	Trai	ning Progression W	eek 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	Sets	Rest Time	Page Number
	Wipers	25	1	20 - 40 Seconds	12
	Toes Up	25	1	20 - 40 Seconds	12

	Slo	w Run/Preparation [	Orills		
Slow Run/Preparation Drills	Drill	Repetitions/Durati	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	l	l	
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	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	<u>L</u>	<u>Lower Body Warm-up</u>								
<u>Order</u>	<u>Exercise</u>	Sets Reps/Duration			Load	Notes				
Α	Back Squat	1,1,1	Х	5,3,3	50-80%					
В	<u>Cuban Press</u>	3	Х	8	Light					
С	Ankle Band Work	3	Х	10ea	Band					

Perform A & C Series Simultaneously for 3 Sets

1:00 Minute Rest Between Sets

#### **Lower Body Strength** Block 2 Reps/Duration Order **Exercise** Sets Load **Notes** Α **Back Squat** 85-87.5% 5 Sec Ecc-Partner Help Up Hurdle Hop В 4 х 5 Pull Down 1/2 Squat Weighted Jump C 5 Pause at Bottom 4 D 15 yard starts 4 1 Х 4 Ε Wrist Pronation Part Ecc 3 4 Second Eccentric х F Wrist Supination Part Ecc 4 4 Second Eccentric

Perform A-F Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

#### **Upper Body Warm-up** Block 3 Sets Reps/Duration Order **Exercise Notes** Load **Bench Press** 1,1,1 5,3,3 50-80% Coach View Α В **Face Band Pulls** 3 Х 8 BAND C Wrist Radial Flexion Part. Ecc 3 4 Second Eccentric

Perform A-B Simultaneously for 2 Sets

1:00 Minute Rest Between Sets

#### Upper Body Strength Block 4 **Reps/Duration** Order **Exercise** Sets Load **Notes Bench Press** Α 85-87.5% 5 Sec Ecc-Partner Help Up В **Speed Band Bench Press** 4 Х 5 35-40% C DB Incline Bench 4 5 35-40% Reactive-Speed Х D Speed Push Up 4 BW Reactive 5 Ε External Band Rot. Ecc 4 3 4 second Eccentric Х Band Cuban Press Int Rot Band Ecc 4 4 second Eccentric F Band

Perform A-F Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

Block 5	<u>Upper/Lower Auxiliary</u>								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Glute Ham Bar Lift	3	Х	3	85-87.5%	5 Second Eccentric			
В	Cuban Press Ext. Rot. Band Ecc	3	Х	4	BAND	4 Second Eccentric			
С	1-Arm Lat. Pulldown	3 x 4 85-87.5% 4 Second Eccentr							

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 6	<u>_</u>	Jpper/	Lower	Auxili	iary	
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes
Α	Glute Ham Hyper	3	х	8	BW	
В	Part. Bench Adduction Ecc	3	Х	3	partner	4 Second Eccentric
С	DB Bent Over Row	3	Х	3	85-87.5%	5 Second Eccentric
	Perform A	-C Simul	taneous	y for 3 S	Sets	
	25 Secon	nds Rest	Betweer	Exercis	es	
Block 7	<u>_</u>	Jpper/	Lower	Auxili	iar <u>y</u>	
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes
Α	DB Shoulder Press	3	Х	7	85-87.5%	Bottom Half
В	Part. Ecc Hip Flex Prone	3	Х	3	partner	4 Second Eccentric
С	<u>Bar Curl</u>	3	Х	5	85-87.5%	
	Perform A	-C Simul	taneous	y for 3 S	Sets	
	25 Secon	nds Rest	Betweer	Exercis	es	
Block 8		Upper	Body	Auxilia	ary_	
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes
Α	DB Tri Ext	3	Х	5	85-87.5%	
В	Wrist Ulna Flexion Ecc	3	Х	3	Partner	4 Second Eccentric
С	Part. Bench Abduction Ecc	3	Х	3	Partner	4 Second Eccentric
	Perform A	-C Simul	taneous	y for 3 S	Sets	
	25 Secor	nds Rest	Between	Exercis	es	

Ecce	entric Block We	dnes	day- S	Sample	Traini	ng Day			
Block 1		Lower Body Strength							
<u>Order</u>	<u>Exercise</u>	Sets	Reps/E	Ouration	Load	Notes			
Α	Back Squat	1,1,1	Х	5,3,3	50-80%	Warm-up			
Perform A as Warm-up for Heavier Sets									
	1:00	Minutes	Rest Betw	een Sets					
Block 2		Low	er Body	/ Strengt	<u>h</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/E	Ouration	Load	Notes			
Α	Back Squat	5	Х	2-3 Reps	90-92%	No Tempo			
В	Box Jump	5	Х	4 Reps					
С	Antib Band	5	X	5 Reps					
	Perforn	n A-C Sim	ultaneousl	y for 5 Sets					
2:00 Minutes Rest Between Sets									
Block 3 Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/[	Ouration	Load	Notes			
Α	Bench Press	1,1,1	x 5,3,3		50-80%	Warm-up			
	Perform	A as War	m-up for I	Heavier Sets	5				
	1:00	Minutes	Rest Betw	een Sets					
Block 4		<u>Upp</u>	er Body	Strengt	<u>h</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/[	Ouration	Load	Notes			
Α	Bench Press	3	Х	3	90-92%	No Tempo			
В	Med Ball Chest Pass	3	Х	5	Moderate	Quick Hip			
С	Delt BO Lat Rebound Drop	3	X	7	Light				
				y for 3 Sets					
	2:00	Minutes	Rest Betw	een Sets					
Block 5		Uppe	er/Lowe	r Auxilia	ry				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/E	Ouration	Load	Notes			
Α	Glute Ham Bar	3	Х	5	90-92%				
В	DB Step Up	3	Х	5	90-92%	Bottom Half			
С	<u>Hip Flexor Prone</u>	3	X	8	BW	Knee On Bench			
	Perforn	n A-C Sim	ultaneousl	y for 3 Sets					
	25 Sec	conds Res	t Between	Exercises					

Block 6		Uppe	er/Lowe	r Auxilia	ary_			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/I	Ouration	Load	Notes		
Α	DB Shoulder Press	3	Х	7	90-92%	Bottom Half		
В	Cuban Press Fig 8	3	Х	8	Light			
С	<u>Pull Up</u>	3	Х	5	90-92%	Bottom Half		
	Perfor	m A-C Sim	ultaneous	y for 3 Set	S			
	25 Se	econds Res	t Betweer	Exercises				
Block 7		Upper/Lower Auxiliary						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/I	Ouration	Load	Notes		
Α	Glute Ham Hyper	3	Х	8	BW			
В	Bench Abduction	3	Х	8	BW			
С	<u>Calf Raises</u>	3	Х	8	90-92%			
	Perfor	m A-C Sim	ultaneous	y for 3 Set	S			
	25 Se	econds Res	t Betweer	Exercises				
Block 8		Uppe	er/Lowe	r Auxilia	ary_			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/I	Duration	Load	Notes		
Α	<u>Tri Push Down</u>	3	Х	4	90-92%			
В	DB Hammer Curls	3	Х	4	90-92%			
С	Ext. Rot. Band	3	Х	8	Band			
	Perfor	m A-C Sim	ultaneous	y for 3 Set	S			
	25 Se	econds Res	t Betweer	Exercises				

## **Eccentric Block Friday- Sample Training Day**

Block 1	Lov	Lower Body Warm-up								
<u>Order</u>	<u>Exercise</u>	Sets Reps/Duration			Load	Notes				
Α	Front Squat	1,1,1	х	5,3,3	50-80%					
В	<u>Cuban Press</u>	3	Х	8	Light					
С	Ankle Band Work	3	Х	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>	Sets	Sets Reps/Duration Load					
Α	<u>Front Squat</u>	3	Х	5	80-85%	4 Sec Ecc-Help Up		
В	<u>Hurdle Hop</u>	3	Х	5		Pull Down		
С	1/2 Squat Weighted Jump	3	Х	4		Pause at Bottom		
D	15 yard starts	3	Х	1				
E	Wrist Pronation Part Ecc	3	Х	5		4 Second Ecc		
F	Wrist Supination Part Ecc	3	Х	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>	Sets	Reps/Duration		Load	Notes
Α	Bench Press	1,1,1	Х	5,3,3	50-80%	
В	Face Band Pulls	3	Х	8	BAND	
С	Wrist Radial Flexion Part Ecc	3	Х	5		4 Second Ecc

Perform A-C Simultaneously for 3 Sets

2 Minutes Rest Between Sets of Bench

# Block 4 Upper Body Strength Order Exercise Sets Reps/Duration

<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	Reps/Duration		Notes	
Α	Bench Press	3	Х	5	80-85%	4 Sec Ecc-Help Up	
В	Speed Band Bench Press	3	Х	4	35-40%	Reactive	
С	DB Incline Bench	3	Х	4	35-40%	Reactive	
D	Clap Push Up	3	Х	4		Reactive	
E	External Band Rot Ecc	3	Х	5	Band	4 Second Ecc	
F	Cuban Press Int Rot Band Ecc	3	х	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>	Sets	Reps/Duration		Load	Notes		
Α	Glute Ham Bar Lift	3	Х	5	80-85%	4 Second Ecc		
В	Cuban Press Ext. Rot. Band Ecc	3	Х	5	BAND	4 Second Ecc		
С	1-Arm Lat. Pulldown	3	Х	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>	Sets Reps/Duration		Load	Notes	
Α	Glute Ham Hyper	3	Х	10	BW	
В	Part Bench Adduction Ecc	3	Х	5	Partner	4 Second Ecc
С	<b>DB Bent Over Row</b>	3	х	5	80-85%	4 Second Ecc
	Perform A-C Si	multan	eously f	or 3 Se	ts	
	25 Seconds Rest Between Exercises					
Block 7	Upper/Lower Auxiliary					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes
Α	DB Shoulder Press	3	Х	10	80-85%	Bottom Half
В	Part Ecc Hip Flex Prone	3	Х	5	partner	4 Second Ecc
С	Zottman Curl	3	х	8	80-85%	
	Perform A-C Si	multan	eously f	or 3 Se	ts	
	25 Seconds R	est Bet	ween Ex	cercises		
Block 8	Upper Body Auxiliary					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes
Α	EZ Tricep Extension	3	х	8	80-85%	
В	Wrist Ulna Flexion Ecc	3	х	5	Partner	4 Second Ecc
С	Part Bench Abduction Ecc	3	Х	5	Partner	4 Second Ecc

Perform A-C Simultaneously for 3 Sets 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.