

SUMMER CONDITIONING AND AGILITY REQUIREMENTS

The summer plyometric and sprint program will begin in week 5 of the strength training cycle. The reasoning for not starting right away is that we feel it is very crucial for the athlete to have a **good base of conditioning**, to meet the intense nature of plyometric exercises. The base phase of our conditioning program will increase the work capacity of the body and prepare it for higher intensity workouts in the later phases.

Before starting the plyometric and sprint program make sure that you have properly warmed up using one of the warm-up workouts, and that you have properly stretched using the partner or individual stretch programs. After being properly warmed up begin the form running. Do not rush through the form running. It will make you a smoother and more fluid athlete as well as contributing to an increase in your speed. When performing the lunge, carioca stretch and the slide groin stretch take the time to go through the full range of motion of the stretch. When performing the high knees and heel kicks think about the movement of your arms (cheek to cheek), think about getting as many reps as possible within the 10 yards, and run with a slight forward body lean not straight up.

Once you have completed the form running you are now ready to begin the plyometric stations. Our emphasis throughout the sprint and plyometric program will be quality and not quantity. As you go through the plyometric stations and the sprint workouts, take as much time in between sets as needed so you can perform perfect reps each time. In order to get maximum gains from the plyometric stations and the sprint workouts all reps need to be done at a full intensity. This is why you should give yourself ample time to recover before going to the next set. Pay attention to the changes in the plyometric program. On the following pages you will see an explanation of the plyometric movements and how they are supposed to be set up.

When performing the sprint program we will emphasize two starts. The bunch start and your position start.

Bunch Start:

- 1) The dominant hand should be placed right behind the starting line
- 2) The opposite foot of the dominant hand should be placed 4 inches behind the starting line.
- 3) The foot of the dominant hand should be placed 6 to 12 inches behind the non-dominant foot.

- 4) The other arm should be cocked back straight in the air, with the hips slightly higher than the shoulders.

When performing a position start, use the position stance that you will be playing in the fall. For incoming freshman and transfers if you are not sure of what position you will be playing, or you are unsure of the proper stance use the bunch start for all of your sprint workouts. Defensive backs and quarterbacks should use the bunch start for the entire sprint program.

When you complete your plyo and sprint workouts you must stretch. Post-workout stretching facilitates the range of motion because of an increased muscle temperature. Post-exercise stretching will also help alleviate and decrease muscle soreness.

When reporting to camp each athlete will have to perform a Gasser Test for time. This will give the coaching staff a gauge of how good of shape that you and your teammates are in. Your time on the Gasser Test will be a major factor in how much conditioning that we will do in the fall. We want to have quality practices and we do not want to spend time on conditioning. If you come into camp in shape, the more time we spend concentrating on football and the less time we spend conditioning. **If you do not meet the required times on the Gasser Test you will have extra conditioning throughout 2-a-days.**

Agility, Plyometric, and Running Drills

Alt. Leg Bounding

1. Assume a comfortable stance with one foot slightly ahead of the other as to initiate a step
2. Arms are relaxed and at the sides
3. Begin by pushing off with the back leg, driving the knee forward and upward to gain as much height and distance as possible before landing, repeat the sequence upon landing
4. Use a normal running motion with the arms, or execute a double arm swing

Alt. Diagonal Leg Bound

1. A variation of the normal bounding pattern with specific aid in power cutting maneuvers, offers the ability to gain distance at angles as well as forward
2. Begin in the same position as normal bounding
3. Perform this drill in the same manner as the alternate leg bound, but increase the distance from side to side as well as forward upon landing

Lateral Bounding

1. Do this drill on flat ground or from flat ground to incline
2. Begin in a semisquat stance with feet shoulder width apart
3. Push off with the outside foot moving laterally and concentrate on obtaining distance
4. Upon landing, drive off again in the opposite direction, quickly and powerfully, returning to the distance you began, continue this back and forth maneuver for similar repetitions

Side Cone Hops

1. Enhances explosive lateral power throughout the legs and hips
2. Use two cones approximately 18 to 26 inches high, approximately two feet apart. Assume a relaxed, upright stance outside of the first cone, keep the feet together, pointing straight ahead, cock the arms to provide lift and aid in balance
3. From the starting position, take off sideways over the first cone, then the second cone, without hesitation, change direction and jump back over the second cone, then the first cone

Single Leg Lateral Hop

1. Use two cones approximately 18 to 26 inches high, approximately two feet apart
2. Assume a relaxed standing position with knees slightly bent and arms at sides
3. Completely balance on one leg while maintaining the off leg in a flexed position with the toes up, knee up in front of the body, and the heel up underneath the hip
4. Upon takeoff, project the hips directly to the side of the takeoff point
5. From the starting position, take off sideways over the first cone, then the second cone, without hesitation, change direction and jump back over the second cone, then the first cone

Side Sprint Hops

1. Use a low bench, bag, tackling dummy, or similar object to hop over
2. Stand on one side of the bag with feet together and pointing straight ahead
3. Begin by hopping sideways back and forth over the bag, execute the hops as rapidly and efficiently as possible
4. The primary objective of the drill is a fast rate of execution, rather than height of the jump
5. Keeps the hips and trunk centered over the bag, anticipate the end of the landing on the last repetition of the set, upon completion of the last rep explode and accelerate ahead for a 10 yard burst

Squat Jumps

Objectives: To develop explosiveness of the hips and legs

1. Squat downward and then jump upward into the air as high as possible
2. Drop down to a full squat position and immediately jump upward
3. Use the arms to assist in the take off, swinging them upward simultaneously

Knee-Tuck Jumps

1. Assume a comfortable upright stance, placing the hands palms down at chest height
2. Do this in the early stages to assure good takeoff and landing posture and to give the knees a target
3. Begin by rapidly dipping down to about the quarter-squat level and immediately explode upward, drive the knees high toward the chest and attempt to touch them to the palms of the hands
4. Upon landing, repeat the sequence, each time driving the knees upward and tucking the feet under the body

Scissors Jump

1. Assume a stance with one leg extended forward with the knee over the midpoint of the foot and the other leg back with the knee bent and underneath the plumb line of the hips and shoulders
2. Jump as high and straight up as possible, block with the arms to gain additional lift, at the apex of the jump, reverse the position of the legs, front to back and back to front
3. Upon landing, retain the spread-legged position, bending the knees to absorb the shock
4. It is important to keep the shoulders back and in line with the hips to maintain stability
5. Emphasize attaining maximal vertical height and leg speed in this exercise

Power Skipping

1. Drive off the back leg, initiating a short, skipping step; then with the opposite leg thrust the toe and knee up
2. Upon landing repeat the action with the opposite leg
3. Obtain as much height and explosive power as possible after each short step
4. Drive the knee up hard and fast to transfer force from maximal extension off the support leg
5. Block with the arms, concentrating on lift and hang time of the body while minimizing the ground contact time

Ankle Flips

1. Assume a relaxed, upright stance with one foot forward
2. Begin by pushing the hips forward and outward from the lead foot and leg
3. With minimal knee flexion and the ankle locked, land with the opposite foot, and quickly extend from that position so the hips remain in a forward thrusting sequence with the ankle always projecting from slightly behind

Double Leg Hop Progression

1. Assume a relaxed, standing position with knees slightly bent and arms at sides
2. Stand directly in front of a series 8 six inch hurdles (boxes or coffee cans work as well) spaced three feet apart
3. Use a quick counter movement jump, extend the hips for vertical height, and upon full extension, tuck the toes, knees, and heels upward in a cycling motion to clear the hurdle
4. Upon clearing the first hurdle, stick the landing giving at the knees and hips, reset the body position, stance, and relationship to next hurdle, then execute the next hop

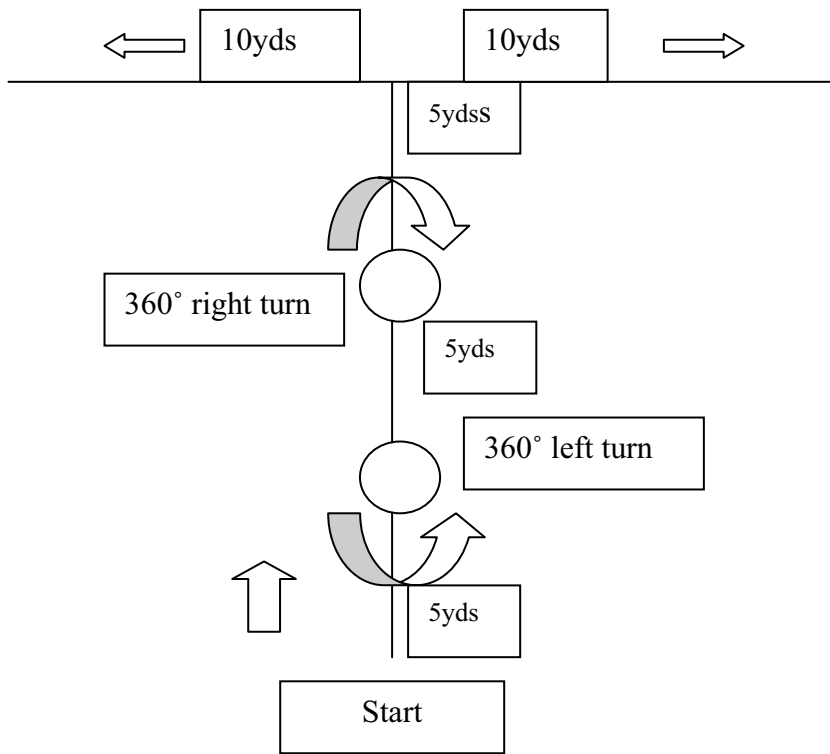
Single Leg Hop

1. Assume a relaxed standing position with the knees slightly bent and arms at sides
2. Stand directly in front of a series 6 six inch hurdles (boxes or coffee cans work as well) spaced three feet apart
3. Completely balance on one leg while maintaining the off leg in a flexed position with the toes up, knee up in front of the body, and the heel underneath the hip
4. Using the countermovement effects of the swing leg for lift and drive, execute the hops in the same manner as the double leg hop

The Squirm

-develops footwork and reaction time

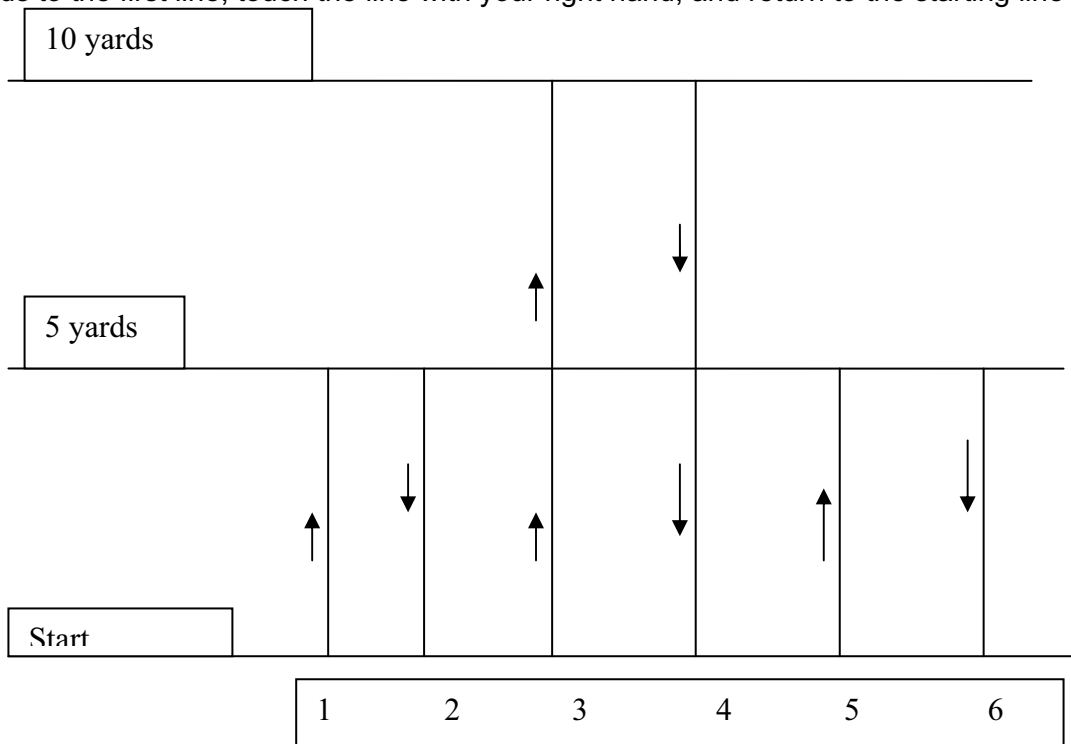
1. Start in a two-point stance, sprint forward 5 yards
2. At the 5 yard mark stop and rotate 360 degrees by planting one hand on the ground and spinning
3. Sprint 5 more yards, stopping and rotating 360 degrees in the opposite direction, by planting one hand on the ground and spinning
4. Sprint another 5 yards and stop and plant, cutting at a 90 degree angle breaking right or left and sprinting for 10 yards



40 Yard Ladder Sprint

-Develops agility and conditioning

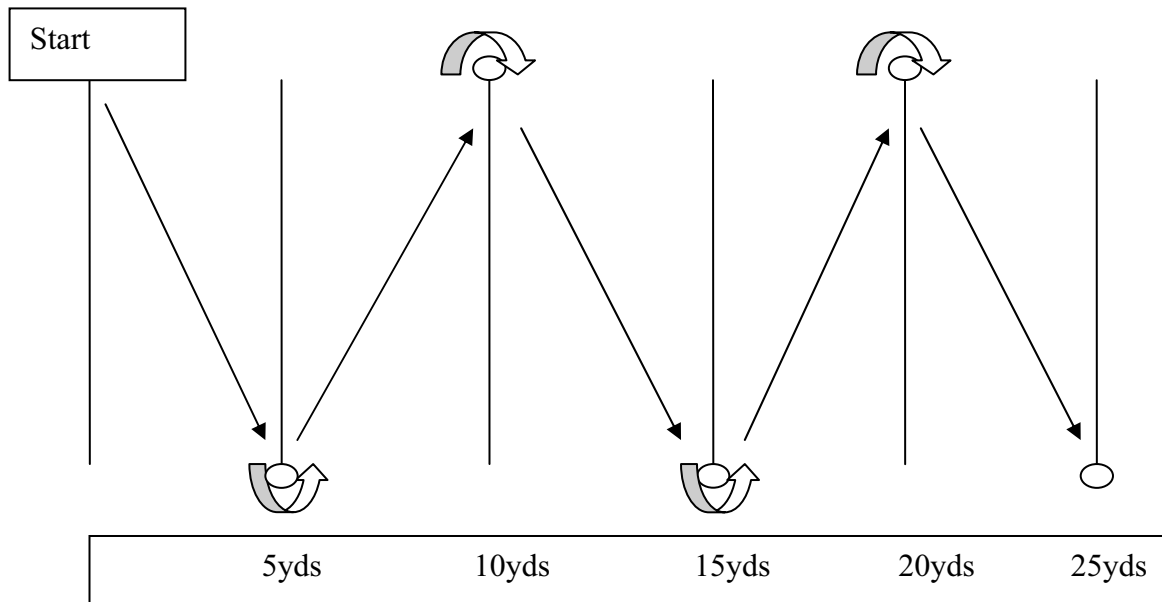
1. Start in your position stance on the starting line
2. Sprint 5 yards to the first line, touch the line with your right hand, return to the starting line, and touch it with you left hand
3. Sprint 10 yards to the second line, touch the line with your right hand, return to the starting line, and touch it with your left hand
4. Sprint 5 yards to the first line, touch the line with your right hand, and return to the starting line



Z-Pattern Run

-Improve transitional movement and turning ability

1. Position 3 cones on two lines 5 yards apart such that the cones on line 1 are 0, 10, and 20 yards, and the cones on line 2 are at 5, 15, and 25 yards
2. Start in a two-point stance
3. Sprint diagonally 5 yards to the first cone, plant the outside foot and run around the cone
4. Continue to sprint diagonally to each cone, running around each cone



ZigZag Quick Feet

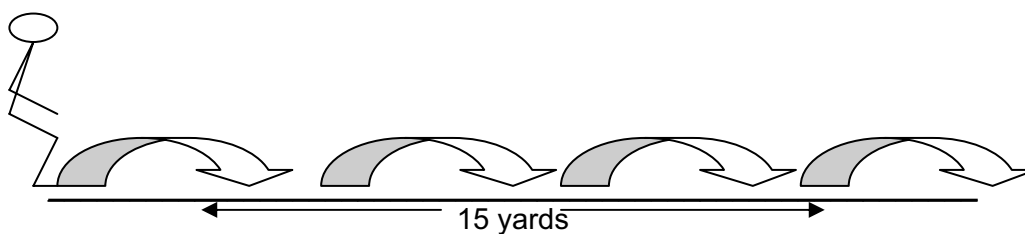
-Improve footwork and change of direction skills

1. Start in a position stance facing a row of 10 cones, each about 1 yard apart
2. Step forward quickly and diagonally with the right foot to the right cone, then slide the left foot to the right foot
3. Lead with the left foot the left side of the next cone, and then slide the right foot to the left foot
4. Continue with this pattern through all 10 cones, as quick and efficiently as possible

Power Hops

Directions:

1. At the starting line of a 15-yard area begin standing in an athletic stance feet shoulder width apart
2. Perform a standing broad jump trying to cover as much distance as possible
3. When landing set yourself and perform another broad
4. Try and cover as much ground as possible with the fewest amount of reps as possible
5. Once again focus on pumping the arms through on each rep

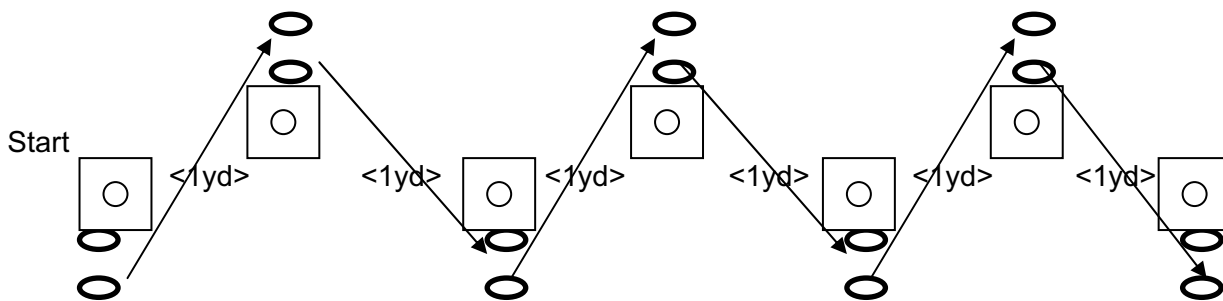


Zig-Zag Hops

Objectives: To improve footwork and quickness

Directions:

1. Stand facing a row of cones, each cone one yard apart (if cones are not available find 10 coffee cans or anything that is about that size, if no implements are available use a line)
2. Step forward diagonally with the right foot of the first cone and then slide left foot to the right foot
3. Lead with the left foot to the left side of the next cone and then slide the right foot to the left foot
4. Zigzag through all the cones quickly and explosively
5. Keep hips and shoulders squared, plant both feet as you move to each side of the cone, push off with your outside foot



Four Corner Carioca

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

Start on the right side of the square and accelerate forward

1. At the first cone make a reverse pivot
2. Carioca to the next cone
3. Reverse pivot and backpedal to the next cone
4. Reverse pivot and carioca to the finish
5. Make sure you are facing the proper direction when doing the carioca
6. To make it easy to remember which way to reverse pivot, always turn to the side towards the cones

Four Corner Comeback

Objectives: Improve footwork, backpedal, and change of direction

Start on the right side of the square and backpedal to the first cone

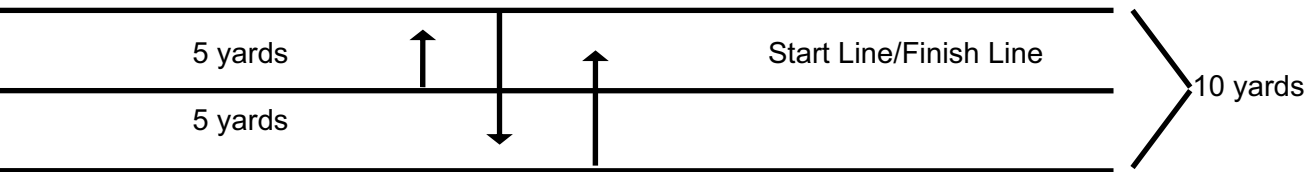
1. At the first cone sprint diagonally to the second cone
2. Backpedal to the third cone
3. At the third cone sprint diagonally to the fourth cone

Pro Agility (I – Test)

Objectives: Improve athletic abilities and body coordination during sudden change of directions

Directions:

1. Measure out a 10 yard area with 5 yard increments
2. Start from a two point stance with your feet straddling the 5 yard line and one hand touching the 5 yard line
3. Sprint 5 yards to the left, touch the line with your left hand
4. Sprint back 10 yards and touch the line with your right hand
5. Finally sprint through the starting line

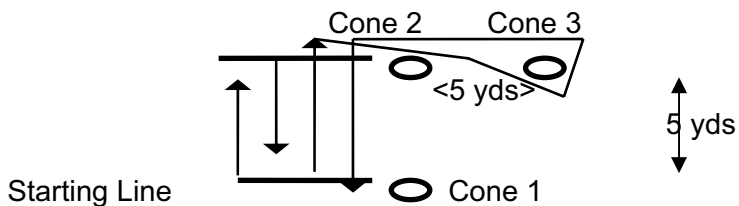


L-Test

Objectives: Improvement of agility and change of direction

Directions:

1. Place two cones 5 yards apart from each other
2. At the second cone place another cone 5 yards apart perpendicular to the second cone
3. Begin the L-test at the first cone, sprint to the second cone and touch the line there return to the starting cone and touch the line next to the cone
4. After touching the starting line sprint around the second cone and circle the third cone
5. Once you have circled the third cone sprint around the second cone and return to the starting line

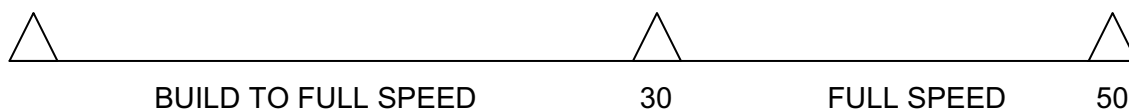


Flying 20's

Objectives: To improve acceleration and stride frequency

Directions:

1. Set up a 50-yard course with the 30-yard point marked
2. Start running at half speed, building speed at each stride so that acceleration is continuous for the first 20 yards
3. By the time you reach the 30-yard mark, you should be running at full speed (flying).
4. Continue this sprint for 20 yards

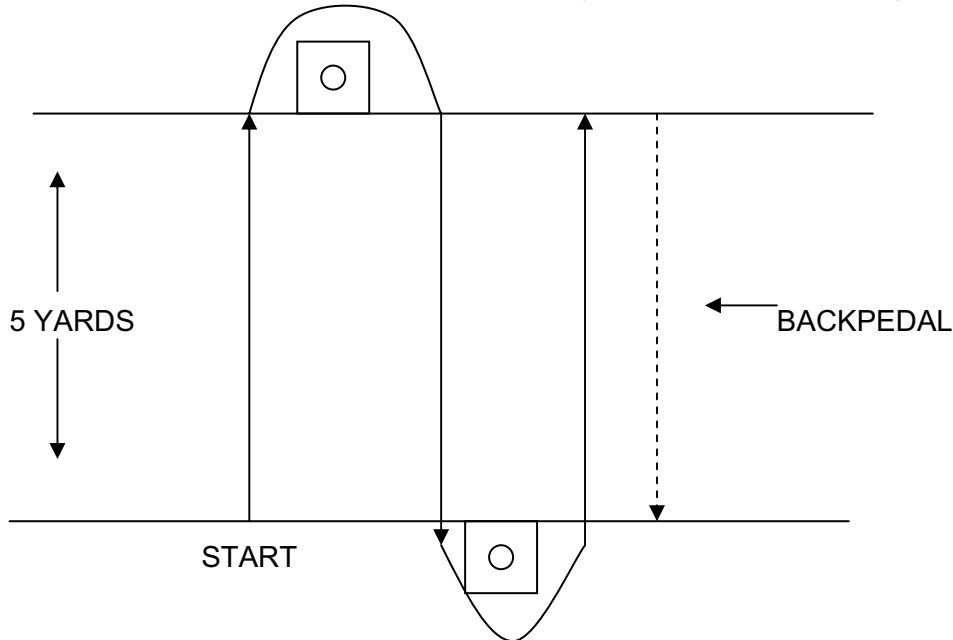


Peacock Agility

Objectives: To improve foot quickness and change of direction

Directions:

1. Set up cones five yards apart as illustrated in the figure below
2. Start in a bunch start on the first line, sprint to the first cone and make a right hand turn
3. Return to the starting line, go around the second cone with a left hand turn
4. Run to the five yard line and touch it with your fingers, then backpedal across the starting line to the finish
5. Do not knock the cones over and stay low when backpedaling and turning the corners



300-Yard Shuttle

Objectives: Change of direction and anaerobic conditioning

Directions:

1. Measure an area of 25 yards in length
2. Start from a bunch start behind the starting line
3. Sprint 25 yards and touch the line and sprint back to the starting line
4. An individual must run back and forth a total of 6 times to complete the shuttle

350's

Objective: Develop Anaerobic endurance

Directions:

1. Start at one corner of the football field and sprint down the sideline to the end, turn and sprint the width of the football field following the back endzone line, turn and sprint the opposite sideline through the back of the end zone

Gassers

Objectives: Finishing exercise, putting stress on the phosphagen system, develop anaerobic endurance

Directions:

1. Start in a bunch start on the sideline of a regulation football field
2. Run from sideline to sideline two times consecutively

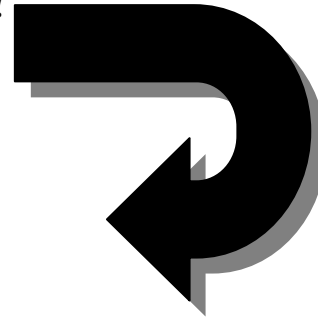
Weeks 1-4

Cardio Activity for at least 30 minutes twice a week. Choose an appropriate activity (shooting baskets = **NO**, Jogging or Bicycling = **YES**)

THIS IS OUR DYNAMIC FLEXIBILITY WARM-UP. IT WILL BE COMPLETED PRIOR TO EACH PLYOMETRIC/SPRINT WORKOUT!

Form Running (10 yards and 10 yards back)

1. **Lunges: 10 yards and 10 yards back**
2. **Slide Groin: 10 yards and 10 yards back**
3. **Carioca Stretch: 10 yards and 10 yards back**
4. **High Knees: 10 yards and 10 yards back**
5. **Heel Kicks: 10 yards and 10 yards back**



Week 5

Tuesday

Agility, Plyometric, Running Drills

1. Alt. leg bounding for height and distance- 4 X 20yds
2. 40 yard ladder sprint X 4
3. Peacock Agility X 4

- 350's X 3

Stretch when 350's are completed

Friday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Side sprint hops 3 X 20 (each side is a touch)
2. Pro Agility X 4
3. L-Test X 4

Sprints (warm-up is critical on sprint days)!!!!

-Take a 4-6 warm-up reps prior to starting sprints

Sprints- Position Starts

1. 5 yd starts (6 reps)
2. 10 yd starts (4 reps)
3. 20 yd starts (2 reps)

Stretch when sprints are completed

Week 6

Tuesday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Squat Jumps 3 X 10 (2 min rest time)
2. Power Hops 4 X 15 yards
3. Four Corner Comeback X 5
4. Z- Pattern Run X 8

Hills Runs (Use some type of incline hill or road with a reasonably steep grade)

- Do 10 runs up with 1:30 to 2:00 minutes rest between reps

Friday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Single Leg Lateral Hop 3 X 10 (each leg)
2. Scissor Jumps 3 X 8
3. Pro-Agility X 4
4. ZigZag Quick Feet X 6

Sprints-Bunch Start

1. 5 yd starts (6 reps)
2. 10 yd starts (4 reps)
3. 20 yd sprints (2 reps)

Stretch when sprints are completed

Week 7

Tuesday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Knee-Tuck Jumps- 3 X 8
2. Double-Leg Hop Progression- 3 X 8 (use six inch hurdles or boxes)
3. Z pattern run X 8
4. Flying 60's X 4 (75% for 20yds, 100% for 20yds, 75% for 20yds)

- 300 yard shuttle X 4

Linemen-62 seconds

RB, LB, QB, TE, K-55 seconds

DB, WR- 52 seconds

Friday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Side Cone Hops- 3 X 20 (each side is a touch)
2. Lateral Bounding- 3 X 10
3. Four Corner Carioca X 6

Sprints- Over Speed Sprints

Find a slow decline to run down approximately 60-80 yds in length. Run full speed, the drill is designed to teach your body to run faster than what it is normal for you.

1. 10 yd starts (6 reps)
2. 20 yd starts (4 reps)
3. 40 yd sprints (2 reps)

Week 8

Tuesday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Agility Ladder
2. Power Skipping- 4 X 20yds
3. Scissor Jumps- 3 X 8
4. Pro Agility X 4

- 1 Gasser Test (Check your position time on the Preseason Testing sheet)

Stretch when gasser test is completed

Friday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Single Leg Hop Progression- 3 X 6 each leg (use six inch hurdles or boxes)
2. Alternating Diagonal Leg Bound- 4 X 20yds
3. The Squirm X 6
4. Peacock Agility X 4

Sprints- Bunch Start

1. 10 yd starts (6 reps)
2. 20 yd starts (4 reps)
3. 30 yd sprints (2 reps)

Stretch when sprints are completed

Week 9

Tuesday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Power Hops 4 X 15yds
2. Side Sprint Hops 3 X 20 (each side is a touch)
3. Four Corner Comeback X 5
4. L-Test X 4

- 350's X 5

Stretch when 350's are completed

Stretch when sprints are completed

Friday

Form Running/Dynamic Warm-Up

Agility, Plyometric, Running Drills

1. Lateral Bounding-3 X 10
2. Pro-Agility X 4
3. Flying 60's X 6

Power Sprints- Find a steep incline to run up approximately 40 yds in length. Emphasize a power takeoff on your start. These sprints are designed to enhance the power in your quads and hamstrings.

1. 20 yd starts (6 reps)
2. 30 yd starts (4 reps)
3. 40 yd sprints (2 reps)

Week 10

Tuesday

Form Running/Dynamic Warm-Up

Drills

1. Peacock Agility X 4
2. L-Test X 4
3. 40 Yard Ladder Sprint X 4

- 300 yard shuttle X 4

Linemen-62 seconds
RB, LB, QB, TE, K-55 seconds
DB, WR- 52 seconds

Stretch when shuttles are completed

Friday

Form Running/Dynamic Warm-Up

Drills

1. Four Corner Comeback X 5
2. Z Pattern Run X 6
3. Flying 60's X 6

Sprints-Bunch Start

1. 10 yard starts (2 reps)
2. 20 yard sprints (4 reps)
3. 40 yard sprints (2 reps)

Stretch when sprints are completed

Week 11

Tuesday

Form Running/Dynamic Warm-Up

Drills

1. Pro-Agility X 4
 2. Four Corner Carioca X 4
 3. The Squirm X 6
- 350's X 5

Stretch when 350's are completed

Friday

Form Running/Dynamic Warm-Up

Drills

1. Peacock Agility X 4
2. Four Corner Comeback X 5
3. Pro Agility X 4

Sprints-Bunch Starts

1. 10 yd starts (2 reps)
2. 20 yd sprints (4 reps)
3. 30 yd sprints (2 reps)
4. 40 sprints (2 reps)

Stretch when sprints are completed

Week 12

Tuesday

Form Running/Dynamic Warm-Up

Drills

1. L-Test X 4
2. 40 Yard Ladder Sprint X 4
3. Pro-Agility X 4

- 1 Gasser Test (Check your position time)

Stretch when gasser test is completed

Friday

Form Running/Dynamic Warm-Up

Drills

1. Peacock Agility X 4
2. Four Corner Carioca X 4
3. Z Pattern Run X 6

Sprints-Bunch Starts

1. 10 yd sprints (2 reps)
2. 20 yd sprints (4 reps)
3. 30 yd sprints (2 reps)
4. 40 yd sprints (2 reps)

Stretch when sprints are completed

PRESEASON 2008 TESTING

Preseason testing will be conducted on the first 2 days of camp. The following will be tested:

CONDITIONING

4 X GASSERS Start on the sideline sprint across and touch the other sideline (hand or foot) and return to the start. Repeat. This is one repetition. Rest 60 seconds. Complete four reps.

Offensive Line 42 seconds

***Rest Between Reps: 60 seconds**

Defensive Line 40 seconds

LB, FB, QB, K, TE 37 seconds

DB, RB, WR 35 seconds

POWER

VERTICAL JUMP

2 Foot takeoff, no step. Best of 3 attempts

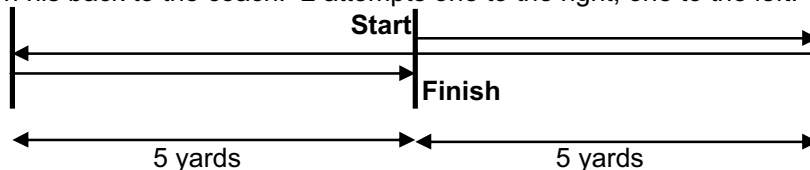
STANDING LONG JUMP

2 Foot takeoff, no step. Best of 2 attempts. Measured from furthest point back.

AGILITY

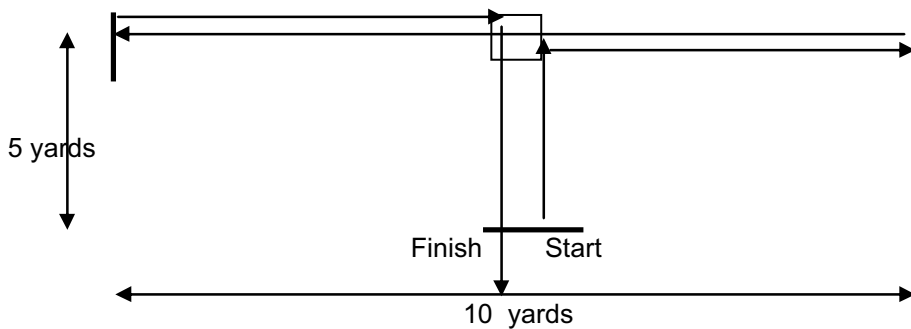
I - TEST

Begin on the middle of 3 lines, placed 5yds apart. From a 3 point stance turn and sprint to the left (or right), touching the line with the HAND, then turn and sprint past the center line to the far line and touch it with the HAND, the drill is completed by sprinting past the middle line. When turning the athlete cannot turn his back to the coach. 2 attempts one to the right, one to the left.



T - TEST

Start from the bottom of the "T" in a 3 point stance. Sprint to the top of the T touch foot in the box then turn and sprint to the right or left. Touch the line with the HAND and turn and sprint across the top of the T to the other side, touch the line with the HAND, turn and sprint back to the box, touch the foot in the box and backpedal to the start to finish the test.



STRENGTH

BENCH PRESS - 1 rep max

MILITARY PRESS- 1 rep max

POWER CLEAN- 1 rep max

SQUAT- 1 rep max

BODY COMPOSITION - Skinfolds

FLEXIBILITY - Stand and Reach

HEIGHT & WEIGHT