

SPEED & CONDITIONING

WEEK 5-8 (DEVELOPMENTAL PHASE)



OFFENSIVE SPEED & CONDITIONING			
LINEAR EMPHASIS			
FOAM ROLL SERIES	1. Feet (golf ball)	4. Glutes	7. T-Spine
	2. Calves	5. Quadriceps/Hip Flexors	8. T-Spine Extn x10
	3. Hamstrings	6. Adductors (groin)	
MOVEMENT PREP			
3-Plane Leg Swings (forw-back, lateral, internal-external)		5 reps each	
Walking Lunge to Knee Hug		10yds	
Straight-leg March		10yds	
Walking Leg Cradle		10yds	
Walking Quad Stretch		10yds	
Straight-leg Skip		10yds	
High Knee Run (5yds) to Jog (5yds)		2x10yds	
Power Skip (max height)		2x10yds	
4-Way Resisted Band Walk (band around knees)		15yds each (F/B/RT/LT)	
SPEED/PLYOS			
<u>LINE QUICKNESS SERIES:</u>			
Speed Jumps- forw-back, RT-LT, split		2x5 secs. each	
<u>PLYOS:</u>			
Speed Hurdle Jumps (forw-back)		3x6	
Speed Hurdle Hops		3x4e	
Continuous Linear Bounds		4x15yds.	
<u>SPEED:</u>			
Wall Load & Explode (alt. front leg)		2 reps each (RT/LT)	
Wall Single Switch (alt. front leg)		2 reps each (RT/LT)	
Load & Explode (split stance)		3 reps each (RT/LT)	
Resisted Load & Explode (5 yds.)		4 reps	
Unresisted Starts (10yds.)		4 reps	
Linear Bound (6) to Sprint (10yds.)		4 reps	
*complete rest between all reps			
CONDITIONING			
WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.)		8-10 reps, rest :30**	
**PROGRESSION: WEEK 1- 8 reps, WEEK 3- 10 reps			
WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30)		see progression**	
**PROGRESSION: WEEK 2 = 2 sets of 10 (rest 2:30 between sets), WEEK 4 = 1 set of 15			
STRETCH			
Band 4-Way Hip Series		5 reps each x :02 hold	

DEFENSIVE SPEED & CONDITIONING			
LATERAL EMPHASIS			
FOAM ROLL SERIES	1. Feet (golf ball)	4. Glutes	7. T-Spine
	2. Calves	5. Quadriceps/Hip Flexors	8. T-Spine Extn x10
	3. Hamstrings	6. Adductors (groin)	
MOVEMENT PREP			
3-Plane Leg Swings		5 reps each	
Walking Lunge to Knee Hug		10yds	
Straight-Leg March		10yds	
Walking Leg Cradle		10yds	
Lateral High Knee Skip		10yds each (RT/LT)	
Lateral Lunge (alt. sides)		10yds	
Cross-Behind Lunge		10yds	
Carioca		10yds each (RT/LT)	
4-Way Resisted Band Walk (band around knees)		15yds each (F/B/RT/LT)	
SPEED/PLYOS			
<u>3 HURDLE SERIES:</u>			
Lateral Run		2 reps each (RT/LT)	
Weave (linear, down & back)		2 reps each (RT/LT)	
Weave (lateral, down & back)		2 reps (down & back)	
Speed Lateral Jumps (down & back)		2 reps	
<u>PLYOS:</u>			
Lateral Jump (side to side over hurdle/cone/box)		3x6	
Lateral Hop (side to side over hurdle/cone/box)		2x4e	
Lateral Bound (side to side)		3x6	
<u>SPEED:</u>			
Resisted Push & Recover (partner res. At waist, or band at ankles)		2x15yds each	
Unresisted Push & Recover		2x15yds. each	
Resisted Crossover & Recover		2x4 reps each	
Quick Hips on command (partner cues direction)		2-4 reps each	
Quick Hips-Crossover & Recover (programmed)		2-3 reps each	
CONDITIONING			
WEEK 1&3: 60 Yard Sprints		8-10 reps, rest :60**	
**PROGRESSION: WEEK 1- 8 reps, WEEK 3- 10 reps			
WEEK 2&4: Slideboard (if avail) or Bike Intervals (sprint :30, rest :30)		see progression**	
**PROGRESSION: WEEK 2= 2 sets of 10 (rest 2:30 between sets), WEEK 4 = 1 set of 15			
STRETCH			
Band 4-Way Hip Series		5 reps each x :02 hold	

EXTRA CONDITIONING (optional)
1/2 Mile Repeats x 3 (rest 3:00)
**PROGRESSION: work to improve time by :05 each week