

Training Progression Week 14					
Warm Up Options					
Warm Up Options	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
GPP Warm Up (Option 1)					
	Aerobic Base Injury Prevention Runs	as directed		No Rest	12
Low Level Jumps (Option 2)					
	Jumping jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Split Jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Lateral line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Front and back line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Mountain climbers	20 to 40 Seconds	1 Sets	No Rest	12
	Burpees	20 to 40 Seconds	1 Sets	No Rest	12
	Star Jumps	20 to 40 Seconds	1 Sets	No Rest	12
	Squat and roll	20 to 40 Seconds	1 Sets	No Rest	12
Other Options					
	Other Available Warm-Ups				162-168
Ankle Rocker					
Ankle Rocker	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	Trap Bar Ankle Rocker One Speed Development	15	2 -3	10 - 20 Seconds	131
	Trap Bar Ankle Rocker three Speed Development	15	2 -3	10 - 20 Seconds	131
	Trap Bar Ankle Rocker Two Speed Development	15	2 -3	10 - 20 Seconds	131
	Drop Jumps	6	2-3	20 - 40 Seconds	131

Slow Run/Preparation Drills					
Slow Run/Preparation Drills	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Lateral High Knees Hands Up Speed Development	10 meters	3-5 Reps / 1 Set	20 - 40 Seconds	70
	Captain Morgan Speed Drill	30 meters	2-3 Reps / 1 Set	20 - 40 Seconds	70
Speed					
Speed	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Flying 10	3-5 Reps	1 Set	No Rest	12
	Block 30	2-3 Reps	1 Set	No Rest	102
Agility					
Agility	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Running Squares	1	4-5	20 to 60 Seconds	90
	Running Circles	1	4-5	20 to 60 Seconds	90
	Large Circles	1	4-5	20 to 60 Seconds	91
	Figure 8's	1	4-5	20 to 60 Seconds	91
	Racing T	1	4-5	20 to 60 Seconds	91
	Down and Back Agility Drill	1	4-5	20 to 60 Seconds	91
	T Short Agility Drill	1	4-5	20 to 60 Seconds	91
	Square Carioca Agility Drill	1	4-5	20 to 60 Seconds	92
	Square Fwd Agility Drill	1	4-5	20 to 60 Seconds	92
Lifting					
Lifting					125-131

Week 14 Exercise Progressions

Warm-Up Options

No Changes, Refer to Week 1

Ankle Rocker Drills

[Ankle Rocker One Speed Development Jump #1-](#) (Trap bar)

A trap bar has now been added for increased difficulty. The athlete drops in without movement from their hips, pauses, and jumps.

[Ankle Rocker Two Speed Development Jump #2-](#) (Trap Bar)

Once again the trap bar has been added, the athlete will start as above but when their ankles don't bend anymore, have them push their hips back until their spine and shins are in a parallel position. Hold for a count and jump as high as possible.

[Ankle Rocker Three Speed Development Jump#3-](#) (Trap Bar)

This is more of a range of motion movement. The athlete will turn their foot out and push the shin forward and turn the foot in and push the shin forward, improving range of motion in multiple planes.

[Drop jumps](#)

From a 6 inch short box, drop off allow the ankles knees and hips to absorb the force of the drop and then explode. This Can be Done on to box or without. Complete 2 or 3 Sets x 10 Reps.

Slow Run/Preparation Drills

No Changes, Refer to Week 7

Speed

[Flying 10's](#)

Refer to Week 1

[Block 30's](#)

Refer to Week 11

Agility

No Changes, Refer to Week 10