

Training Progression Week 2					
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, 2 Steps	3-4 Reps	1 Set	20 to 40 Seconds	Page
Agility					
Agility	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	2 leg quad jump with knees bent	30 Seconds	2 (1 Clock, and 1 Counter-clockwise)	20 to 40 Seconds	24
Lifting					
Lifting					18-23

Eccentric Block Monday- Sample Training Day

Block 1

Lower Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
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

Order	Exercise	Sets	Reps/Duration		Load	Notes
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

Order	Exercise	Sets	Reps/Duration		Load	Notes
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

Order	Exercise	Sets	Reps/Duration		Load	Notes
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

Order	Exercise	Sets	Reps/Duration		Load	Notes
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

Upper/Lower Auxiliary

25 Seconds Rest Between Exercises

Upper/Lower Auxiliary

25 Seconds Rest Between Exercises

Upper Body Auxiliary

25 Seconds Rest Between Exercises

Eccentric Block Wednesday- Sample Training Day

Block 1

Lower Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	1,1,1	x	5,3,3	50-80%	Warm-up

Perform A as Warm-up for Heavier Sets

1:00 Minutes Rest Between Sets

Block 2

Lower Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Back Squat	5	x	2-3 Reps	90-92%	No Tempo
B	Box Jump	5	x	4 Reps		
C	Antib Band	5	x	5 Reps		

Perform A-C Simultaneously for 5 Sets

2:00 Minutes Rest Between Sets

Block 3

Upper Body Warm-up

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-up

Perform A as Warm-up for Heavier Sets

1:00 Minutes Rest Between Sets

Block 4

Upper Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Bench Press	3	x	3	90-92%	No Tempo
B	Med Ball Chest Pass	3	x	5	Moderate	Quick Hip
C	Delt BO Lat Rebound Drop	3	x	7	Light	

Perform A-C Simultaneously for 3 Sets

2:00 Minutes Rest Between Sets

Block 5

Upper/Lower Auxiliary

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	Glute Ham Bar	3	x	5	90-92%	
B	DB Step Up	3	x	5	90-92%	Bottom Half
C	Hip Flexor Prone	3	x	8	BW	Knee On Bench

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Upper/Lower Auxiliary

25 Seconds Rest Between Exercises

Upper/Lower Auxiliary

25 Seconds Rest Between Exercises

Upper/Lower Auxiliary

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

Upper/Lower Auxiliary

25 Seconds Rest Between Exercises

Upper/Lower Auxiliary

25 Seconds Rest Between Exercises

Upper Body Auxiliary

25 Seconds Rest Between Exercises

Week 2 Exercise Progressions

Warm-Up Options

No Changes, Refer to Week 1

Ankle Rocker Drills

No Changes, Refer to Week 1

Slow Run/Preparation Drills

No Changes, Refer to Week 1

Speed

[Stance Start, 2 Steps](#)

The same stance is used as in week 1 above. Now the athlete focuses on their first two steps.

Agility

[2 leg quad jump with knees bent](#)

This drill is similar to the 2 leg lateral line hop drill used in week 1. However, now the athlete will move in a rectangular pattern, hitting all 4 spaces of the quadrant. Complete 2 drills in the counterclockwise and 2 counter-clockwise while allowing the appropriate rest time. Continue to focus on fast feet and attempt to count the number of touches when possible.