

Week 7 Exercise Progressions

Warm-Up Options

No Changes, Refer to Week 1

Ankle Rocker Drills

No Changes, Refer to Week 3

Slow Run/Preparation Drills

[Lateral High Knees Hands Up Speed Development](#)

The athlete will speed up their boom booms and move down a line laterally, almost like the old fashioned rope drill. They will also reach their arms as high as possible over their heads. They will cover a distance of 10m laterally. Rest and then complete the drill going back the other way, facing the same direction. Have athletes stay on balls of their feet emphasizing locked elbows. Their torso should maintain a slight lean forward. Complete 3-5 reps of this 10 meter distance per direction.

[Captain Morgan Speed Drill](#)

This is a strange drill modeled after the figure on the bottle of Rum. The athlete will stand on one leg and rotate their swing leg out to the side. With their hands over their head, they will hop forward in this position. It puts an incredible amount of pressure on the lateral hip. Make sure the athlete is as tall as possible. Complete this drill for 2-3 reps of 30m.

Speed

No Changes, Refer to Week 6

Agility

[Single leg quadrant jump](#)

This drill is similar to the quadrant progression completed previously, but now the drill is completed on a single leg. Complete both clockwise and counter-clockwise directions.

| Training Progression Week 8 | | | | | |
|-----------------------------|---|-----------------------|--------|-----------------|-------------|
| Warm Up Options | | | | | |
| Warm Up Options | Drill | Repetitions/Durati on | Sets | Rest Time | Page Number |
| GPP Warm Up (Option 1) | | | | | |
| | Aerobic Base Injury Prevention Runs | as directed | | No Rest | 12 |
| | | | | | |
| Low Level Jumps (Option 2) | | | | | |
| | Jumping jacks | 20 to 40 Seconds | 1 Sets | No Rest | 12 |
| | Split Jacks | 20 to 40 Seconds | 1 Sets | No Rest | 12 |
| | Lateral line hops | 20 to 40 Seconds | 1 Sets | No Rest | 12 |
| | Front and back line hops | 20 to 40 Seconds | 1 Sets | No Rest | 12 |
| | Mountain climbers | 20 to 40 Seconds | 1 Sets | No Rest | 12 |
| | Burpees | 20 to 40 Seconds | 1 Sets | No Rest | 12 |
| | Star Jumps | 20 to 40 Seconds | 1 Sets | No Rest | 12 |
| | Squat and roll | 20 to 40 Seconds | 1 Sets | No Rest | 12 |
| | | | | | |
| Other Options | | | | | |
| | Other Available Warm-Ups | | | | 162-168 |
| | | | | | |
| | | | | | |
| Ankle Rocker | | | | | |
| Ankle Rocker | Drill | Repetitions/Durati on | Sets | Rest Time | Page Number |
| | single leg squat For Ankle Rocker | 25 | 1 | 20 - 40 Seconds | 33 |
| | Shuffle walks | 25 | 1 | 20 - 40 Seconds | 33 |
| | | | | | |
| | | | | | |

| Slow Run/Preparation Drills | | | | | |
|-----------------------------|---|----------------------|--------------------------------------|------------------|-------------|
| Slow Run/Preparation Drills | Drill | Repetitions/Duration | Sets | Rest Time | Page Number |
| | Lateral High Knees Hands Up Speed Development | 10 meters | 3-5 Reps / 1 Set | No Rest | 70 |
| | Captain Morgan Speed Drill | 30 meters | 2-3 Reps / 1 Set | No Rest | 70 |
| | | | | | |
| | | | | | |
| Speed | | | | | |
| Speed | Drill | Repetitions/Duration | Sets | Rest Time | Page Number |
| | Flying 20 | 3-4 Reps | 1 Set | 30 to 90 Seconds | 61 |
| | Block 20 | 3-4 Reps | 1 Set | 30 to 60 Seconds | 79 |
| | | | | | |
| | | | | | |
| Agility | | | | | |
| Agility | Drill | Repetitions/Duration | Sets | Rest Time | Page Number |
| | Single leg quadrant jump | 30 Seconds | 2 (1 Clock, and 1 Counter-clockwise) | 20 - 40 Seconds | 70 |
| | | | | | |
| | | | | | |
| Lifting | | | | | |
| Lifting | | | | | 73-78 |

Week 8 Exercise Progressions

Warm-Up Options

No Changes, Refer to Week 1

Ankle Rocker Drills

No Changes, Refer to Week 3

Slow Run/Preparation Drills

No Changes, Refer to Week 7

Speed

[Block 20 yd](#)

Similar to the block start but now the athlete completes the acceleration for 20 yards.

Agility

No Changes, Refer to Week 7