



April 13 – April 20, 2020 Conditioning & Footwork

Overall

See brlax.net under BLOG for details on the following:

- a) Dynamic Stretching
- b) Ladder Drills
- c) Line Agility Drills
- d) Jump Roping Drills

April 13 (Monday) – Footwork Day

- 1) Dynamic Stretching
- 2) Striders (longer striders than normal) – 4 x 40 yards
- 3) 180's - 2 x 40 back start, 2 x 40 front start
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 4) Get Ups (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 5) Sprints 4 x 100 yards
- 6) Sprints 6 x 40 yards
- 7) 2 x Ladder drills or line drills or jump rope for 10 minutes

April 14 (Tuesday) - Conditioning Day

- 1) Dynamic Stretching (See brlax.net under blog for details)
- 2) 5 and 15 yard agilities (To develop good body positioning during the backpedal and improve reaction time.)
 - a) This drill is a full speed backward drill in a 5 yard area. Defenders will place toes on the line in a good stance and body position (chin over toes). On command, defenders will backpedal 5 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
 - b) **Coaching Points** Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward
- 3) 4 x 40 yards (build up)
- 4) Backwards skips and sprints – 40 yards
- 5) 300 yard shuttles (under 75 seconds) two cones 50 yards apart. Rest is 75 seconds, completion is 5



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April 15 (Wednesday) – Footwork Day

- 1) Dynamic Stretching
- 2) Starts (10 x 10 yards) (Hand Clap, 3 pt, 4 pt stance)
- 3) 180s (run ½ way turn 180 finish distance) 4 x 40 yards
- 4) Backward sprints (4 x 40 yards)
- 5) 10 x 40 yards
- 6) 2 x Ladder drills **or** line drills **or** jump rope for 10 minutes

April 16 (Thursday) - Conditioning Day

- 1) Dynamic Stretching
- 2) Mountain Climbers 3 x 30 seconds
- 3) 10 x 10 yards starts
- 4) Walking lunge (2 x 40 yards)
- 5) Backward sprints 4 x 40 yards
- 6) 10 x 40 yards – 20 seconds of rest btw.
- 7) Repeats to the 40 yards (5 and back, then 5 and back, 10 and back. then 5 and back, 10 and back and 15 and back.
 - a) 2 sets with 3 minute rest in between

April 17 (Friday) – The Longest Mile

- 1) Dynamic Stretching
- 2) ***The Longest Mile – 4 rounds for time. No rest between rounds.***
 - a) 10 Burpees
 - b) 100 meter run
 - c) 10 Air Squats
 - d) 100 meter run
 - e) 10 Pushups
 - f) 100 meter run
 - g) 10 Situps
 - h) 100 meter run