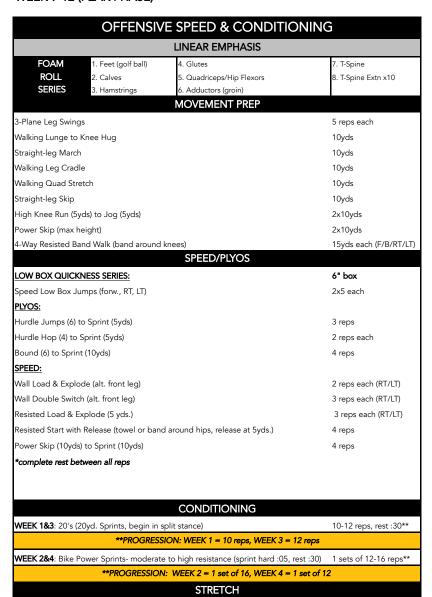
SPEED & CONDITIONING

WEEK 9-12 (PEAK PHASE)

Band 4-Way Hip Series





DEFENSIVE SPEED & CONDITIONING LATERAL EMPHASIS		
	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	
3 HURDLE SERIES:		
Lateral Run		3 reps each (RT/LT)
Weave (linear, down & back)		3 reps each (RT/LT)
Weave (lateral, down & back)		3 reps (down & back)
PLYOS:		
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)
SPEED:		
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	
WEEK 1&3: Triples (run 20 & turn left- just like on field)		8-10 reps, rest :60**
**PROGRESSIC	ON: WEEK 1 = 8 reps, WEEK 3 = 10	reps
WEEK 2&4: Slideboard (if avail) or Bike Intervals (sprint :30, rest :30)		1 set of 14-16**
**PROGRESSION: WEEK 2 = 1 set of 16, WEEK 4 = 1 set of 12		
	STRETCH	
Band 4-Way Hip Series		5 reps each x :02 hold

EXTRA CONDITIONING (optional)

5 reps each x :02 hold

1/2 Mile Repeats x 3 (rest 3:00)

**PROGRESSION: work to improve time by :05 each week