



March 23 – 27, 2020 Conditioning & Footwork

Overall

1. See brlax.net under BLOG for details on the following:
 - a. Dynamic Stretching
 - b. Ladder Drills
 - c. Line Agility Drills
 - d. Jump Roping Drills

March 23 (Monday) – Footwork Day

- 1) Dynamic Stretching
- 2) 180's - 2 x 40 back start, 2 x 40 front start
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 3) Get Ups (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 4) Sprints 6 x 40 yards
- 5) Sprints 6 x 20 yards
- 6) 2 x Ladder drills or line drills or jump rope for 10 minutes

March 24 (Tuesday) - Conditioning Day

- a) Dynamic Stretching
- 1) 5 and 10 yard agilities
 - a) This drill is a full speed backward drill in a 5 or 10 yard area. Defenders will place toes on the line in a good stance & body position (chin over toes). On command, defenders will backpedal 5 or 10 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
 - b) Do 3x at 5 yards and 3x at 10 yards
 - c) **Coaching Points** - Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward
- 2) Backwards skips and sprints – 40 yards (2x each)
- 3) Middies
 - a) Set three (3) cones out that are at 0, 15 yards, 30 yards (older players can move these to 20 & 40)
 - b) **Set 1**
 - i) Starting at the 1st cone run to the second cone (15 yards) and back 4x in 30 secs.
 - ii) 30 seconds of rest
 - iii) Repeat for 3 sets in total (run, rest, run, rest, run, rest)
 - c) Take 3 minutes of rest
 - d) **Set 2**
 - i) Starting at the 1st cone run to the third cone (30 yards) and back 2x in 30 secs.
 - ii) 30 seconds of rest
 - iii) Repeat for 3 sets in total (run, rest, run, rest, run, rest)
 - e) Take 3 minutes of rest
 - f) **Set 3**
 - i) Starting at the 1st cone run to the 2nd cone 2x. Then to the third cone and back 1x in 30 secs.
(1) In that order 1st to 2nd, 1st to 2nd and 1st to 3rd
 - ii) 30 seconds of rest
 - iii) Repeat for 3 sets in total (run, rest, run, rest, run, rest)
 - g) Done



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March 25 (Wednesday) – Footwork Day

- 1) Dynamic Stretching
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
 - e) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) Tuck Jumps (Knees to chest) 5 singles, then 5 in a row
- 5) Heel kicks (Foot to butt) 5 singles, then 5 in a row
- 6) 90-180-270-360 single foot, double foot.
 - a) On go jump and turn 90 degrees land and return to start, then 180 degrees, etc
- 7) Count your strides 4 x 40 (improve each time)
 - a) Work on extending your strides to cover more ground.
- 8) 2 x Ladder drills or line drills or jump rope for 10 minutes

March 26 (Thursday) - Conditioning Day

- 1) Dynamic Stretching
- 2) Ins and outs (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.) use houses if you don't have a field.
 - a) Each "In" is an acceleration push that is followed by an "out," which is relaxing (while running fast), taking some sips of air, and coasting off the previous acceleration push.
 - b) **IN** = With a standing start, stride to the first mark. When the athlete hits the 10 yd mark, with maximum acceleration, exert maximum force and speed while holding the breath through the first "in phase".
 - c) **OUT** = After the "in," slightly coast (relax while running fast) and breathe while maintaining speed through "out" section. Once the athlete hits the next mark (acceleration POINT), this is followed by another "in" acceleration push.
- 3) 180s (4 x 40) – run 20 yards turn and finish backward.
- 4) 10 x 40 yards
- 5) 300 yard shuttle
 - a) Set up 2 cones 50 apart (50 steps, 3 or 4 houses, etc)
 - b) Run from 1st cone to the 2 cone and back 3 times in 1:05 (high school boys – adjust for your age)
 - c) Rest for 2 minutes
 - d) Repeat 3x (run 300 yards, rest, run 300 yards, rest, run 300 yards, done)



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March 27 (Friday) – Pain Storm

- 1) Dynamic Stretching
- 2) 180's - 2 x 40 back start, 2 x 40 front start
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 3) 5 and 10 yard agilities
 - a) This drill is a full speed backward drill in a 5 or 10 yard area. Defenders will place toes on the line in a good stance & body position (chin over toes). On command, defenders will backpedal 5 or 10 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
 - b) Do 3x at 5 yards and 3x at 10 yards
- 4) **Pain Storm**
 - a) Sprint 40 yards – 1x
 - b) 20 Burpees
 - c) Sprint 40 yards – 1x
 - d) 25 Jumping Jacks
 - e) Sprint 40 yards - 2x
 - f) 20 pushups
 - g) Sprint 40 yards - 2x
 - h) 20 Air Squats
 - i) Sprint 40 yards - 3x
 - j) 30 situps
 - k) Sprint 40 yards - 4x
 - l) 20 burpees
 - m) Sprint 40 yards - 3x
 - n) 25 jumping jacks
 - o) Sprint 40 yards - 2x
 - p) 20 pushups
 - q) Sprint 40 yards – 1x