

SPEED & CONDITIONING

WEEK 1-4 (BASE 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	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			
LINE QUICKNESS SERIES:			
Speed Jumps- Forward-Backward, Right-Left, Split Jumps	2x5 secs. each		
PLYOS:			
Linear Cone or Hurdle Jump with hold (stick landing for :02)	2x4		
Linear Cone or Hurdle Hop with hold (stick landing for :02)	2x3each		
Linear Bound with hold (stick landing for :02)	2x6		
SPEED:			
Wall Load & Explode (alt. front leg, load & explode to wall)	3 reps each (RT/LT)		
Pushup Start (chest down, hands at armpits)	4 reps		
1/2 Kneeling Start (5 yds., alt. up knee)	3 reps each (RT/LT)		
Load & Explode (split stance, load & sprint 5 yds)	3 reps each (RT/LT)		
Hurdle Jump (1) to Sprint (5 yds.)	4 reps		
Hurdle Hop (1) to Sprint (5 yds.)	2 reps each (RT/LT)		
*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 :40		
**PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps			
WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30)	2 sets of 6-8 reps		
**PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10			
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			
3 HURDLE SERIES:			
Lateral Run	3 reps each (RT/LT)		
Lateral Run with Hold	3 reps each (RT/LT)		
Weave (lateral, down & back)	2 reps (down & back)		
PLYOS:			
Lateral Jump with hold (stick landing for :02)	2 reps (down & back)		
Lateral Hop with hold- inside leg	2 reps each (d&b)		
Continuous Lateral Bound (reset every rep)	2x6 reps each (RT/LT)		
SPEED:			
Push & Recover (begin in def. stance)	3x5yds each (RT/LT)		
Crossover & Recover (begin in def. stance)	3x5yds each (RT/LT)		
Quick Hips (programmed; turn & return)	5 reps each (RT/LT)		
Quick Hips-Crossover & Recover (open hips, x-over & square up)	4 reps each (RT/LT)		
Quick Hips- Crossover & Sprint	3 reps each (RT/LT)		
CONDITIONING			
WEEK 1&3: 100 Yard Tempos (sprint 100yds., rest for time shown, repeat)	8-10 reps, rest :75		
**PROGRESSION: WEEK 1= 8 reps, WEEK 3= 10 reps			
WEEK 2&4: Slideboard (if avail) or Bike Intervals (sprint :30, rest :30)	2 sets of 6-8 reps		
**PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10			
STRETCH			
Band 4-Way Hip Series	5 reps each x :02 hold		

EXTRA CONDITIONING (optional)
1 Mile Run- best time
**PROGRESSION: work to improve time by :05-:10 each week