

# SPEED & CONDITIONING

WEEK 9-12 (PEAK PHASE)



| OFFENSIVE SPEED & CONDITIONING   |                     |                           |                        |
|--|---------------------|---------------------------|------------------------|
| LINEAR EMPHASIS  |                     |                           |                        |
| <b>FOAM ROLL SERIES</b>  | 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  |                     |                           |                        |
| <b>LOW BOX QUICKNESS SERIES:</b>   |                     | <b>6" box</b>             |                        |
| Speed Low Box Jumps (forw., RT, LT)  |                     |                           | 2x5 each               |
| <b>PLYOS:</b>  |                     |                           |                        |
| Hurdle Jumps (6) to Sprint (5yds)  |                     |                           | 3 reps                 |
| Hurdle Hop (4) to Sprint (5yds)  |                     |                           | 2 reps each            |
| Bound (6) to Sprint (10yds)  |                     |                           | 4 reps                 |
| <b>SPEED:</b>  |                     |                           |                        |
| Wall Load & Explode (alt. front leg)   |                     |                           | 2 reps each (RT/LT)    |
| Wall Double Switch (alt. front leg)  |                     |                           | 3 reps each (RT/LT)    |
| Resisted Load & Explode (5 yds.)   |                     |                           | 3 reps each (RT/LT)    |
| Resisted Start with Release (towel or band around hips, release at 5yds.)                        |                     |                           | 4 reps                 |
| Power Skip (10yds) to Sprint (10yds)   |                     |                           | 4 reps                 |
| <b>*complete rest between all reps</b>   |                     |                           |                        |
| CONDITIONING   |                     |                           |                        |
| <b>WEEK 1&amp;3:</b> 20's (20yd. Sprints, begin in split stance)                                 |                     | 10-12 reps, rest :30**    |                        |
| <b>**PROGRESSION: WEEK 1 = 10 reps, WEEK 3 = 12 reps</b>   |                     |                           |                        |
| <b>WEEK 2&amp;4:</b> Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) |                     | 1 sets of 12-16 reps**    |                        |
| <b>**PROGRESSION: WEEK 2 = 1 set of 16, WEEK 4 = 1 set of 12</b>                                 |                     |                           |                        |
| STRETCH  |                     |                           |                        |
| Band 4-Way Hip Series  |                     | 5 reps each x :02 hold    |                        |

| DEFENSIVE SPEED & CONDITIONING  |                     |                           |                        |
|---|---------------------|---------------------------|------------------------|
| LATERAL EMPHASIS  |                     |                           |                        |
| <b>FOAM ROLL SERIES</b>   | 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   |                     |                           |                        |
| <b>3 HURDLE SERIES:</b>   |                     |                           |                        |
| Lateral Run   |                     |                           | 3 reps each (RT/LT)    |
| Weave (linear, down & back)   |                     |                           | 3 reps each (RT/LT)    |
| Weave (lateral, down & back)  |                     |                           | 3 reps (down & back)   |
| <b>PLYOS:</b>   |                     |                           |                        |
| Lateral Jump (1) to Sprint (5yds)   |                     |                           | 3 reps each (RT/LT)    |
| Continuous Lateral Hurdle/Cone Hops (down & back)                                   |                     |                           | 2 reps each (RT/LT)    |
| Lateral Hurdle Hops (down & back) to Sprint (5yds)                                  |                     |                           | 2 reps each (RT/LT)    |
| Lateral Bound (side to side x 6) to Sprint (5yds)                                   |                     |                           | 3 reps each (RT/LT)    |
| <b>SPEED:</b>   |                     |                           |                        |
| Push & Recover  |                     |                           | 1x20yds each           |
| Crossover & Recover   |                     |                           | 2x3 reps each          |
| Quick Hips on command (partner cues direction)                                      |                     |                           | 2-4 reps each          |
| Quick Hips-Crossover & Recover (programmed)   |                     |                           | 2-3 reps each          |
| Tennis Ball React, Quick Hips-Crossover & Recover (unprogrammed)                    |                     |                           | 4-6 reps each          |
| CONDITIONING  |                     |                           |                        |
| <b>WEEK 1&amp;3:</b> Triples (run 20 & turn left- just like on field)               |                     | 8-10 reps, rest :60**     |                        |
| <b>**PROGRESSION: WEEK 1 = 8 reps, WEEK 3 = 10 reps</b>                             |                     |                           |                        |
| <b>WEEK 2&amp;4:</b> Slideboard (if avail) or Bike Intervals (sprint :30, rest :30) |                     | 1 set of 14-16**          |                        |
| <b>**PROGRESSION: WEEK 2 = 1 set of 16, WEEK 4 = 1 set of 12</b>                    |                     |                           |                        |
| STRETCH   |                     |                           |                        |
| Band 4-Way Hip Series   |                     | 5 reps each x :02 hold    |                        |

| EXTRA CONDITIONING (optional)                               |  |
|---|--|
| 1/2 Mile Repeats x 3 (rest 3:00)                            |  |
| <b>**PROGRESSION: work to improve time by :05 each week</b> |  |