

THE GRIDIRON WARRIOR

12 Week Training Program for On-Field Success



Speed Session Warmups

Acceleration Warmup

Max V Warmup

COD Warmup

Raise

Knee Hug - Spider x 10y or 5e
Quad Pull x 10y or 5e
Reverse Lunge x 10y or 5e
Lateral Squat x 10y or 5e
Hamstring Scoops x 10y or 10e
Hamstring Kicks x 10y or 10e

Mobility

Bent Knee Iron Cross x 5e
Rollover to V Sit x 10
Hip Circles x 10/10e

Seated Piriformis Stretch x 5/5e
Hip Flexor w/ Half Moon Reach x 5e
Spiderman + Tspine Rot. X 5e

Bretzel Stretch x 5e
90 / 90 Hip Flip x 5e
Cossack Squat x 5e

Activation

SL RDL to Knee Drive x 5e
Pushup to Plank x 10
Vertical Pogo 3 x :10
Hands on Hips Jump x 5

A Hold + Switch x 5e
Yoga Pushup x 10
Linear Pogo 3 x :10
Lunge Switch Jump x 5e

Lunge Snapdown x 5e
Pushup + T-Spine Rotation x 5e
Lateral Pogo 3 x :10
Lateral Bound x 5e

Perform

A Switch + Hold x 15y
A Switch Bouncy x 15y
A Switch Triple + Hold x 15y
A Switch Triple Bouncy x 15y
Skip for Height x 15y
Backpedal x 15y
Straight Leg Skip x 15y
Backwards Open Hip Skip x 15y
Lateral Kneeling Start x 1e (5y)
Snapdown to Sprint x 2 (10y)

Arms Overhead A Switch + Hold x 10y
Arms OH A Switch Bouncy x 10y
Arms OH Switch Triple + Hold x 10y
Arms OH A Switch Triple Bouncy x 10y
Toe Tap Hip Flexor x 10y
Toe Tap Single Leg Cycle x 10y e
Toe Tap Double Cycle x 10y e
Primetime 2 x 15y
Buildup to 90% Sprint x 30y

Shuffle Push to Move x 10y e
Crossover Singles x 10y e
4 Way Shuffle x 10y e
Carioca x 10y e
Lateral Shuffle (5y) to Sprint x 10y e
Reactive Shuffle to Sprint x 10y e

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Speed Session

Phase 1

Acceleration					Max Velocity					Change of Direction									
Station 1: Accel	W1	W2	W3	W4	Station 1: Ankle ISOs	W1	W2	W3	W4	Station 1: Shuffle Crossover	W1	W2	W3	W4					
1 Step Projection	4e	5e	6e	6e	Bent Knee SL ISO	2 x :30e	2 x :45e	2 x :30e	2 x :30e	Push to Move (5y)	1e	1e	1e	1e					
3 Step Projection	2e	3e	3e	3e	Tall SL ISO			1 x :30e	2 x :30e	Shuffle (5y) to Sprint Back (5y)	2e	3e	2e	3e					
10y Resisted March	2	3	4	3	Rest as much as needed between legs					Crossover Cadenced (5y)	1e	1e	1e	1e					
10y Resisted Bound		2	2	3		Crossover(5y) to Sprint Back (5y)	2e	3e	2e	3e	Crossover - Shuffle Combo (20y)			1e	2e				
Station 2: Decel	W1	W2	W3	W4	Station 2: Timed Sprints	W1	W2	W3	W4	Station 2: Lateral Plyo	W1	W2	W3	W4					
Snapdown to 1 Step Decel	4e	5e	6e	6e	70-80-90-100% Buildup	1 x 40y	1 x 40y	1 x 40y	1 x 40y	Lateral Bound + Stick	8e	6e	6e						
5y Decel (Split Stance)	2e	3e	3e	3e	Timed 20y Dash	2	2	1		Lateral Bound + Return		2e	3e	4e					
5y Backpedal to Decel	2	3	4	3	Timed 40y Dash			1	2	Linear Bound to 45* Bound				4e					
Sprint (5y) to 45* (5y) to Decel		1e	2e	2e															
Station 3: Hor. Plyos	W1	W2	W3	W4	If handtiming - use 20s and 40s for top 10 boards. If using lasers, record the last 10 yards (Fly 10 times) for leaderboards. Fly 10s can be converted to MPH. If using Fly times, drop sprint distance down to 30y.					Change of Direction Application									
Long Jump Test	3									Finisher					Mirror Dodge 4 Man Mirror Dodge 4 Cone Box Wave Drill T-Shirt Game Box Wave Mirror Drill 1 Man Lead - Shuffle Cross Run				
Single Long Jump	6	8	6	4						2-4 Reps depending on time constraints to finish session. See videos for demos.									
Double Long Jump	2	2	3	4															
Acceleration Application					Cat / Mouse Chase Race Pushup to Sprint Chase Curve Cat / Mouse Chase Race Lateral Head Start Race Cone Grab to Chase Race Lateral 2 Gates O v. D Y - 2 Gates O v. D					2-4 Reps depending on time constraints to finish session. See videos for demos.					Mirror Dodge 4 Man Mirror Dodge 4 Cone Box Wave Drill T-Shirt Game Box Wave Mirror Drill 1 Man Lead - Shuffle Cross Run				
Finisher																			
2-4 Reps depending on time constraints to finish session. See videos for demos.																			

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Conditioning Session

Phase 1

Day 1					Day 2				
Station 1: Create/Close Space	W1	W2	W3	W4	Station 1: Create/Close Space	W1	W2	W3	W4
1v1 3-Blind Mice	16-18	6-8			2v1 3-Blind Mice	16-18	6-8		
4 Option Score - Static Start		12-14	4-6	6-8	1v1 Route Releases (5y Alley)		12-14	4-6	6-8
1v1 - 5y Box			16-18	8-10	1v1 - 5y Box			16-18	8-10
3 Gap Magic				8-10	Mahomes Drill - 1 Hoop				8-10
Station 2: Contact Prep	W1	W2	W3	W4	Station 2: Contact Prep	W1	W2	W3	W4
Forward / Backwards Bear Crawl (Slow)	2 x 10ye	3 x 10ye			Partner Resisted Bear Hold	5 x :10	6 x :10		
Lateral Bear Crawl (Slow)			2 x 10ye	3 x 10ye	Hip To Hip Contact Prep			8 x :08	10 x :08
Bear Single Arm Switches	10e	10e	2 x 10e	2 x 10e					
Station 3: Compete	W1	W2	W3	W4	Station 3: Compete	W1	W2	W3	W4
Hoop Curve Race	16-18	6-8			Tennis Ball Drop	16-18	6-8		8-10
Lateral 2 Gates - 1v1		12-14	4-6	6-8	Hoop Curve Race w. 5y Lead		12-14	4-6	
Pushup to Sprint Chase (5-10y)			16-18	8-10	Protect the Plate (5y)			16-18	8-10
1v1 PVC Tap				8-10	Small Curve w. Potential Turnback				8-10
Volume Goals (Yards - High Speed)	360	420	500	550	Volume Goals (Yards - High Speed)	360	420	500	550

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Speed Session

Phase 2

Acceleration					Max Velocity					Change of Direction									
Station 1: Accel	W5	W6	W7	W8	Station 1: Ankle ISOs	W5	W6	W7	W8	Station 1: The Grid (Intro)	W5	W6	W7	W8					
1 Step Projection	3e	3e			Tall SL ISO	2 x :45e	1 x :60e	2 x :30e	1 x :60e	Pick 4 Movements per session All in 5y x 5y Grid 4 - 8 Reps per movement Pause in between reps and correct! SH = Shuffle BP = Backpedal SP = Sprint / CO = Crossover	SH to BP SP to BP (Walk up 5) BP to SP SP to SH SH to Angle SP SH to Angle CO Angle CO to BP Angle CO to Angle SP								
5y Projection	2e	3e	3e	3e	SL RDL to Tall SL ISO		6e	10e											
Resisted March (5y) to High Knee Run (10y)	2	2	3	3	Rest as much as needed between legs														
Resisted March (5y) to High Knee (5y) to Sprint (10y)		2	2	3															
Station 2: Decel	W5	W6	W7	W8	Station 2: Timed Sprints	W5	W6	W7	W8	Station 2: Lateral Plyo	W5	W6	W7	W8					
A - Hold to Lateral Lunge	3e	3e	4e	4e	70-80-90-100% Buildup	1 x 40y	1 x 40y	1 x 40y	1 x 40y	Linear Bound to 45* Bound	4e	3e	3e	2e					
5y Decel (Split Stance)	2e	2e	3e	3e	Timed 40y Dash	2	2	2	2	Linear Bound to 90* Bound	2e	3e	3e	3e					
5y Decel (Lateral Stance)	2e	2e	3e	3e						Linear Bound to 135* Bound (2ft)			2e	3e					
Sprint (5y) to 90* (5y) to Decel		1e	2e	2e															
Station 3: Hor. Plyos	W1	W2	W3	W4	If handtiming - use 40s for top 10 boards. If using lasers, record the last 10 yards (Fly 10 times) for leaderboards. Fly 10s can be converted to MPH. If using Fly times, drop sprint distance down to 30y. If someone PRs, shut them down for the day. Leave on a W.					Change of Direction Application									
Double Long Jump	3	3	2	3						Finisher									
Triple Long Jump	2	3	2	1						2-4 Reps depending on time constraints to finish session. See videos for demos.					Mirror Dodge 4 Man Mirror Dodge 4 Cone Box Wave Drill T-Shirt Game Box Wave Mirror Drill 1 Man Lead - Shuffle Cross Run Can also use any drill from conditioning days, if it makes sense in this context.				
R- L - Both Jump			1	2															
Acceleration Application																			
Finisher																			
2-4 Reps depending on time constraints to finish session. See videos for demos.															Cat / Mouse Chase Race Pushup to Sprint Chase Curve Cat / Mouse Chase Race Lateral Head Start Race Cone Grab to Chase Race Lateral 2 Gates 0 v. D Y - 2 Gates 0 v. D				

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Conditioning Session

Phase 2

Day 1					Day 2				
Station 1: Create/Close Space	W5	W6	W7	W8	Station 1: Create/Close Space	W5	W6	W7	W8
1v1 Around Cone or Barrel and Score (10y) KOR vs Kickoff	14-18	6-8	8-10	10-12	2 Way Go - 10y Box 1v1 Route Releases (10y Alley)	16-18	6-8	6-8	10-12
1v1 3 Blind Mice (10y) 2 v 2 Around Cone and Score (10y)		12-14	16-18	10-12	1v1 Score - 10y Box Mahomes Drill - 2 Hoop		16-20	16-18	10-12
Station 2: Contact Prep	W5	W6	W7	W8	Station 2: Contact Prep	W5	W6	W7	W8
All 4's Shoulder Push 1 Wrist Each Cone/Ball Grab <i>Small group do a cone grab tournament</i>	12 x :08	14 x :08	10	12	Tricep Grab Shoulder 2 Shoulder Contact Prep Overhooks and Underhooks	12 x :05	14 x :05	12 x :05	14 x :05
Station 3: Compete	W5	W6	W7	W8	Station 3: Compete	W5	W6	W7	W8
Hoop Curve Chase Race 5 - 10 - 5 Head to Head 10-15y Sprint w/ Dodge 10y Box Chaser (Man Defense)	14-18	6-8	6-8	8-10	1 Man Lead - SH/CO/BP/SP (10-15y) Big Curve w. Potential Turnback 10 Seconds to Score (10y) 3 Ball Retrieval Race	16-18	10-12	12-14	10-12
Volume Goals (Yards - High Speed)	430	465	550	600	Volume Goals (Yards - High Speed)	430	465	550	600

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Speed Session

Phase 3

Acceleration					Max Velocity					Change of Direction								
Station 1: Accel	W9	W10	W11	W12	Station 1: Ankle ISOs	W9	W10	W11	W12	Station 1: The Grid (Part 2)	W9	W10	W11	W12				
1 Step Projection	3e	3e			Tall SL ISO + Switch	:10 +3e	:10 +3e	:10 +4e	:10 +4e	Pick 4-6 Movements per session All in 5y x 5y Grid 4 - 8 Reps per movement Either increase the pace or complete more movements every session SH = Shuffle BP = Backpedal SP = Sprint / CO = Crossover	SH to BP SP to BP (Walk up 5) BP to SP SP to SH SH to Angle SP SH to Angle CO Angle CO to BP Angle CO to Angle SP							
3 Step Projection	3e	3e	3e	3e	4 Way Ankle Pogo Jumps	1x 10y	1x 10y	1x 10y	1x 10y									
Resisted Sprint (10y)	5	6	4	4	Forward Backward Zig Zag Ankle Pogo Jumps			1 x 10y	1 x 10y									
Unresisted Sprint (10y) :15-:30 after Resisted Sprint			4	4	Think 20+ Jumps every 10 yards. Short Ground contact times.													
Station 2: Decel	W9	W10	W11	W12	Station 2: Timed Sprints	W9	W10	W11	W12	Station 2: Lateral Plyo	W9	W10	W11	W12				
A-Hold to SL Switch Snapdown	3e	3e	4e	4e	70-80-90-100% Buildup	1 x 40y	1 x 40y	1 x 40y	1 x 40y	Lateral Bound + Return	4e							
5y Shuffle to Decel	2e	2e	2e	2e	Timed 40y Dash	2	2	2	2	Linear Bound to 135* Bound (2ft)	2e	2e	2e					
Sprint (5y) to 135* (5y) to Decel	1e	1e	2e	2e						Linear Bound to 135* Bound (1ft)	2e	2e	3e	4e				
Sprint (5y) to 180* (5y) to Decel		1e	1e	2e						Linear Bound to 180* Bound (2ft)		2e	3e	4e				
Station 3: Hor. Plyos	W9	W10	W11	W12	If handtiming - use 40s for top 10 boards. If using lasers, record the last 10 yards (Fly 10 times) for leaderboards. Fly 10s can be converted to MPH. If using Fly times, drop sprint distance down to 30y. If someone PRs, shut them down for the day. Leave on a W.					Change of Direction Application								
Long Jump Test				3						Finisher					Mirror Dodge 4 Man Mirror Dodge 4 Cone Box Wave Drill T-Shirt Game Box Wave Mirror Drill 1 Man Lead - Shuffle Cross Run Can also use any drill from conditioning days, if it makes sense in this context.			
Double Long Jump	3	3	4	2						2-4 Reps depending on time constraints to finish session. See videos for demos.								
Triple Long Jump	2	3	3	2														
R - L - Both Jump	2	3	3	2														
Acceleration Application																		
Finisher																		
2-4 Reps depending on time constraints to finish session. See videos for demos.															Cat / Mouse Chase Race Pushup to Sprint Chase Curve Cat / Mouse Chase Race Lateral Head Start Race Cone Grab to Chase Race Lateral 2 Gates 0 v. D Y - 2 Gates 0 v. D			

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Conditioning Session

Phase 3

Day 1					Day 2				
Grid - 8 Vector Series 4 Reps of the Following 4 Drills. Sets Focus and Effort for the day, while also increasing overall condo volume. Sprint 5y - 45*Cut Sprint 5y / Sprint 5y - 90* Cut Sprint 5y / Sprint 5y - 135* Cut Sprint 5y / Sprint 5y - 180* Cut Sprint 5y									
Station 1: Create/Close Space	W9	W10	W11	W12	Station 1: Create/Close Space	W9	W10	W11	W12
1v1 Around Cone or Barrel and Score (Hashes)	14-18	6-8			2PT Play - Race to Pylon	8-12	6-8		
3 Man Sideline Chase + Score		8-10	8-10	10-12	1v1 versus Punt Returner	10-12	6-8	10-12	
2PT Play with Traffic			8-10	10-12	1v1 Score - 15y Box - Traffic			14-16	10-12
					1v1 Sideline Angle Tackle				10-12
Station 2: Contact Prep	W9	W10	W11	W12	Station 2: Contact Prep	W9	W10	W11	W12
Bear Hold - Wrist Fight	12 x :08	14 x :08			Hip to Hip / Tricep Grab / Over and Under (Coach Choice)	12 x :05	14 x :05		
Jump Ball Battle			8-12	10-12	T-Shirt Game			8-12	10-12
					<i>Small group do a t-shirt game tournament</i>				
Station 3: Compete	W9	W10	W11	W12	Station 3: Compete	W9	W10	W11	W12
Figure 8 Chase Race	8-10	6-8			Y - 2 Gates Chase Race (10y)	10-12	6-8		
15y Box Chaser (Man Defense)		12-14	6-8	6-8	2v2 10 Seconds to Score (10y)		12-14	6-8	6-8
1v1 Curve Race w. Coach Point			8-10	8-10	1v1 MB Hold/Take Competition			8-10	8-10
Volume Goals (Yards - High Speed)	470	515	595	645	Volume Goals (Yards - High Speed)	470	515	595	645