52	60	65	70
270	55	60	70	75
280	55	65	70	75
290	60	65	75	80
300	60	70	75	80

LBS	20%	22.5%	25%	27%
310	65	70	80	80
320	65	75	80	85
330	70	75	80	85
340	70	80	85	90
350	70	80	90	95
360	75	80	90	95
LBS	30%	32.5%	35%	37.5%
100	30	35	35	40
110	35	35	40	40
120	40	40	45	45
130	40	40	45	50
140	40	45	50	50
150	50	50	50	50
160	50	50	55	60
170	50	55	60	60
180	55	60	60	70
190	60	60	65	70
200	60	65	70	75
210	65	70	70	70
220	65	70	80	80

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	30%	32.5%	35%	37%
230	70	75	80	85
240	70	80	85	90
250	75	80	90	90
260	80	85	90	100
270	80	90	95	100
280	85	90	100	105
290	85	95	100	110
300	90	100	105	110
310	95	100	110	115
320	95	105	115	120
330	100	110	115	125
340	100	110	120	130

LBS	40%	42.5%	45%	47%
100	40	45	45	50
110	40	50	50	55
120	45	50	55	55
130	50	55	60	60
140	50	60	60	65
150	55	65	70	70
160	60	70	70	80

LBS	40%	42.5%	45%	47%
170	60	75	80	85
180	70	75	80	85
190	70	80	85	90
200	80	85	90	95
210	85	90	95	100
220	90	95	95	100
230	90	100	105	110
240	95	100	110	115
250	100	105	110	120
260	105	110	115	125
270	110	115	120	130
280	110	120	135	135
290	115	125	130	140
300	120	130	135	145
310	125	130	140	150
320	130	135	145	150
330	135	140	150	155
340	140	145	155	160
350	140	150	160	165
360	145	155	160	170

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	50%	52.5%	55%	57%
100	50	55	55	60
105	55	55	60	60
110	55	60	60	65
115	60	60	65	65
120	60	65	65	70
125	60	65	70	70
130	65	70	70	75
135	70	70	75	75
140	70	75	75	80
145	70	75	80	80
150	75	80	85	85
155	80	80	85	90
160	80	85	90	95
165	80	85	90	95
170	85	90	95	100
175	90	90	95	100
180	90	95	100	105
185	90	95	100	105
190	95	100	105	110
195	100	100	110	110

LBS	50%	52.5%	55%	57%
200	100	105	110	115
205	100	105	110	115
210	105	110	115	120
215	110	110	120	120
220	110	115	120	125
225	110	120	120	130
230	115	120	125	130
235	120	120	130	135
240	120	120	130	140
245	120	125	135	140
250	125	130	140	145
255	130	130	140	145
260	130	130	145	150
265	130	135	145	150
270	135	140	150	155
275	135	140	150	155
280	140	145	155	160
285	140	145	160	160
290	145	150	160	165
295	145	150	165	170

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	50%	52.5%	55%	57%
300	150	160	165	170
305	150	160	165	175
310	155	165	170	180
315	155	165	175	180
320	160	170	175	185
325	160	170	180	185
330	165	175	180	185
335	165	175	185	190
340	170	180	185	195
345	170	180	190	195
350	175	185	190	200
355	175	185	195	200
360	180	190	200	205
365	180	190	200	210
370	185	195	205	215
375	185	195	205	215
380	190	200	210	215
385	190	200	210	220
390	195	205	215	225
395	195	205	215	225

LBS	50%	52.5%	55%	57%
400	200	210	220	230
405	200	210	220	230
410	205	215	225	235
415	205	215	230	235
420	210	220	230	240
425	210	220	235	240
430	215	225	235	245
435	215	225	240	245
440	220	230	240	255
445	220	230	245	255
450	225	235	250	260
455	225	235	250	260
460	230	240	255	265
465	230	240	255	265
470	235	245	260	270
475	235	245	260	270
480	240	250	265	275
485	240	250	265	275
490	245	255	270	280
495	245	255	270	280
500	250	265	275	290

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	60%	62.5%	65%	67%
100	60	62	65	67
105	65	65	70	70
110	65	70	70	75
115	70	70	75	75
120	70	75	80	80
125	75	75	80	85
130	80	80	85	85
135	80	85	85	90
140	85	85	90	95
145	85	90	95	95
150	90	95	95	100
155	95	95	100	105
160	95	100	105	105
165	100	100	105	110
170	100	105	110	115
175	105	110	115	115
180	110	110	115	120
185	110	115	120	125
190	115	115	125	125
195	115	120	125	130

LBS	60%	62.5%	65%	67%
200	120	125	130	135
205	120	130	135	140
210	125	130	135	140
215	130	135	140	145
220	130	140	145	150
225	135	140	145	150
230	140	145	150	155
235	140	145	150	160
240	145	150	155	160
245	150	150	160	165
250	150	155	160	170
255	155	160	165	170
260	155	160	170	175
265	160	165	170	175
270	160	170	175	180
275	165	170	180	185
280	170	175	180	190
285	170	175	185	190
290	175	180	190	195
295	175	180	190	195

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	60%	62.5%	65%	67%
300	180	190	195	200
305	185	190	200	205
310	185	195	200	210
315	190	195	205	210
320	190	200	210	215
325	195	200	210	215
330	200	205	215	220
335	200	205	215	225
340	205	215	220	230
345	205	215	225	230
350	210	220	230	235
355	215	220	230	235
360	215	225	235	245
365	220	225	235	245
370	220	230	240	250
375	225	230	245	250
380	230	240	245	255
385	230	240	250	255
390	235	245	255	265
395	235	245	255	265

LBS	60%	62.5%	65%	67%
400	240	250	260	270
405	245	250	265	270
410	245	255	265	275
415	250	255	270	280
420	250	265	275	285
425	255	265	275	285
430	260	270	280	290
435	260	270	280	290
440	265	275	285	295
445	265	275	290	300
450	270	280	290	305
455	275	280	295	305
460	275	290	300	310
465	280	290	300	310
470	280	295	305	315
475	285	295	310	320
480	290	300	310	325
485	290	300	315	325
490	295	305	320	330
495	295	305	320	330
500	300	315	325	340

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	70%	72.5%	75%	77%
100	70	70	75	80
105	75	75	80	80
110	80	80	80	85
115	80	80	85	90
120	85	85	90	90
125	90	90	95	95
130	90	95	100	100
135	95	100	100	105
140	100	100	105	110
145	100	105	110	110
150	105	110	110	115
155	110	110	115	115
160	110	115	120	120
165	115	120	125	125
170	120	120	125	130
175	120	125	130	135
180	125	130	135	140
185	130	135	140	140
190	135	140	145	150
195	135	140	145	150

LBS	70%	72.5%	75%	77%
200	140	145	150	155
205	145	150	155	155
210	145	150	155	160
215	150	155	160	165
220	155	160	165	170
225	155	160	170	170
230	160	165	170	175
235	165	170	175	175
240	170	170	180	185
245	170	175	185	190
250	175	180	185	190
255	180	185	190	190
260	180	185	195	200
265	185	190	200	205
270	190	195	200	205
275	190	200	205	210
280	195	200	210	215
285	200	205	215	220
290	205	210	215	225
295	205	210	220	225

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	70%	72.5%	75%	77%
300	210	215	225	230
305	215	220	230	235
310	215	225	230	240
315	220	225	235	240
320	225	230	240	245
325	225	235	245	250
330	230	235	245	255
335	235	240	250	255
340	240	245	255	260
345	240	250	260	265
350	245	255	260	270
355	250	255	265	275
360	250	260	270	280
365	255	260	275	280
370	260	270	280	285
375	260	270	280	290
380	265	275	285	295
385	270	275	290	295
390	275	285	295	300
395	275	285	295	305

LBS	70%	72.5%	75%	77%
400	280	290	300	310
405	285	290	305	310
410	285	295	310	320
415	290	300	310	320
420	295	305	315	325
425	295	305	320	325
430	300	310	320	335
435	305	315	325	335
440	310	320	330	340
445	310	320	335	340
450	315	325	340	350
455	320	325	340	350
460	320	335	345	355
465	325	335	350	360
470	330	340	350	365
475	330	340	355	365
480	335	350	360	370
485	340	350	365	375
490	345	355	370	380
495	345	355	370	380
500	350	365	375	390

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	80%	82.5%	85%	87%
100	80	85	85	90
105	85	85	90	90
110	90	90	95	95
115	90	90	95	100
120	95	100	100	105
125	100	100	105	110
130	105	105	110	115
135	110	110	115	120
140	110	115	120	125
145	120	125	125	130
150	120	125	130	130
155	125	130	130	135
160	130	130	135	140
165	130	135	140	145
170	135	140	145	150
175	140	145	150	150
180	145	150	155	155
185	150	150	160	160
190	150	155	160	165
195	155	160	165	170

LBS	80%	82.5%	85%	87%
200	160	165	170	175
205	165	170	175	180
210	170	175	180	185
215	170	175	180	190
220	175	180	185	195
225	180	185	190	195
230	185	190	195	200
235	190	195	200	205
240	190	200	205	210
245	195	200	210	210
250	200	205	210	220
255	200	210	215	220
260	210	215	220	230
265	210	215	225	230
270	215	225	230	235
275	220	225	235	240
280	225	230	240	245
285	230	235	240	245
290	230	240	245	255
295	235	240	250	255

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	80%	82.5%	85%	87%
300	240	250	255	265
305	245	250	260	265
310	250	255	265	270
315	250	260	265	275
320	255	265	270	280
325	260	265	275	280
330	265	270	280	290
335	270	275	285	290
340	270	280	290	300
345	275	280	295	300
350	280	290	300	305
355	285	290	300	310
360	290	295	305	315
365	290	300	310	315
370	295	305	315	325
375	300	305	320	325
380	305	315	325	335
385	310	315	325	335
390	310	320	330	340
395	315	325	335	340

LBS	80%	82.5%	85%	87%
400	320	330	340	350
405	325	330	345	350
410	330	340	350	360
415	330	340	350	360
420	335	345	360	370
425	340	350	360	370
430	345	355	365	375
435	350	355	370	380
440	350	365	375	385
445	355	365	380	385
450	360	370	380	395
455	365	375	385	395
460	370	380	390	405
465	370	380	395	405
470	375	390	400	410
475	380	390	405	415
480	385	395	410	420
485	390	395	410	420
490	390	405	415	430
495	395	405	415	430
500	400	415	425	440

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	90%	92.5%	95%	97%
100	90	95	95	95
105	95	95	100	100
115	100	105	110	110
120	110	110	115	115
125	110	115	120	120
130	115	120	125	125
135	120	125	130	130
140	125	130	135	135
145	130	135	140	140
150	135	140	145	145
155	140	140	150	150
160	145	145	150	150
165	150	150	155	160
170	155	155	160	165
175	160	160	165	170
180	160	165	170	175
185	165	170	175	180
190	170	175	180	185
195	175	180	185	190
200	180	185	190	195

LBS	90%	92.5%	95%	97%
205	185	190	195	200
210	190	195	200	205
215	195	200	205	210
220	200	205	210	215
225	210	210	215	220
230	205	210	220	225
235	210	215	225	230
240	215	220	230	235
245	220	225	230	240
250	225	230	240	245
255	230	235	240	250
260	235	240	245	255
265	240	245	250	255
270	245	250	255	265
275	245	255	260	265
280	250	260	265	275
285	255	260	270	275
290	260	270	275	285
295	265	270	280	285
300	270	280	285	295

PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	90%	92.5%	95%	97%
305	275	280	290	295
310	280	285	295	300
315	285	290	300	305
320	290	295	305	310
325	290	300	310	315
330	295	305	315	320
335	300	310	320	325
340	305	315	325	330
345	310	315	325	335
350	315	325	330	340
355	320	325	335	345
360	325	335	340	350
365	330	335	345	355
370	330	340	350	360
375	335	345	355	365
380	340	350	360	370
385	345	355	365	375
390	350	360	370	380
395	355	365	375	385
400	360	370	380	390

LBS	90%	92.5%	95%	97%
405	365	370	385	390
420	380	390	400	410
425	380	390	405	410
430	390	400	410	420
435	390	400	415	420
440	395	405	420	430
445	400	410	420	430
450	405	415	430	440
455	410	420	430	440
460	415	425	440	450
465	420	425	440	450
470	425	435	445	460
475	425	435	450	460
480	430	445	455	470
485	435	445	460	470
490	440	455	465	480
495	445	455	470	480
500	450	465	475	490

WARNING! Sport training can result in serious injury. Do not exercise without proper instructions or supervision, or without first consulting your physician. Use of the information in the Nike Football SPARQ Training Pre-season Program implies an understanding of these risks and releases Nike, Inc., its trainers and affiliates from any and all damages.