

THE GRIDIRON WARRIOR

12 Week Training Program for On-Field Success



Thank you!

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What Is a Football Player?

Fast

Competitive

Powerful

Tough

Explosive

Resilient

Strong

Disciplined

In shape

Passionate

What Outputs/Habits Does Your Offseason Build?



Credit: Tony Holler

What Outputs/Habits Does Your Offseason Build?

**Sport
Skill**

**Position - Specific
Skills**

**Specific
Skill**

**Creating Space / Closing Space
Contact Prep / Competing**

General Skill

**Acceleration / Deceleration /
Max Velocity / Change of Direction**

Capacities

**Max Strength / Rate of Force Development
Reactive Strength / Endurance**

What Outputs/Habits Does Your Offseason Build?



5 Day Template

Monday

Tuesday

Wednesday

Thursday

Friday

Acceleration

Football Specific

Max Velocity

Football Specific

COD

Deceleration

Conditioning

Elasticity

Conditioning

Lateral Plyo

Horizontal Plyo

Application

Application

Warmups

R.A.M.P.

RAISE

ACTIVATE

MOBILIZE

PERFORM

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



Raise

Acceleration Warmup

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

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

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)



Accel Warmup

Speed Session Warmups

Max V 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

Seated Piriformis Stretch x 5/5e

Hip Flexor w/ Half Moon Reach x 5e

Spiderman + Tspine Rot. X 5e

Activation

A Hold + Switch x 5e

Yoga Pushup x 10

Linear Pogo 3 x :10

Lunge Switch Jump x 5e

Perform

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



Max Velo Warmup

COD Warmup

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

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

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



COD Warmup

Acceleration

General Ideas:

Short to Long

Slow to Fast

Simple to Advance

Cues:

Push-Push-Push

Split and Rip

Knee Drive

Push Back

In Practice:

5 yards -> ~20 yards

Banded -> Resisted -> Free

Planned -> Competitive

100 yards of volume -> 250

yards

Acceleration Drills



Phase 1



Phase 2



Phase 3

Deceleration

General Ideas:

Short to Long

Slow to Fast

Linear to Multi - D

Cues:

Drop the hips

Level Change

Violent Decel

In Practice:

1 Step -> 5y -> 10y +

Linear -> Lateral -> Multi patterned

Cadenced -> Free

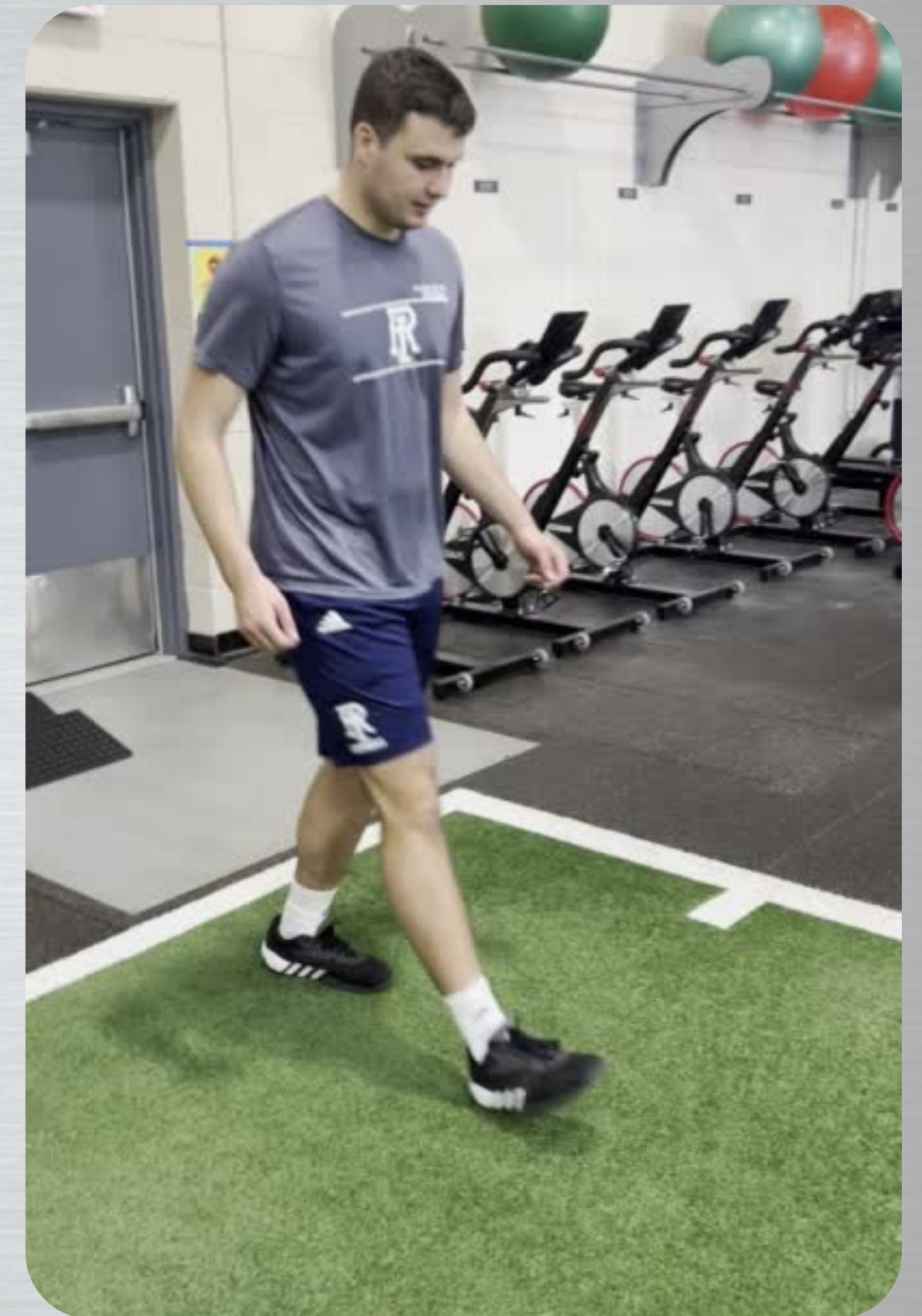
Deceleration Drills



Phase 1



Phase 2



Phase 3

Horizontal Plyos



Phase 1



Phase 2



Phase 3

Acceleration Application



Acceleration Application Part 2



Max Velocity

General Ideas:

Mindset

Leave on a Win

10y = 1min Rest

Cues:

Get Tall

Loose / Relaxed

Bouncy / Springy

Knee Up Toe Up

In Practice:

Ankle ISOs

Timed Sprints

Ankle ISOs



Phase 1



Phase 2



Phase 3

Timed Sprints



20 BUILD → 10 FLY FEB 15

LINE			SKILL		
1	NEAL - DL	1.03	1	WILLIAMS - WR	.95
2	STACKPOLE - DL	1.06	2	JORDAN - DB	.96
2	BURBY - DL	1.06	3	BUCHANAN - WR	.97
4	THOMPSON - OL	1.08	4	GRIFFIN - RB	.98
4	RIENDEAU - OL	1.08	4	MENSAH - WR	.98

BIG SKILL

1	PENA - LB	.99
1	BONNER - STEWARD - QB	.99
3	PELKISSON - LB	1.00
4	ARRINGTON / BETHEL / FULLER	1.01
4	SMITH T. / STEWART	1.01

3 MORE FEET



Change of Direction

General Ideas:

Teach First

Slow to Fast

8 Vectors

Cues:

Push to Move

Sink Hips / Low COG

Shoulders Square

Eyes

In Practice:

40 - 100y in volume

18 - 32 Lateral Plyo contacts

P-T-M + Shuffle + Decel

Lateral to 90* to 135* to 180*

Grid is your best Friend

The Grid

20	*	*	*	*	20	*	*	*	*
15	*	*	*	*	15	*	*	*	*
10	*	*	*	*	10	*	*	*	*
5	*	*	*	*	5	*	*	*	*
GL	*	*	*	*	GL	*	*	*	*
20	*	*	*	*	20	*	*	*	*
15	*	*	*	*	15	*	*	*	*
10	*	*	*	*	10	*	*	*	*
05	*	*	*	*	05	*	*	*	*
GL	*	*	*	*	GL	*	*	*	*

Change of Direction



Phase 1



Phase 2+3

Change of Direction



Lateral Plyos



Phase 1



Phase 2



Phase 3

COD Application



COD Application Cont.



Conditioning

General Ideas:

Does it look like Football?

W/R like Football?

Prep for Practice Volume?





Conditioning

Average Total Distance Covered vs. Running Distance Covered

Day	Average Total Distance (Yards)	Average Running Yards (+9mph)
Monday	2661	332 (12.5%)
Tuesday	3092	293(9.5%)
Wednesday	3106	266 (8.6%)
Thursday	2487	250 (10.1%)
Saturday	5243	636 (12.1%)
Total	16,589	1,767

Conditioning

Sprint Volume by Day and Week						
Week	M	TU	W	TH	F	TOTAL
1	80	360	80	360	120	1000
2	120	420	80	420	160	1200
3	140	500	100	500	160	1400
4	140	550	120	550	240	1600
5	60	430	120	430	160	1200
6	110	465	120	465	240	1400
7	140	550	120	550	240	1600
8	160	600	120	600	320	1800
9	100	470	120	470	240	1400
10	130	515	120	515	320	1600
11	170	595	120	595	320	1800
12	190	645	120	645	400	2000

Specific Skills

Creating Space / Closing Space

Contact Prep

Competition

Creating and Closing Space

General Ideas:

Score and Get Stops!

Small Space to Large

Simple to Complex

Call out

Winners/Losers

In Practice:

5y -> 10-15y -> 15y+ Drills

Clear Objectives (Goals/Zones)

Correct Defensive Technique

Can use point system!

Track # of reps taken

Phase 1 Drills



Phase 1 Drills



Phase 2 Drills



Phase 2 Drills



Phase 3 Drills



Phase 3 Drills



Contact Prep

Benefits:

Put some NASTY back in your offseason

Shoulder Resiliency

Isometric Strength + Leverage

8 - 12 Reps / :05 - :10 ON / ~:30 Rest

Contact Prep Phase 1 Drills



Contact Prep Phase 1 Drills



Contact Prep Phase 2 Drills



Contact Prep Phase 2 Drills



Contact Prep Phase 3 Drills



Contact Prep Phase 3 Drills



Competition Phase 1 Drills



Competition Phase 1 Drills



Competition Phase 2 Drills



Competition Phase 2 Drills



Competition Phase 3 Drills



Competition Phase 3 Drills



5 Day Template (Week 9)

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch	Stretch	Stretch	Stretch	Stretch
Accel (80y)	Grid (160y)	Fly 10s (120y)	Grid (160y)	Grid (240y)
Decel (20y)	Contact Prep (12)	Ankle ISOs	Contact Prep (12)	Lateral Plyos
Hor. Plyos	C/C Space (150y)		C/C Space (200y)	
	Compete (160y)		Compete (110y)	

Total High Speed Yards in a Week: 1,400

4 Day Template (Week 9)

Monday

Tuesday

Wednesday

Thursday

Friday

Stretch

Stretch

Off

Stretch

Stretch

Accel (80y)

Grid (160y)

Fly 10s (120y)

Grid (240y)

Decel (20)

Contact Prep (12)

Ankle ISOs

C/C Space (200y)

Hor. Plyos

C/C Space (150y)

Lateral Plyos

Contact Prep (12)

Compete (160y)

Compete (110y)

Total High Speed Yards in a Week: 1,240

Thank you!

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