

**DESIGNING &
IMPLEMENTING A
SCHOOLWIDE TRAINING
PROGRAM**



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**Designing and
implementing a
schoolwide program
has very unique
challenges!**

SCHOOL TRAINING BACKGROUND

- **I have coached for 24 years and was a head football and track coach.**
- **In 2010, I started training Division 2 & 3 college football players in the summer.**
- **In 2013, I began training Midland Baseball.**
- **In 2015, I started training high school programs.**
- **The company was built one school at a time.**

TRAINING SUCCESS

- Have won 6 Ohio State Championships in 5 sports at 4 schools:
2 Football, 1 Boys Track, 1 Dance Team, 1 Boys Soccer, 1 Girls Soccer
- Have won 5 AABC National Championships.
- Trained 2018 Ohio Mr. Football.
- Have been a State/National Runner-Up 7 times in 7 different sports.
- Finished in the State Final 4, 4 times, in 3 different sports.
- We have won a state championship at every school in the first cycle of athletes.

LESSON 1

CREATING GOALS & MEASURING SUCCESS

SCHOOLWIDE TRAINING GOALS

- **To prepare every athlete (we mean every) for the demands of their sport.**
- **To increase the strength, speed, and stamina of every athlete.**
- **To actively prevent injuries for all athletes.**
- **To win the All-Sports Trophy, League Championships, and State Championships.**

TWO MOST IMPORTANT QUESTIONS

- 1. Does every athlete have the opportunity to workout?**

- 1. If the athletes are consistently coming to workouts, are they getting better?**

LESSON 2

STAFFING A SCHOOLWIDE TRAINING PROGRAM

YOU NEED MULTIPLE STRENGTH COACHES

- **At a minimum, 2 strength coaches are needed.**
- **Have to have enough coaches so they can actually coach and not just supervise.**
- **Strength Training Staffing v. Football Program Staffing.**
- **You still need the sport coaches to participate. (Let them workout)**

PROBLEMS WITH ONLY HAVE ONE STRENGTH COACH

- **The one coach will get stuck in the weightroom since school districts are so afraid of someone getting hurt in the weightroom.**
- **Athleticism exercises will not be practiced because athletes will only strength train.**
- **The number of training hours will balloon because workouts cannot be stacked on top of each other.**
- **They will burn out.**
- **The head strength coach cannot be a football coach.**

HOW TO CREATE MULTIPLE STRENGTH COACH POSITIONS

- **Hiring a company will not solve this problem.**
- **Hire one qualified strength coach and then train others to help.**
- **Get your assistants from science teachers, sport coaches, football coaches, or anyone else who has a great background.**
- **If you pay them anything, they will be excited.**

LESSON 3

**USING MULTIPLE SPACES TO
EXECUTE WORKOUTS**

EVERY SPACE IS USABLE

- **The rule at our schools is we can use any space at any time as long as an in-season team is not using it.**
- **We use hallways, stairs, lobbies, outside, etc.**
- **Multiple trainers allow us to have different and smaller groups doing different things in different places at the same time.**

INSIDE SPEED & AGILITY OPTIONS

10 Yard Sprints From a Variety of Stances & Starts

Build-Ups

Line Hops

Dynamic Bounding

Paused Bounding

1 Hurdle Hops

Shuffle Back & Forth

Sprint Back and Forth

Sprint Forwards to Backpedal

Hopping in All Directions on 1 & 2 Feet

Jump Rope

Reaction Balls

NO EXCUSES FOR NOT DOING SPEED & AGILITY!!



LESSON 4

**TRAINING LARGE GROUPS
SIMULTANEOUSLY**

WORKOUT DESIGN & PROGRAMMING =

AVAILABLE SPACES

+

AVAILABLE EQUIPMENT

+

TIME CONSTRAINTS

+

OF ATHLETES

+

OF COACHES

LOGISTICS

- **Once again, multiple trainers are required.**
- **There is not enough time to split up the athletes into their own teams so they have to be mixed together.**
- **You will have the most off-season athletes in the winter and summer.**
- **Larger groups lead to a higher energy and more competition.**

LOGISTICS

- **Have to do functional workouts outside of the weight room.**
- **Mix exercises together to save time (ex: Plate Side Lunges w/ Curls).**
- **Use all available spaces.**
- **There is no excuse to not get all of your training in!**

SPRING WORKOUT EXAMPLE 1

Off-Season Tuesday/Thursday

(Weight room used by in-season athletes from 3-3:45 pm)

3:00 Warm-Up

3:10 Speed & Agility

3:35 Functional & Prehab/Rehab

3:40 Heavy Lift

4:10 Individual Stretch

4:15 Done

SPRING WORKOUT EXAMPLE 2

Tuesday/Thursday Girls Sprints/Nagel Workouts (4:15-5:15 time slot)

4:15 - Girls Sprints Lift, Nagel Warm-up

4:25 - Nagel Speed Training

4:40 - Nagel Bodyweight

4:50 - Girls Sprints Stretch and Nagel Lift

5:00 - Girls Sprints Done

5:10 - Nagel Stretch

5:15 - Nagel Done

WEIGHT ROOM 1

MEZZANINE 1

WEIGHT ROOM 2

MEZZANINE 2

GYM/LOBBY/HALLWAY

STATION 4
MACHINES

STATION 1

STATION 1

STATION 1

STATION 1

STATION 1

STATION 1

STATION 1

STATION 2

STATION 2

STATION 2

STATION 2

STATION 2

STATION 2

STATION 2

STATION 3

STATION 3

STATION 3

STATION 3

STATION 3

STATION 3

STATION 3

STATION 5

LOGISTICS

- **Try to organize exercises from most explosive to least explosive.**
- **Flip the script or start athletes in different stations each week.**
- **Try to be scientifically perfect but intense workouts are more important.**
- **Have some athletes workout in the morning before school.**
- **In the morning, you do not have to compete for spaces.**

LESSON 5

DEVELOPING A SUMMER TRAINING SCHEDULE

- **Because of work and family schedules, athletes have to have flexibility.**
- **We have 4 morning and 2 evening workouts.**
- **Athletes piece-meal their workouts together throughout the week. We make sure they have no excuses.**
- **The goal is to have fall athletes workout with their teams to build rapport.**
- **Build schedules around open gyms, open fields, and summer practices.**

LESSON 6

**Solving The Problem Of A
Continuous Flow Of New Athletes**

- **We are on 6 week cycles (4 Regular + 1 Slow Down + 1 Change-Up)**
- **Use the Slow Down weeks for reteaching.**
- **Use Change-Up weeks for focusing on younger athletes.**
- **Group the new athletes with your best technicians.**
- **Split the athletes by training age.**
- **Keep the incoming 9th graders separate until they are ready.**

LESSON 7

**Workouts For Athletes That Are
Intimidated By The Weight Room**

- **“I don’t want to do do football workouts!”**
- **“I don’t want to get big!”**
- **You get “big” through DNA, working hard, sleeping, and nutrition.**
- **All athletes should do at least a 1-1 ratio of pushes to pulls.**
- **You are an athleticism coach, not a strength coach.**

- **Football will need the most hypertrophy but everyone needs it.**
- **Cross-Country and soccer athletes will have a hard time “getting big” because they run so much. Cross-Country athletes need to limit upper body hypertrophy.**
- **Keeping reps low will limit hypertrophy.**
- **Relationship between weight and speed (2 ways of thinking).**

LESSON 8

Sport-Specific Workouts

- **Preparation for the next season takes precedence.**
- **95% of our workouts are the same. Everyone needs to run, jump, cut, get stronger, etc.**
- **What sport is Squat for?**
- **We have multi-sport athletes so it is hard to specialize when you have a Golfer that also plays Basketball.**
- **Training for throwing sports (Baseball, Softball, Volleyball, Bowling, etc).**

- **Split the athletes by training age to ensure appropriate programming.**
- **Train for the hardest sport (Golfer that also plays Basketball).**
- **What should I do with sports like Bowling & Golf?**
- **Football players lift with football even if they are in-season for another sport and then we adjust for games and taper when needed.**
- **Adjust exercises for needs (Cheer doing DB Push Press & Front Squat)**

- **Some sports need to be faster and more athletic than strong (XC).**
- **Some sports need to get stronger just so they can run faster (Girls Lax).**
- **Some sports need to get stronger for precision (Bowling).**
- **Some sports need to get big and strong (Football, Basketball, Soccer).**

LESSON 9

**Training Calendars That
Accommodates Athlete's Busy
Schedules**

- **We have year-round morning and afternoon off-season workouts for work and club schedules.**
- **If club athletes cannot train in the normal off-season slots, they can train with any in-season team, Monday through Friday, at 3 pm.**
- **Most club athletes can only workout Monday through Thursday.**

- **If athletes can workout before school practices, then they can also workout before club practices.**
- **Summer baseball needs Monday through Wednesday workouts.**
- **This hurts are programming but it is better than them not working out.**

LESSON 10

Programming For Club Athletes

- **Once again, athletes can train any day of the week at 3 pm to fit their club schedules.**
- **In 5 days, we expect them to make time for a minimum of 2 workouts.**
- **We need athletes to come to workouts to build team camaraderie.**
- **We treat them like in-season athletes because they are.**
- **Programming should supplement what they are not getting at practice (Soccer).**

- **There needs to be a balance between athletic development and skill development. (Shooting 3s in basketball)**
- **It does take more time to learn specific skills but specific skills require certain physical and mental abilities.**
- **For clubs that also offer all of the athleticism training, they will probably not attend the high school workouts.**
- **For clubs that offer some athleticism training, athletes should use that as a supplement.**

LESSON 11

**Creating Schedules & Workouts
For Athletes Who Want To Do Extra**

- **I am not going to tell an athlete to not get extra work in but we try to make sure they are doing it intelligently.**
- **They do need to be steered in the right direction so if they make a programming mistake, it will be “functional overreach” instead of “over-training”.**
- **In the off-season and if we make a mistake, it should be working out too hard.**
- **Teenage boys have high testosterone levels so they can work harder and recover quicker than I can.**
- **Most athletes have a under recovery problem, not an overtraining problem.**

- **I help athletes with programming for things they want to get better at.**
- **Use testing numbers or sport-specific skills to steer the athletes in the right direction.**
- **If they want to do workouts on their own, that is fine as long as they get their main work with us.**
- **We have an open door policy for athletes and they are going to have to workout somewhat unsupervised.**
- **Friday “Open Workouts”.**

LESSON 12

Scheduling Extended Breaks

- **Every 4-6 weeks, athletes should have a long weekend for recovery.**
- **Use natural breaks like professional development days and Monday holidays for their extended breaks.**
- **In a high school setting, I do not think that you can schedule this perfectly so give them the days off that they are going to miss anyways.**
- **Over long breaks, off-season athletes can workout with any in-season team.**
- **On our “Slow Down” weeks, they are basically deloading weeks and then they get to have a long weekend after that to recover. That allows us to prepare for the next phase of training.**

- **Many football teams train from Monday through Thursday since athletes do not come to Friday workouts. That gives them an extended break each week.**
- **If you workout 4 days a week on Monday through Thursday and have a Monday Holiday, either shift your days to Tuesday through Friday or just use Monday as a day off and go Tuesday through Thursday.**
- **I have to protect my trainer's family time so they do not burn out.**

LESSON 13

In-Season Tapering

- **If you do not taper, athletes will get tired and not perform their best at the end of the season.**
- **If you taper too long, you will just get worse through not working hard enough.**
- **Create your in-season schedule backwards.**
- **If you are going to make a mistake, be too rested at the end of the season or for your biggest game.**

- **My biggest mistake with tapering.**
- **Some teams will need to be “fresh” for each game and others can train through games.**
- **If you are trying to win the state championship, then you should win most games even if you train through them.**

- **Two philosophies on organizing tapering practices.**
- **Tapers can last about 2 weeks.**
- **An athlete should taper 1 week for each 8 weeks of hard work.**
- **Keep the intensity the same but cut the volume by 50%.**
- **You can hold strength levels with multiple weeks of light workouts.**

LESSON 14

Programming Day-Before-Game Workouts

- **We have to train on the day before games for baseball and softball. If we did not, we would never train.**
- **How long is a season?**
- **The next day's opponent and our energy level determines workload.**
- **“Light Days”: 2 Sets, Prehab/Rehab, Stretching**
- **PNF Stretching (Proprioceptive Neuromuscular Facilitation)**

LESSON 15

**Programming Day-After-Game
Workouts**

- **Talk to trustworthy athletes to see how they are feeling.**
- **There are some days where we have to work hard to prepare for future goals no matter what.**
- **Recovery leads to adaptations.**
- **Workouts consist of sweating a lot, doing lighter weights, swimming, functional exercises, prehab/rehab, and PNF stretching.**
- **Continuous movement running or 1-1 ratio runs.**

- **Adjusting for a workout after a very physical game.**
- **The answer to soreness is movement.**
- **Can your athletes workout very hard 12 hours after a game?**
- **These decisions should fit with the overall in-season calendar and goals.**
- **Winning or losing the night before should not affect these decisions.**

LESSON 16

Organizing In-Season Workouts

- **Each team's workouts are organized around their practice and game schedules.**
- **Workouts are designed around the head coaches expectations for the season. Head Coaches make all final decisions.**
- **In-season workout schedules have to be fluid because of game cancellation and reschedules.**
- **Take in account days like "Picture Day".**

- **Teams will have to workout together to match their practice schedules.**
- **Some teams will workout before practice and some after.**
- **For baseball and softball, the preseason is preset but the in-season workouts are very fluid.**
- **Varsity teams take precedence over JV and Freshman teams.**
- **In-season workouts take precedence over off-season workouts.**

- **If all teams do not lift in-season, athletes will stop playing multiple sports and coaches will talk their athletes into not playing other sports.**
- **Every coach has to do their part in the overall athletic development (Golf then basketball)**
- **If in-season workouts are not challenging, it is very hard to win state championships.**
- **30-45 minute workouts:**
 - Practice - Workout - Stretch**
 - Warm Up - Workout - Practice**

3/20-3/25 workout schedule > Trash x

A

MONDAY:

- 6:15 - Football
- 3:00 - Boys and Girls Off-Season
- 3:00 - Distance, Track Throwers, & Softball
- 5:00 - Baseball

TUESDAY:

- 6:15 - Football
- 3:00 - Boys and Girls Off-Season
- 3:00 - Boys Sprinters
- 4:15 - Girls Sprinters
- 4:15 - Nagel
- 5:15 - Boys Lacrosse

WEDNESDAY:

- 6:15 - Football
- 3:00 - Distance, Track Throwers
- 3:45 - Girls Lax
- 5:00 - Baseball

LESSON 17

Parent & Athlete Communication



▼ Course Options

Materials ▼

Updates

Gradebook

Grade Setup

Mastery

Badges

Attendance

Members


Analytics

Workload Planning

Actively Learn

Raptors Strength And Conditioning: Section 1

Anderson High School

 Add Materials ▼

Options ▼

All Materials ▼



RAPTOR STRENGTH TEAM SHOP



Athlete Interest Form



Anderson Athletics Meeting 8/30/22



Twitter: @RaptorStrength



Training Calendars



Testing Results



Workouts & Exercise Bank



Nutrition, Supplements, & Dietician Information



- **Parent Observation weeks**
- **Preseason parent meeting**
- **Meeting for incoming freshman and their parents**
- **Testing Results**

LESSON 18

Injury Reduction

- **Try to eliminate all non-contact injuries.**
- **At some point, your athletes will be in a pile-up.**
- **Many injuries happen over time and they are not always acute.**
- **Pay attention to shoulders, stomachs, hips, and backs.**
- **This is the hardest thing to coach because nobody else cares.**

- **Prehab/rehab exercises are in every workout.**
- **Athletes should treat static stretching just like a lifting exercise. There should be a little discomfort.**
- **Improve range of motion with flexibility work and proper lifting technique.**
- **Multiple stretching routines (Normal, Yoga, PNF).**
- **Need functionality to access strength and hypertrophy.**

LESSON 19

Training Athletes With High Injury Rates

- Give high risk athletes alternative exercises (Gymnastics)

Barbell Close Grip Bench (DB Floor Bench)

3 Way Barbell RDL (DB 1-Leg RDL)

Barbell Back Squat (DB Goblet Squat)

- **If you make a mistake, treat athletes like they are going through rehab.**
- **If you make a mistake, keep the volume low.**
- **To protect the shoulders, limit how much overhead pressing is done.**

- **To protect the lower back, limit the amount of hip hyperextension is done and how much weight is loaded on the back.**
- **Limit ground contacts for plyometrics.**
- **They need a lot of stability work but it is a spectrum.**

LESSON 20

Programming For Injured Athletes

- **Nothing can be done without a medical professional clearing the athlete.**
- **Find ways to “get into things” instead of “out of things”.**
- **Cross-Education**
- **If one leg is injured, do 1-legged biking and 1-legged exercises.**
- **Need a non-electric bike for 1-legged riding.**

- **If one arm is injured, then run, bike, elliptical, and do 1-arm exercises.**
- **All programs should have a lot of unilateral work for all athletes.**
- **Use machines for unilateral exercises to ensure safety.**
- **Use dumbbells, kettlebells, and bands for 1-arm resistance training.**

LESSON 21

Creating A Competitive Atmosphere

- **Create competition in your own building and programs first. Then worry about other schools and teams.**
- **Competition is created between teammates and different sports.**
- **Get the coaches to compete also because that drives the athletes.**
- **Push the very athletic girls by putting them with the boys.**

- **Need athletes to constantly strive for improvement.**
- **Testing allows us to live in reality and settles arguments.**
- **My job is to find out what we are bad at and fix it. I can only get that information if everyone is trying hard and being tested.**
- **Athlete interest forms help us recruit our own kids.**
- **We treat their lifting numbers like normal athletic stats.**

Man & Woman Of Steel Testing

≥45 POINTS =MAN OR WOMAN OF STEEL AWARD**MEN'S TESTING STANDARDS**

<i>MEN'S STRENGTH</i>	<i>1 POINT</i>	<i>2 POINTS</i>	<i>3 POINTS</i>	<i>4 POINTS</i>	<i>5 POINTS</i>
BACK SQUAT	185-200	205-275	275-330	335-400	405+
BARBELL EXPLODE	<90	90-110	115-150	150-180	180+
BENCH PRESS	170-180	185-195	200-220	225-270	275+
STRICT PULL-UP	5 to 6	7 to 9	10 to 14	15 to 19	20+
FARMERS WALK-100 Yds	60LB EH	70LB EH	80LB EH	90LB EH	100LB EH
PLANK HOLD	2 MINS	3 MINS	4 MINS	6 MINS	7 MINS
SIT-UPS (60 seconds)	40-49	50-59	60-69	70-79	80+
<i>MEN'S ATHLETICISM</i>	<i>1 POINT</i>	<i>2 POINTS</i>	<i>3 POINTS</i>	<i>4 POINTS</i>	<i>5 POINTS</i>
40 YD DASH	5.2-5.3	5.1-5.0	4.9-4.8	4.7-4.6	<4.6
PRO-AGILITY	4.6-4.7	4.5	4.4	4.3	4.2
3-CONE	7.7	7.5-7.6	7.1-7.4	6.8-7.0	6.7
STANDING LONG JUMP	8'-8'3.5"	8'4-8'7.5"	8'8"-8'11.5"	9'-9'3.5"	9'4"+
DUNK	Touch Backboard	Touch Rim	Grab Rim	Tennis Ball	Basketball
300 YD SHUTTLE (12x25 YDS)	<72 SEC	<68 SEC	<64 SEC	<60 SEC	<56 SEC
JUMP ROPE (60 seconds)	100+	120+	140+	160+	180+

WOMEN'S TESTING STANDARDS

<i>WOMEN'S STRENGTH</i>	<i>1 POINT</i>	<i>2 POINTS</i>	<i>3 POINTS</i>	<i>4 POINTS</i>	<i>5 POINTS</i>
BACK SQUAT	120-140	145-160	165-180	185-220	225+
BARBELL EXPLODE	45-55	60-70	75-85	90-110	115+
BENCH PRESS	95-100	105-110	115-120	125-130	135+
STRICT PULL-UP	ONE	TWO	THREE	FOUR	FIVE+
FARMERS WALK-50 Yds	25LB EH	30LB EH	35LB EH	40LB EH	50LB EH
PLANK HOLD	2 MINS	3 MINS	4 MINS	5 MINS	6 MINS
SIT-UPS (60 seconds)	20-29	30-39	40-49	50-59	60+
<i>WOMEN'S ATHLETICISM</i>	<i>1 POINT</i>	<i>2 POINTS</i>	<i>3 POINTS</i>	<i>4 POINTS</i>	<i>5 POINTS</i>
40 YD DASH	5.8	5.6	5.4	5.2	5
PRO-AGILITY	5.1	5	4.9	4.8	4.7
3-CONE	7.9-8.1	7.6-7.8	7.3-7.5	7-7.2	7.3
STANDING LONG JUMP	6'6"-6'9"	6'9.5"-7'0.5"	7'1"-7'4"	7'4.5"-7'7.5"	7'8"+
DUNK	-	-	Touch Net	Touch Backboard	Touch Rim
300 YD SHUTTLE (12x25 YDS)	<74 SEC	<71 SEC	<68 SEC	<65 SEC	<62 SEC
JUMP ROPE (60 seconds)	80+	100+	120+	140+	160+

TESTING RESULTS

EVENTS													
SLJ	JUMP ROPE	DUNK	SIT-UPS	PULL-UP	BENCH	BARB EXP	PLANK	SQUAT	FARM WALK	20 SHUT	L-DRILL	40	300 SHUT
6'5	150	Back	70	7	155	115	3	280	70	4.84	7.25	5.25	61.4
7'3		Back		1				195	55		8.3	5.31	62.0
									60	5.50	9.10	6.40	87.0
9'8	141	Tennis	60	14	235	235	2	405	100	4.40	6.90	4.72	58.7
8'8	140	Tennis	70	25	225	180	6	365	100	4.16	6.43	4.71	56.3
	75	Net		2			1	115			8.6	6.03	119.0
7'9	115	Tennis	41	12	165	135	2	245	80	4.73	8.16	5.11	58.3
6'3	65	Net	43	1	75	55	4	215	40	5.1	8.3	5.62	72.3
7'6	57	Bball	56	5	180	160	1	300	90	4.70	7.90	5.60	65.3
7'11	77	Back	58	19	135	150	2	255	70	5.05	8.70	5.10	67.3
7'3	41	Back	50	1	130	100	1	280	70	4.59	7.72	5.1	64.2
7'8	160	Touch	82	15	185	150	6	175	90	4.6	7.9	4.78	56.9

EXAMPLE POINT TOTALS

2	2	3	3	4	3	4	2	4	4	3	4	3	4	45
2	2	4	2	3	1	4	2	5	5	3	4	3	5	45
3	1	5	2	3	2	5	1	5	5	1	4	4	4	45
1	3	5	4	4	2	4	1	3	4	3	4	2	4	44
1	2	2	3	4	3	4	3	3	3	4	4	3	4	43
0	3	1	4	4	3	4	3	3	3	3	5	2	5	43
1	4	1	5	4	3	3	2	3	3	2	3	4	5	43
1	2	2	3	4	3	4	3	4	4	1	3	4	5	43
1	2	4	3	3	1	4	3	3	4	2	4	3	5	42
1	2	4	1	0	3	4	3	5	5	3	4	3	4	42



MEN EVENT RESULTS

MEN POINTS

WOMEN EVENT RESULTS

WOMEN POINTS

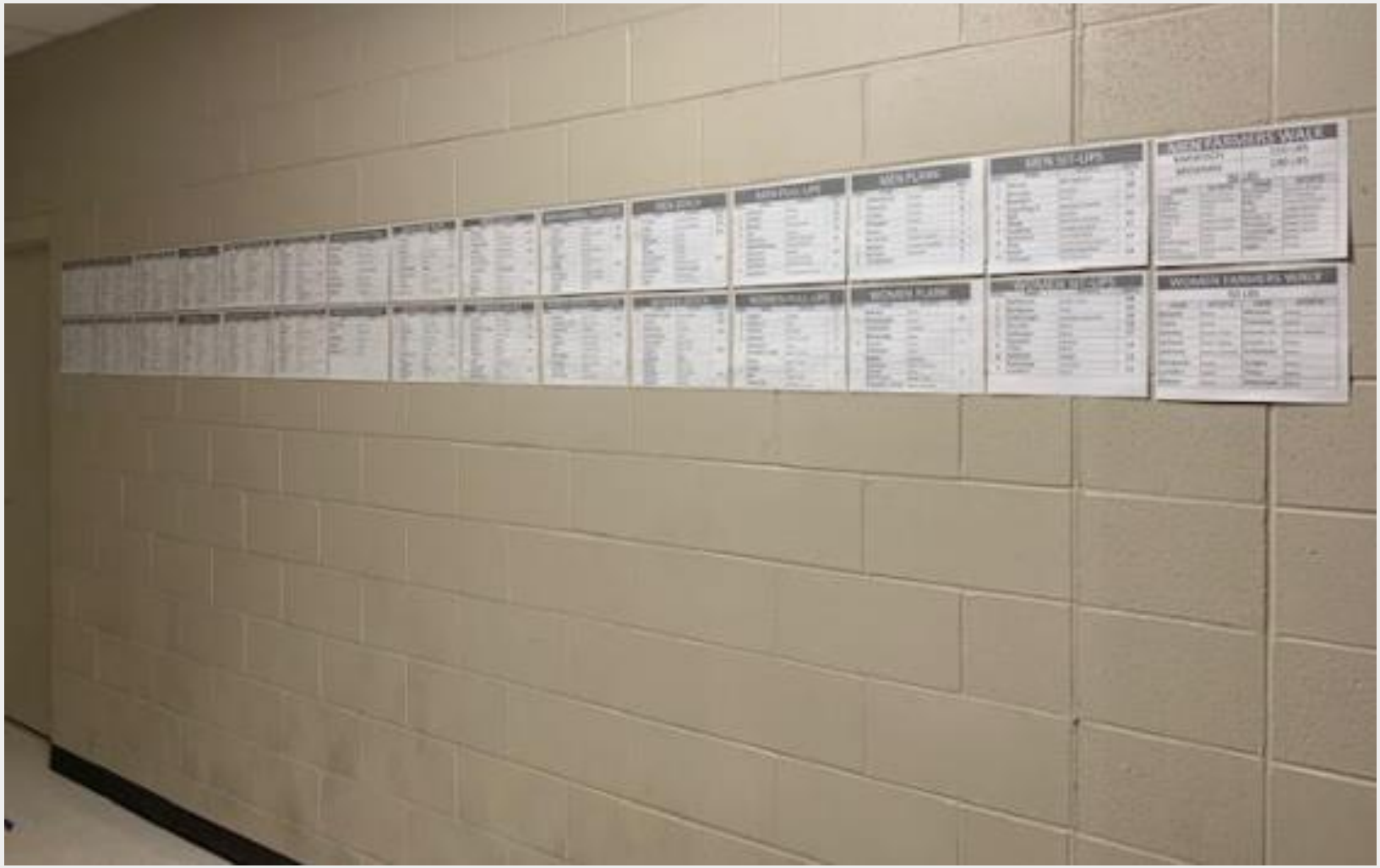
The small table on the right contains several columns and rows of text. The text is too small and blurry to read accurately, but it appears to be a structured data table.

TOP 10 LISTS

EXAMPLE TOP 10 LIST

MEN PULL-UPS			
RANK	NAME	SPORTS	REPS
1		Wrestling, Football	39
2		Lacrosse	34
3		Golf, Wrestling, Baseball	31
4		Swimming, Track	30
5		Soccer, Track	29
		Football	
8		Football, Lacrosse	28
		Baseball	
10		Football, Basketball	26
		Football	
		Football, Baseball	

WOMEN PULL-UPS			
RANK	NAME	SPORTS	REPS
1		Volleyball, Track	15
2		Track	10
		Gymnastics, Track	
4		Lacrosse	8
		Gymnastics	
6		Gymnastics	7
		Track	
9		Soccer, Track	5
		Soccer	
		Soccer, Basketball	
		Volleyball	



The image shows a long wall of posters, each containing a checklist or list. The posters are arranged in two rows. The top row contains posters with headers such as 'MEN SET-UPS', 'MEN PLAYS', and 'MEN TANGERS'. The bottom row contains posters with headers such as 'WOMEN SET-UPS', 'WOMEN PLAYS', and 'WOMEN TANGERS'. Each poster has a header section followed by several columns of text, likely representing a checklist or a list of items. The text is too small to read, but the layout is consistent across all posters.

LESSON 22

Testing Organization

- **Testing has to be constantly reorganized for available spaces, weather, and number of athletes.**
- **Order the events from most explosive to least explosive and older athletes take precedence in grouping.**
- **Film exercises like Squat & Pull-Ups to limit conflict.**
- **Save exhaustion exercises like Planks, 300 Yard Shuttle, & Sit-Ups for the last event of each day.**
- **Do a “Change-Up Week” after testing so you have the space and availability to do make up testing.**

2 DAY TESTING LOGISTICS

AREA	DAY 1	DAY 2	
	DUNK	JUMP ROPE	
	STANDING LONG JUMP	BENCH PRESS	
	20 YD SHUTTLE	BACK SQUAT	
	L-DRILL	BARBELL EXPLODE	
	40 YD DASH	STRICT PULL-UP	
	SIT-UPS	FARMERS WALK	
	300 YD SHUTTLE	PLANK HOLD	

OFF-SEASON 3 DAY TESTING LOGISTICS

AREA	DAY 1	DAY 2	DAY 3
WEIGHT ROOM	BACK SQUAT	BENCH PRESS	
		BARBELL EXPLODE	
	STRICT PULL-UP	FARMERS WALK	
OUTSIDE/GYM	STANDING LONG JUMP	DUNK	20 YD SHUTTLE
			L-DRILL
	JUMP ROPE		40 YD DASH
TOGETHER	SIT-UPS	PLANK HOLD	300 YD SHUTTLE

FOOTBALL 4 DAY TESTING LOGISTICS

AREA	DAY 1	DAY 2	DAY 3	DAY 4
	BENCH PRESS	DUNK	20 YD SHUTTLE	BACK SQUAT
	BARBELL EXPLODE	STANDING LONG JUMP	L-DRILL	STRICT PULL-UP
	JUMP ROPE	FARMERS WALK	40 YD DASH	PLANK HOLD
	SIT-UPS		300 YD SHUTTLE	

LESSON 23

Preparing Incoming 9th Graders

- **During the spring, incoming 9th graders train twice a week for one hour.**
- **Attendance is inconsistent because of track and club practices.**
- **If you make a mistake, teach too much so they can learn all aspects of athletic development.**
- **Goal is for them to be prepared by June to be integrated into their high school programs.**
- **They need to understand our terminology, athletic movement principles, why we do things, and proper technique so we can cue them quickly.**

- **It takes about a month until everyone is ready to do more working than learning because of inconsistent attendance.**
- **For athletes that have a high training age, we mix them into the high school workouts earlier because that is the most appropriate place for them.**
- **Bodyweight then Plates then Barbells.**
- **In the summers, I do very low-cost training sessions for our 5th-8th graders.**

LESSON 24

Designing A Warm-Up

- **The warm-up is used to teach the nervous system proper movement patterns while raising body temperature.**
- **Athletes have to learn to move forward, backward, and sideways.**
- **All athletic movement principles are integrated into the warm-up.**
- **The warm-up routines are used for all sports.**

- **We use 2 different routines but the concepts are the same.**
- **High Knees on one day and A Skips the next.**
- **When do we use pre-practice Dynamic Stretching?**
- **When do we use pre-practice Static Stretching?**

WARM-UP 1

WADM_ID 2

Heel walks forward w/ Bench
Heel walks backward w/ Shoulder Press
Toe walks forward w/ Ys
Toe walks backward w/ Ts
Toe walks sideways w/ Internal/External Rotation
Toe walks sideways w/ 90 Internal/External Rotation
High Knees
Butt Kickers
B Skips
Fence Climbers For/Back
High Knee Carioca
High Knee Carioca
Shuffle Arm-Swing
Shuffle Arm-Swing
Standing Backpedal Weave
DB Backpedal Weave
Forward Skips For Height
Forward Skips For Distance

Heel walks forward w/ Bench
Heel walks backward w/ Shoulder Press
Toe walks forward w/ Ys
Toe walks backward w/ Ts
Toe walks sideways w/ Internal/External Rotation
Toe walks sideways w/ 90 Internal/External Rotation
A Skips
Butt Kickers
Kickouts
C Skips
Tapioca
Tapioca
Shuffle Touches
Shuffle Touches
Skip Backwards
Sideways Skips
Sideways Skips

STATIC STRETCH

Neck to the right
Neck to the left
Neck forward
Neck backward
Straight right arm across
Straight left arm across
Bent right arm over and lean to left
Bent left arm over and lean to right
Arms behind back and head to knee
Right Quad
Left Quad
Right Knee Twist
Left Knee Twist
Right over Left IT Bands
Left over Right IT Bands
Side Lunge to right
Side Lunge to left
Right Hamstring
Left Hamstring
Middle Hamstrings
Standing Butterfly
Runners stretch right knee in the ground
Runners stretch left knee in the ground
Right Calf
Right Achilles
Left Calf
Left Achilles

DYNAMIC WARM-UP & STRETCH

EXERCISE 1	EXERCISE 2
Heel Walks Forward w/ Benching	Heel Walks Backward w/ Shoulder Press
Heel Walks Sideways w/ Ys	Heel Walks Sideways w/ Ts
High Knees	Run Backwards
Butt Kickers	Backpedal
Running Kickouts	Skip Backwards
A Skips	B Skips
Fence Climbers Forward	Fence Climbers Backward
Shuffle w/ Arm Swing Facing Right	Shuffle w/ Arm Swing Facing Left
Tapioca Facing Right	Tapioca Facing Left
High Knee Carioca Facing Right	High Knee Carioca Facing Left
Skips for Height	Skips for Distance
Side Skips Facing Right	Side Skips Facing Left
Dynamic Quad Stretch	Dynamic Knee Hugs
Capital Ts	Toe Grabs
Dynamic Knee Twist Up & Down	Inchworm
Rotational Forward Lunges	High Reaching Backward Lunges
Side Lunges Facing Right	Side Lunges Facing Left

LESSON 25

Designing Plyometric & Agility Routines

**THE METHODS ARE MANY BUT THE
CONCEPTS ARE FEW .”**

DR.

ANDY GALPIN

- **There are too many drills for you to do all of them.**
- **If you have a drill for a concept, you do not need someone else's drill.**
- **Teach athletes concepts so athletes can think through any drill.**
- **Make every drill competitive by setting up multiple cone sets.**

PLYOMETRIC & AGILITY COMPONENTS

- **Limited Ground Contact Jumping in all directions.**
- **Heel-Toe-Roll Jumping.**
- **Time-Under-Tension Jumping in all directions.**
- **Quick Hopping in all directions.**
- **Mixture Bounding in all directions.**

PLYOMETRIC & AGILITY COMPONENTS

- **Multiple Transitions.**
- **45,90,135, and 180 degree turns.**
- **Transitions between agility exercises and plyometric exercises.**
- **Upper Body Plyometrics.**

COMPONENTS	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4
EXPLOSIVE JUMPING	Paused Jump Squat w/ 1-Leg Lands	Forward High Hurdles Zig-Zag or w/ Little Hurdles	Power Bound	Low Hurdles Zig-Zag
	Paused Jump Squat Sideways Rotation Lands		Tuck Jump	
	Paused Standing Long Jump		Heel Toe Roll High Jump	
	Paused Jump Lunges		1-Legged Skaters	
	Paused 1-Legged Jumps w/ Same Leg Lands		2-Legged Skaters	
PLYOS	Mirror Directional Hops	1-Arm Transitional Side to Forward Jump Throws	Mirror Shuffle	1-Arm Transitional Backward to Forward Jump Throws
		1-Arm Slams		1-Arm Overhead backwards
		1-Arm Shot Put		1-Arm Floaters
AGILITY 1	4 Corners Shuffle	2 on 4 Tag	W Drill	1 on 1 Tag
AGILITY 2	Figure 8 Cuts	20 Yard Shuttle	L-Drill	T-Drill & Jump at the corners

LESSON 26

Designing Linear Speed Routines

- **Players spend most of their time without the ball.**
- **What does .2 seconds look like?**
- **Teach acceleration and deceleration patterns.**
- **Use multiple starting positions that are used in all sports.**
- **Use multiple transitions that are used in all sports.**

SPRINT 1

2 x Tag Up w/ Simulated Catch

2 x Swing & Accelerations with Head Turn & Drag bunting

2 x Start and Stop or Mirror Start & Stop

SPRINT 2

2 x Sideways or Mirror Sideways

2 x Shuffle to Sprint or Mirror Shuffle to Sprint

2 x Athletic Position to Sprint

SPRINT 3

2 x Start Backwards and Run w/ Look back or Mirror (180 & 225)

2 x Sprint to Directional Shuffling to Sprint

2 x Backpedal to Sprint or Mirror

SPRINT 4

2 x Curve Sprints

4 x On Stomach (One each way)

LESSON 27

Designing Conditioning Routines

- **Leads to mental toughness.**
- **Decreases injuries.**
- **Condition for the needs of your sport.**
- **All sports need conditioning.**
- **Train, undertrain, and overtrain.**

- **Fartlek concepts.**
- **1-1 ratio concepts.**
- **Track repeats.**
- **Mix conditioning into drills to limit “wasting time”.**
- **Mix sport-specific skills into conditioning.**

EXAMPLE BASKETBALL CONDITIONING

CONDITION 1	CONDITION 2	CONDITION 3
Distance Fartlek While Dribbling	1-1 Ratio Down & Backs	Running Suicides
Sprint down the court and jog back	Down the court and back	Full speed runs
One dribbles, one plays defense on Jog	12 seconds with 13 second rest	1 minute rest
Continue for 10 minutes	Continue for 20 minutes	Continue for 10 minutes
CONDITION 4	CONDITION 5	CONDITION 6
Timed Fartlek While Dribbling	300 Shuttles	Shuffle Suicides
Run up and down the court	Run up and down the court 6 times	Full speed runs
10 second sprints and 30 second jogs	70 second pace & 2 minute rest	1 minute rest
Off-hand, Behind back, Between Legs	Continue for 20 minutes	Continue for 10 minutes
Continue for 10 minutes		

LESSON 28

Designing Strength Training Routines

- **Learn to produce and resist forces.**
- **Use a mixture of weights and bodyweight.**
- **Mixture of low and high reps.**
- **Mixture of heavy and functional lifting.**
- **Time-Under-Tension exercises (Ballistic, Dynamic, Isometric, Eccentric, Myotatic).**
- **Movement patterns then weight.**

4 DAY EXAMPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Dead Lift To High Pull	Power Clean	Power Clean, Squat, Press	Snatch To Overhead Squat w/ 65 lbs
Planks	Neck Resistance Up & Down	Side Planks	Neck Resistance Sides
Barbell Bench	Barbell Back Squat	Floor Bench	Hang Clean
Pull-Ups	Glute Ham Russian Leg Curl	Chin-Ups	Barbell Side Lunges
Dead Bugs	Barbell Glute Bridge Hip Thrusts	1-Arm Rotation Plate Carries Forward/Backward	Pate Forward Step-Ups w/ Shoulder Press
Drop Box Jumps (Replace legs)	Plate Rotational Sit-Ups	Plate Ys/Ts/As on 1 Leg	Pistol Squats
Barbell Floor Bench	3 Way Barbell RDL	Barbell 2 Way Bent Row	Barbell Front Squat
DB 1-Arm Snatch	DB Swings	DB Lat Pullover	Balance 3 Way Touches
Table Tops	Freestyle Swimmers	DB Bent Files on 1 Leg	Plate Rotation Sit-Ups
Barbell Push Press	Barbell Split Squat	Barbell Incline Bench	Hex Bar Dead Lift Jumps
1-Arm DB Bent Row	1-Legged & 1-Arm DB RDL	DB 1-Arm High Pull (Replace legs)	Plate Side Step-Ups
Barbell Curls on 1 Leg (Replace legs)	Clamshells	Leg Raises	Med Ball Rotation Slams
Barbell Shrugs	Barbell Explode	Barbell Z Press	Barbell Bulgarian Squats
Ballistic Push-Ups (Replace legs)	DB Leg Curl	DB 1-Arm Floor Bench	DB Goblet Sumo Squats
DB Arnold Press	Barbell Forward Lunges	3 Way Lat Pulls	Sidelying Straight Leg Raises

3 DAY ONE WORKOUT EXAMPLE

WORKOUT 1			
CORE LIFTS (15 minutes; 5 minutes at each spot)			
MIRROR	Barbell Bench	DB Bulgarian Squats	
MIDDLE	Barbell Split Squat	Pull-Ups	
OPEN	Barbell Explode	DB 1-Arm Bent Row	
CIRCUIT			
1 HEAVY PLATE & BODYWEIGHT (15 minutes)			
Neck Resistance Top & Bottom	Push-Ups	Forward Lunges w/ Rotation	Squat Sits & Plate Upright Row or Elbow Flies
Side Lunges	Bent Flies on 1 Leg	Glute Bridge Walkouts	Russian Twists w/ Bicycle
Pistol Squats	Sidelying Straight Leg Raises	Planks	Balance 3 Way Touches

IN-SEASON EXAMPLE

BASEBALL & SOFTBALL

WORKOUT 1 (Groups of 3 in each of the 3 Rack Spots)

CORE LIFTS (18 minutes; 6 minutes at each spot)

MIRROR SIDE	Floor Bench		
MIDDLE OF RACK	Inverted Rows	DB Leg Curl	Plate Sumo Squat w/ Curls
OPEN	Barbell Split Squat	1-Arm DB Bent Row	Plate Side Step-Up Jumps w/ Chest Press

All Together: Pull-Ups (1xFailure)

BODYWEIGHT EXERCISES (12 minutes)

Neck Resistance Up & Down	Side Lunges	Prone Ys, Ts, Ws	Planks w/ Finger Tip Holds
3 Way Balance Touches	Push-Ups	Sidelying Straight Leg Raises	Leg Raises
Side Planks	Table Tops	Elbow Flies	

WORKOUT 2 (Groups of 3 in each of the 3 Rack Spots)

CORE LIFTS (18 minutes; 6 minutes at each spot)

MIRROR SIDE	Close Grip Bench	DB Swings	DB Bulgarian Squats
MIDDLE OF RACK	3 Way Barbell RDL	3 Way Plate Bent Flies on 1 Leg	DB Shrugs
OPEN	Back Squat		

All Together: Chin-Ups (1xFailure)

BODYWEIGHT EXERCISES (12 minutes)

Neck Resistance Sides	Forward Lunges w/ Rotation	Ys, Ts, As on 1-Leg	Side Lunges
Downward Dog Push-Ups	Dead Bugs	Field Goal Push-Ups	Glute Bridge Walkouts
Clamshells	Russian Twists w/ Bicycle	Planks	

LESSON 29

Using Machines For Athletic Development

- **You need more than just racks.**
- **Use them for novice lifters.**
- **Use unilateral machines for injured athletes.**
- **Use them for safe Time-Under-Tension exercises.**
- **Buy plate loaded machines instead of cable machines.**