

Training Progression Week 1					
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
	Wipers	25	1	20 - 40 Seconds	12
	Toes Up	25	1	20 - 40 Seconds	12

Slow Run/Preparation Drills					
Slow Run/Preparation Drills	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	Hurdle walks	3	1-4	20 to 40 Seconds	12
	Hurdle Overhead Walk	3	1-4	20 to 40 Seconds	12
	Crane walks	2	1-4	20 to 40 Seconds	13
	Boom Speed Development	5	1-4	20 to 40 Seconds	13
	Boom Boom Speed Development	5	1-4	20 to 40 Seconds	13
	Boom Boom Boom Speed Development	5	1-4	20 to 40 Seconds	13
Speed					
Speed	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	Flying 10	3-4 Reps	1 Set	30 to 90 Seconds	14
	Stance Start, 1st Step	3-4 Reps	1 Set	20 to 40 Seconds	14
Agility					
Agility	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	2 leg lateral line hop with knees bent	30 Seconds	2 (1 Clock, and 1 Counter-clockwise)	20 to 40 Seconds	14
Lifting					
Lifting					6-11

Eccentric Block Monday- Sample Training Day

Block 1 Lower Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Back Squat	1,1,1	x	5,3,3	50-80%	
B	Cuban Press	3	x	8	Light	
C	Ankle Band Work	3	x	10ea	Band	
Perform A & C Series Simultaneously for 3 Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Back Squat	4	x	3	85-87.5%	5 Sec Ecc-Partner Help Up
B	Hurdle Hop	4	x	5		Pull Down
C	1/2 Squat Weighted Jump	4	x	5		Pause at Bottom
D	15 yard starts	4	x	1		
E	Wrist Pronation Part Ecc	4	x	3		4 Second Eccentric
F	Wrist Supination Part Ecc	4	x	3		4 Second Eccentric
Perform A-F Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 3 Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x	5,3,3	50-80%	Coach View
B	Face Band Pulls	3	x	8	BAND	
C	Wrist Radial Flexion Part. Ecc	3	x	4		4 Second Eccentric
Perform A-B Simultaneously for 2 Sets						
1:00 Minute Rest Between Sets						

Block 4 Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	4	x	3	85-87.5%	5 Sec Ecc-Partner Help Up
B	Speed Band Bench Press	4	x	5	35-40%	
C	DB Incline Bench	4	x	5	35-40%	Reactive-Speed
D	Speed Push Up	4	x	5	BW	Reactive
E	External Band Rot. Ecc	4	x	3	Band	4 second Eccentric
F	Cuban Press Int Rot Band Ecc	4	x	3	Band	4 second Eccentric
Perform A-F Simultaneously for 4 Sets						
25 Seconds Rest Between Exercises; 2:00 minutes between Rounds						

Block 5 Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar Lift	3	x	3	85-87.5%	5 Second Eccentric
B	Cuban Press Ext. Rot. Band Ecc	3	x	4	BAND	4 Second Eccentric
C	1-Arm Lat. Pulldown	3	x	4	85-87.5%	4 Second Eccentric
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 6		<u>Upper/Lower Auxiliary</u>				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Hyper	3	x	8	BW	
B	Part. Bench Adduction Ecc	3	x	3	partner	4 Second Eccentric
C	DB Bent Over Row	3	x	3	85-87.5%	5 Second Eccentric
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7		<u>Upper/Lower Auxiliary</u>				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Shoulder Press	3	x	7	85-87.5%	Bottom Half
B	Part. Ecc Hip Flex Prone	3	x	3	partner	4 Second Eccentric
C	Bar Curl	3	x	5	85-87.5%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 8		<u>Upper Body Auxiliary</u>				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Tri Ext	3	x	5	85-87.5%	
B	Wrist Ulna Flexion Ecc	3	x	3	Partner	4 Second Eccentric
C	Part. Bench Abduction Ecc	3	x	3	Partner	4 Second Eccentric
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 6		Upper/Lower Auxiliary				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	DB Shoulder Press	3	x	7	90-92%	Bottom Half
B	Cuban Press Fig 8	3	x	8	Light	
C	Pull Up	3	x	5	90-92%	Bottom Half
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7		Upper/Lower Auxiliary				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Hyper	3	x	8	BW	
B	Bench Abduction	3	x	8	BW	
C	Calf Raises	3	x	8	90-92%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 8		Upper/Lower Auxiliary				
Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Tri Push Down	3	x	4	90-92%	
B	DB Hammer Curls	3	x	4	90-92%	
C	Ext. Rot. Band	3	x	8	Band	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Eccentric Block Friday- Sample Training Day

Block 1 Lower Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Front Squat	1,1,1	x	5,3,3	50-80%	
B	Cuban Press	3	x	8	Light	
C	Ankle Band Work	3	x	10ea		

Perform A-C Series Simultaneously for 3 Sets

2:00 Minutes Rest Between Exercises

Block 2 Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Front Squat	3	x	5	80-85%	4 Sec Ecc-Help Up
B	Hurdle Hop	3	x	5		Pull Down
C	1/2 Squat Weighted Jump	3	x	4		Pause at Bottom
D	15 yard starts	3	x	1		
E	Wrist Pronation Part Ecc	3	x	5		4 Second Ecc
F	Wrist Supination Part Ecc	3	x	5		4 Second Ecc

Perform A-F Simultaneously for 3 Sets

25 Seconds Rest Between Exercises;2:00 Minutes Between Rounds

Block 3 Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x	5,3,3	50-80%	
B	Face Band Pulls	3	x	8	BAND	
C	Wrist Radial Flexion Part Ecc	3	x	5		4 Second Ecc

Perform A-C Simultaneously for 3 Sets

2 Minutes Rest Between Sets of Bench

Block 4 Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	3	x	5	80-85%	4 Sec Ecc-Help Up
B	Speed Band Bench Press	3	x	4	35-40%	Reactive
C	DB Incline Bench	3	x	4	35-40%	Reactive
D	Clap Push Up	3	x	4		Reactive
E	External Band Rot Ecc	3	x	5	Band	4 Second Ecc
F	Cuban Press Int Rot Band Ecc	3	x	5	Band	4 Second Ecc

Perform A-F Simultaneously for 3 Sets

25 Seconds Rest Between Exercises;2:00 Minutes Between Rounds

Block 5 Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar Lift	3	x	5	80-85%	4 Second Ecc
B	Cuban Press Ext. Rot. Band Ecc	3	x	5	BAND	4 Second Ecc
C	1-Arm Lat. Pulldown	3	x	10	80-85%	Bottom Half

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 6		Upper/Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Hyper	3	x	10	BW	
B	Part Bench Adduction Ecc	3	x	5	Partner	4 Second Ecc
C	DB Bent Over Row	3	x	5	80-85%	4 Second Ecc
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7		Upper/Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	3	x	10	80-85%	Bottom Half
B	Part Ecc Hip Flex Prone	3	x	5	partner	4 Second Ecc
C	Zottman Curl	3	x	8	80-85%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 8		Upper Body Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	EZ Tricep Extension	3	x	8	80-85%	
B	Wrist Ulna Flexion Ecc	3	x	5	Partner	4 Second Ecc
C	Part Bench Abduction Ecc	3	x	5	Partner	4 Second Ecc
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Week 1 Exercise Progressions

Warm-Up Options

Triphasic Aerobic Base Injury Prevention Runs

This warm-up method can be set up simply with four cones in a rectangle, the longer the distance, the better. Athletes will begin by jogging around the rectangle. The coach will have them change movement patterns from jogging to shuffling, to jogging, to Carioca, to backward running. The entire drill will be completed at the original jogging pace. With these different movement patterns, athletes will experience an increased heart rate while also preparing their body in different motions. Start at a 4-minute run and work up to 10 minutes over the eight week period. If space permits, use the entire football field. This warm-up is suggested to be used once or twice a week.

Low Level Plyometric: Calisthenics

This second warm-up option is a group calisthenics workouts which we call GPP. It is a series of exercises set at intervals that strengthen the ankle/foot complex. In lines, the athletes start with jumping jacks and will rotate through a variety of exercises. A simple version is to switch exercises every 20 seconds and start at 6 minutes of exercise. We have found that after reaching 12 minutes, the drill becomes monotonous. Progress 1 minute every week. The offensive system the school I coach at calls plays through the use of signals, so we have a signal attached to an exercise, and we want to get a play off every 13 seconds. To match these needs and prepare the athletes mentally, every 13 seconds we change the exercise. The coach is always moving around, so the players need to find the coach. Some basic movements we use are shown in the "Week 1" table above.

Ankle Rocker Drills

Wipers

The athlete works on lateral and medial rotational range of motion in this drill.

Toe ups

In this drill the athlete stands and elevates the toes off the floor to the greatest height possible to improve dorsiflexion ability.

Slow Run/Preparation Drills

Hurdle Walks

A set of hurdles set at a knee height will be set up in a line with about 1 yard in between each hurdle (6-10 hurdles). Athletes proceed to will walk over each hurdle with a one-foot contact in between each hurdle. The goal is to use hip to raise the opposite hip in the step over of the hurdle. The right foot will stay on right side of the midline and left foot will stay on left side of the midline. Each step should take about 10 seconds. Have the athlete try to bring the trail leg knee into their same side armpit. Also, have the athlete limit trunk rotation and flexion.

[Hurdle Overhead Walks](#)

When the skill of Hurdle Walks is mastered, an athlete can add difficulty by raising their hands over their heads and reach as high as possible. A skip can also be added to the step in between with their hands overhead. A common mistake is that the hip of the leg that is on the ground will push outward, losing the athlete's lateral stability. A coach must be aware of this and correct it immediately. Otherwise, dysfunctions and other compensation patterns will occur. Another common mistake is when an athlete spins on their plant foot in order to rotate their hips. 6-8 reps of 6-10 hurdles is an appropriate amount for the completion of this drill.

[Crane walks](#)

This drill is a very slow, exaggerated stride at an extremely slow speed. As the athlete takes a step, they will emphasize the swing leg heel coming to the back of the thigh, and as they flex the hip forward on the swing leg, they need to keep balance on their plant leg. As the knee begins to raise, again, the athlete must maintain the heel tucked tightly into the back of the leg for as long as possible. The athlete will then begin to push up on their toes on the plant leg while maintaining the tightly tucked position of the swing leg. At this point, they will try to control the landing of the swing leg as long as possible. Once the athlete is on the ground with the new plant leg, repeat the process. Ideally, each step should take 15-20 seconds with a goal of doing 5-10 steps on each leg. Common mistakes include the loss of lateral stability or the opening of the hips, as listed in hurdle walks, and not pulling swing leg heel as tight as possible to the back of the swing leg.

[Booms](#)

[Boom Speed Development](#)

In this drill the athlete will stand on one leg with the other leg held high in the air with a bent knee. Their swing knee should be at navel height. On command, the athlete will switch legs explosively. There should be little movement in the athletes' body. For example, there should be no small jump before the switch takes place and hands should be placed on their hips, so their upper body doesn't drive their lower body. The reps should stay low, with ample rest in between sets. This should be a psoas glute exercise. Not a hip flexor exercise. Start with sets of 2 on each leg and gradually build to 8-10 per leg. If their hip flexors start to grab, rest. Common mistakes include jumping to make the legs switch rather than pushing from a stand still. Also, knees passing each other too low to the ground.

[Boom Boom Speed Development](#)

This is a secondary progression to the Booms above, but now the athlete will finish on the same leg that was started on. Standing on one leg, the athlete will switch legs quickly with the original hanging leg hitting the ground forcefully and immediately bringing it back up to the starting position. Again, keep reps low and explosive. Keep reps to 5-6 and work on higher sets, up to 5 so the athlete doesn't recruit hip quads instead of psoas to do drill. Common mistakes include jumping to make the legs switch rather than pushing from a stand still. Also, knees passing each other too low to the ground.

[Boom Boom Boom Speed Development](#)

This is the final progression of the Boom Speed Development series. Athletes will now complete 3 “Booms” in sequence while maintaining appropriate posture.

Speed

[Flying 10's](#)

Build up to top end speed and then hold for a total of 10 meters. Choose whichever approach you desire, but be sure to give the athlete ample space to build up (10 meters at least). Allow the athlete to slowly decelerate to prevent any possible unnecessary hamstring stress.

[The Stance](#)

The stance, which is shown in the hyperlink above, is a crucial aspect for speed training. Too many athletes believe that they need to crouch the line. The problem is that they do not possess the strength to push their body forward out of such a bunched position. Are you stronger in a deep squat or a quarter squats? This results in the athlete either having a rounded spine when they accelerate, stepping rather than exploding out of stance and a foot placement that is too far in front of the center of mass. By correcting these issues, the acceleration phase can be improved dramatically.

Blocks, if available, allow for improved start abilities. Ideally, with blocks, the toe of the front leg will be underneath the edge of the glute (usually 2-foot lengths behind the starting line). The back foot should be one shoe length behind the front foot. When the athlete is in that foot position, they will kneel down on the knee of the back leg. In this position, they will fold from the hip forward, almost a chop at the hip to fall forward and allow the hands to come out to catch the body from falling. The reason we do this is that too many athletes have an arched back when they leave the blocks. We call it a turtle back. When they are hunched, they are unable to achieve any extension out of the blocks and have to step out instead of exploding. When they get up to the set position with their opposite hand on the ground from their front leg and head in a neutral position and their shins as low to the ground as possible, they will push from their back foot and then the front foot. It is a quick succession of movements, but I have found it helps train the movement if they think there are two separate movements. As they push forward, their torso will raise to a 45-degree angle to clear the torso so the knee can come up and try to drive the knee up and push back down. The trail leg will drag low (toe stays low to the ground) to the ground.

To drill this for the first four weeks, we use a large rubber band supported around the waist of the athlete with their partner holding on to the band. The banded athlete will learn how to drive through their first three steps with the support of the band. As the athlete gets more comfortable with the position, a lighter band can be used.

Agility

The agility work in the first eight weeks will be working over a line. We are trying to develop foot stiffness in multiple planes. In a perfect scenario, we try to count the number of contacts in a 30 sec period. This gives players a sense of urgency. Too many times while doing foot contact work, players go at about 80% and never push themselves to improve.

[Line hop progression](#)

[2 leg lateral line hop with knees bent](#)

Have athlete find a line to jump over. Have athletes fold body until it is a Z. Watching from the side, the players shins should be parallel with their spine. Also, make sure the athlete does not slump forward.

The hyperlines shown below can be used to vary the starting position used in training agility.

[start variation 1 for agility Drills](#)

[Start Variation 2 for agility Drills](#)

[Start Variation 3 for agility Drills](#)