

Athletic Movement Principles:
Strength Training:
Linear Speed & Conditioning:
Acceleration: Teaching & Application:
Conditioning For Game-Day Success
Agility & Plyometrics:
Injury Prevention:

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**All of the video links are there to show you
Please use the athletic move**

STARTS	TRANSITIONS
Sport-Specific	Diagonal Forward to Sprint
3 Point Track	Backpedal Diagonal to Sprint
2 Point	Backpedal to Sprint
Sideways	Backpedal to Sprint Forward
On Stomach Facing All Directions	Curve to Sprint
On Back Facing All Directions	Simulate looking for a ball: Look Up, Sideways, or Behind
Sitting Facing All Directions	Shuffle to Sprint
Athletic Stance	Shuffle Sideways to Sprint
	Starts and Stops
	Sprint, Directional Shuffle, Sprint (p.10)
	Hop to Sprint
	Jump to Sprint
	Kneeling to Sprint
	Circular Cone to Sprint

AGILITY & PLYOMETRICS

All of the video links are there to show you what the exercise is
Please use the athletic movement principles to

CUTTING	SHUFFLING	JUMPING
Square Cuts (p.3)	4 Corners	High Hurdles
Figure 8 Cuts (p.3)	W-Drill Shuffle	Tuck Jumps
20 Yard Shuttle (p.1)	T-Drill	Power Bounding
L-Drill (p.5 #1)	Mirror Shuffle	Single Leg Bounding
W-Drill	Shuffling Between 2 Cones	1 Foot Skaters
W-Drill with Finishing Component	Sprint & Backpedal Back and Forth	2 Foot Skaters
Illinois		Step-Up Jumps Forward
		Step-Up Jumps Sideways
		Box Jumps Forward
		Plyo Boxes Sideways
		Quick Box Jumps
		Jump Squats
		Jump Squat Sideways
		Standing Long Jump
		Jump Lunges
		Jump Squats with 1-Leg Lands
		Jumping while Rotating
		Example of Paused Jumping
		Distracted Landing
		Box Jumps/Depth Small to Tall
		Box Jumps/Depth Tall to Small
		Bench Drop Jump Squats
		1-Legged Seated Jumps
		1-Legged Box Jumps
		Standing Triple Jump
TRANSITIONAL JUMPS	JUMP ROPE	LADDER HOPPING
Shuffle to Jumping	Jump Rope Variations	Ladder Hopping Videos
Double Knee Hops	1-Leg	1-Foot
Transitional Box Jumps	2-Leg	2-Foot
Broad Jump to Backpedal	Running in Place	Slalom Forwards/Backwards
Lateral Bound to Broad Jump	Side to Side	Slalom With Rotation
Broad Jump to Backward Hops	Forward & Backward	180 Hops
Directional Hops 1-Leg		Hop Scotch
Directional Hops 2-Leg		1-2 Hops
<i>***Can mix any of the Jumping Drills</i>		Jump Cuts
		Ladder Drills On A Line

1-ARM MED BALLS	2-ARM MED BALLS	REACTION
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Floater	Medicine Ball Videos	Pointing
Shot Put	Rotational Medicine Ball Videos	Stepping
Jump Throws	Med Ball Videos	Speaking
Overhead Backwards	Chest Pass	Throw Tennis Balls
1-Legged Throws	Hay Toss	React to an Opponent
2-Legged Throws	Jump Throws	Partner Reaction Drills
On Knees	Overhead Backwards	Mirror Drills
Horizontal Shot-Put	Sit-Up Throws	
Hot Feet Horizontal Shot-Put	Slams	
Step Behind Horizontal Shot-Put	Rotation Slams	
Move Backwards and then throw	1-Legged Throws	
Squat Vertical Throws	2-Legged Throws	
	On Knees	
	Crow Hop to Overhead Throw	
	Move Backwards and then throw	

STRENGTH

All of the video links are there to show you what the
Please use the athletic movement pri

CHEST	SHOULDERS
Bench (DB, Barbell)	Military (Standing, Sitting)
Close Grip (DB, Barbell)	Push-Press
Incline (DB, Barbell)	Push Jerk
Decline (DB, Barbell)	Viking Press
DB Flies (Regular, Incline)	Landmine Shoulder Press Variations
Cable Flies	DB Shoulder Press (2 Way Hand Placement)
Standing Cable Chest Press	DB Arnold Press
Push-Up Variations	Standing Cable Shoulder Press
Push-Ups to Side Planks	Lateral Raises
1 Med Ball Push-Up Variations	Front Raises (Bar, DB, Plate)
2 Med Ball Push-Ups	Upright Row (Bar, DB, Plate)
Floor Bench (DB, Barbell)	Shrugs
Sliding Chest Flies	Inverted Shrugs
Paloff Presses (Band, Cable)	Downward Dog Push-Ups
Towel Chest Flies	Steering Wheel
	Ys/Ts
	Prone Is, Ts, Ys, Ws
	As
	Prone Trap Raise
	Z Press
UNILATERAL UPPER BODY	BILATERAL LEGS
One at a Time Dumbbells	Back Squat
Alternating Dumbbells	Front Squat
Use 2 different sized DBs to train with uneven load	Goblet Squat
	Sumo Squat
	Zercher Squat
	Overhead Squat
	Explosive Belt Box Squat
	Cyclist Squat
	Hex Bar Dead Lift
	Weck Dead Lift
	Good Mornings
	RDL (Barbell, DB)
	RDL w/ Band Resistance
	Straight Leg Deadlift (Barbell, DB)
	Band Pull Through
	Leg Press
	Leg Extension (Only go to 45 degrees)
	Leg Curl (Seated, Prone)
	Ball Leg Curl
	Dumbbell Leg Curl
	Glute-Ham Machine
	Partner Hamstring Curls
	Wall Sits
	Calf Raises (Toes In, Out, Neutral)

NECK	TOTAL BODY
Hammer Strength	Kettle Bell Stands
Manual 4 Way Neck	Bear Crawl (All Directions)
Towel 4 Way Neck	Step-Ups with Upper Body Exercise Example
Individual Weight Plate Neck	Lunges with Upper Body Exercise Example
	Burpees
	Rope Variations
	Barbell Complex Example
	Kettle Bell Complex Example
	Landminde Complex Example
	Ring Exercises
	Squat to Shoulder Press
	Backward Lunges to Single Leg RDL

SET AND REPS PRINCIPLES

1. Sets

- The organized distribution of exercise repetition
- When manipulated, will allow you to control and manage training volume
[Volume = total amount of work done (sets x reps x weight)]
- Arranging multiple sets in different formats can be used for different types of training
 - Helps in administration of Training Zones
 - Training zones of intensity:
 - 60-69%: Preparation of Speed and Strength
 - 70-79%: Development of Speed and Strength
 - 80-89%: Development of Explosive Strength
 - 90-100%: Psychological Readiness

- Volume Rules (Prilepin)

Intensity (%) levels and volumes	Best Reps Volume*	Reps Range
1. 60-69%	= 24 reps	
2. 70-79%	= 18 reps	
3. 80-89%	= 15 reps	

4. 90-100%	= 7 reps	
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*reps equal total volumes for exercise being trained per

EXERCISE BANK

Each exercise looks like even if the explanation isn't good
 Principles to apply to all of these exercises

BACK	ARMS
Row (DB, Barbell, 3 Way Hand Placement)	Curls
Inverted Row	Reverse Curls (Curl Bar, DB)
Landmine Row - 1 Arm	Sitting Forearm Curls (Overhand, Underhand)
T Bar Row	Reverse Standing Forearm Curls
DB Lawn Mowers	DB Tricep Extension - 2 Arm
TRX Row	DB Tricep Extension - 1 Arm
TRX Row - 1 Arm	DB Kickbacks
Face Pull	Skull Crushers (Curl Bar, DB)
Seated Face Pull	Tricep Pushdown
Lat Pull (Hammer, Cable)	Dips
DB Lat Pullover	Bench Dips
Pull-Ups (Overhand, Neutral)	Farmer's Walks (Barbell, DB)
Chin-Ups	Suitcase Carry (Barbell, DB)
Good Mornings (Toes In, Out, Neutral)	Finger Tip Holds
RDL (Barbell, DB; Toes In, Out, Neutral)	
Straight Leg Deadlift (Barbell, DB; Toes In, Out, Neutral)	
Reverse Hyperextensions	
Sorenson Hold	
Bent Flies	
DB Elbow Flies	
UNILATERAL LEGS	HIP HYPEREXTENSION
Single-Leg Squat	Power Clean
Split Squats	Hang Clean
Bulgarian Squat (Barbell, DB)	High Pulls
Deficit Bulgarian Squat	Barbell Explode
RDL (Barbell, DB)	DB/KB Swings
Single-Leg Straight Leg Deadlift (Barbell, DB)	Weighted Hip Thrust
Forward Lunges (Barbell, DB)	Snatch
Forward Lunges with Rotation	1-Arm Snatch
Forward Lunges with Anti-Rotation	
Incline Forward Lunge (Barbell, DB)	
Backward Lunges (Same variations as Forward)	
Deficit Backward Lunges (Barbell, DB)	
Side Lunges (Barbell, DB)	
Swinging Lunges	
Forward Step-Ups (Barbell, DB)	
Side Step-Ups (Barbell, DB)	
Ball Leg Curl	
Towel Leg Curls	
Calf Raises	
1-Legged Dead Rack Pull	
Curtsy Lunges	
Telemark Squats	

SET VARIATIONS EXAMPLES	ADULTS STRENGTH TRAINING
Eccentric	Resistance Training Recommendations
Dynamic	Older Adults & Frailty Recommendations
Isometric	Exercise Modifications for Medical Issues
Myotatic	
Cluster Sets	
Change Hand Grips (Thumb In, Out, Neutral)	
Standing or Balancing on 1 Leg	
Change Foot Placements	
Stationary	
Walking	
Ratio of Pulls to Pushes is 1:1	
Baseball Ratio of Pulls to Pushes is 3:1	
TRX	
Slide Boards	
Band or Chain Resistance on Bar or Dumbbells	
Lateral Band Resistance	
#VALUE!	

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nd distribute volume in workout

eps)]

1 dictate the specific outcomes of

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nd Strength Qualities

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ess/Absolute Strength

anges Volume	Reps per Set
18-34	3-6
12-24	3-6
10-20	2-4

4-10	1-2
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r workout session

CORE & FRENCH CAC

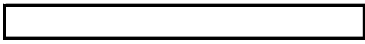
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Please use the athletic movement principles to**

MIXTURE	STOMACH	BACK & SHOULDERS
Russian Twists	Crunches with Feet in the Air	Breaststroke Swimmers
Russian Twists with Bicycle	Sit-Ups	Freestyle Swimmers
Squat w/ Plate Rotation	Sit-Up Variations	Glute Bridge Walkouts
Squat with Plate Raise	Leg Raises	Scapular Protraction/Retraction
Bird Dogs	Leg Raises Variations	Internal/External Rotation
Side to Side Kickouts	Dead Bugs Bent Legs	90 Degree Internal/External Rotation
Scorpions	Dead Bugs Straight Legs	Scapular Wall Slides
	Yoga Ball Dead Bugs	Wall Slides Variations
	V-Ups	Prone External Rotation
	V-Ups Variations	Band Pull Aparts
	Flutter Kicks	Supine Horizontal Abduction
	Horizontal Leg Kicks	Supine Horizontal Adduction
	Mountain Climbers	Ys/Ts
	Hanging Ab Variations	Prone Is,Ts,Ys,Ws
		As
ROLLING	ANKLE MOBILITY	KNEES
Guide to Foam Rolling	Bent Ankle Mobility	Terminal Knee Extension

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ly to all of these exercises

WIPES	YOGA
Wabbles & Wipes Videos	Warrior 1
Inside Out	Warrior 2
Outside In	Warrior 3
	Extended Side Angle
	Triangle Pose
	Tree Pose
	Eagle Pose
	Chair Pose



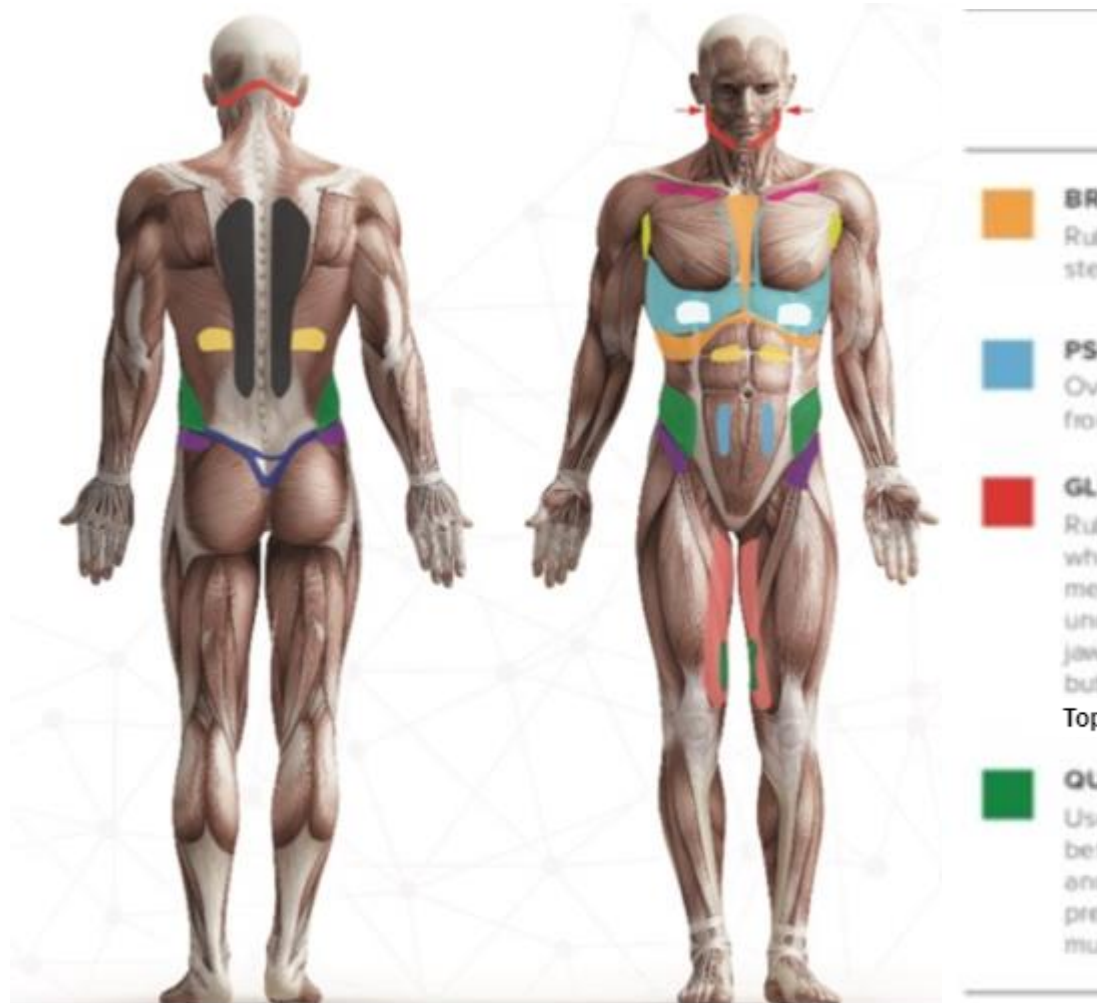
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to all of these exercises

HAMSTRINGS	QUADS
Sitting Spread Legs in All Directions	Standing Quad
Standing Spread Legs in All Directions	Hurdler Stretch
Standing Feet Together	On Knees Quad Stretch
Seated Feet Together	
Downward Dog	
Pyramid Pose	
Single Leg Straight Leg Dead Lift	
Lying Single Leg Hamstring	
Lying Side Hamstring	
Seated	
Standing & Kneeling Single Leg	
Yoga Hamstring Variations	
LOWER LEG	ARM & SHOULDER
Arch & Foot Stretches	Forearm
Standing Calf Stretch	Sleeper Stretch
Downward Dog Calf Stretch	Tipped Hand
Heel Drop Calf Stretch	Circle Over Eye
Incline Board Calf Stretch	
Heel Drop Achilles Stretch	
Standing Achilles Stretch	
Ankly Mobility Test	

REFLEXIVE PERFORMANCE VIDEOS

REFLEXIVE PERFORMANCE VIDEOS		
Science of PRP	5-Minute Routine	Cal Deitz Demonstration



THE RESET (RFR)

WAKE UP DRILLS™

BREATHING

↳ bottom of ribs and front of navel.

DIAPHRAGM

↳ lift an inch and down one inch on belly button on both sides.

NECK

↳ back of the base of the skull where the tissue and the skull meet. Also find the point right behind the earlobe and on the jawline. Press the jawline forward only for a few seconds.

ROTATION | ANTI-ROTATION

QUADRANTS

↳ 2-3 fingers to rub the place between the bottom of ribcage and top and top of hip. Also use pressure to separate overlapping scales in quad.



HAMSTRINGS

Rub outer edge of sacral bone.



HIPS

Find hip bone and rub front and top edge all the way around to the back of the hip.



CALF

Start at belly button and trace 45° up to ribcage. Just an inch below ribs along that line rub. 2nd calf point - the same spot as on the front but directly through the body on the back side.



ROTATION | ANTI-ROTATION

Rub in circular motion with heel of palm around area 3x. Then pat vigorously with heel of palm 3x around.



M

LATS

Locate 3rd rib from the bottom of ribcage, rub front and back.

ABDOMINALS

Karate Chop inner thighs, from knee to high on inner thigh, 3 times, then rub area vigorously.

NECK

Rub space just below the collarbone.

SUPRASPINATUS

Find the place where the arm is connected to the torso. Use a hand as if a saw to rub.

SHOULDER

Scrub the front of the ribcage below the pectoral with claw shaped fingers. Rub down pec, across just under pec, up to armpit and back down side.

9 PHYSIOLOGICAL ADAPTATIONS

- 1) Skill/technique
- 2) Speed
- 3) Power
- 4) Force/Strength
- 5) Muscle hypertrophy
- 6) Muscular endurance
- 7) Anaerobic capacity
- 8) Maximal aerobic capacity
- 9) Long-duration training

ORDERING THE 10 PROGRAMMING CONSIDERATIONS

1	Have S.M.A.R.T. Goals (Specific, Measurable, Achievable, Relevant, Time-Bound)
2	Identify the things that will inhibit you from achieving your goals (Time, people, work, injuries, etc)
3	Make goals for your time-frame and account for life events
4	Keep a weekly training log
5	What is your exercise selection & progression
6	Exercise order and decide what training elements are detrimental if done together
7	Intensity
8	Volume
9	Rest
10	Chaos management (what are you going to do when life gets crazy or a something inhibits your training)

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