



## April 6 – April 10, 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 6 (Monday) – Footwork Day

- 1) Dynamic Stretching
- 2) Get ups 2 x 4 position
- 3) 4 corner (10 one way, 10 other way) forward sprint, left cari's, back, sidestep. (10 yard box)
  - a) Do 6 sets
- 4) Triangle drills
  - a) Three cones 10 yards apart in triangle. From cone 1 to 2 shuffle to left, From 2 to 3 shuffle right shoulder leads. From 3 to 1 backpedal. Do 3 times in a row. (4 sets)
- 5) 5 x 40 yards – 20 second rest between
- 6) 2 x Ladder drills **or** line drills **or** jump rope for 10 minutes

### April 7 (Tuesday) - Conditioning Day

- 1) Dynamic Stretching (See brlax.net under blog for details)
- 2) Get ups 2 x 4 position
- 3) Ins and outs (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
  - 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.
- 4) 3 x 100 yards – 40 second rest between
- 5) 6 x 40 yards – 20 second rest between
- 6) 17s (3 sets)
  - a) Set out 2 cones 15 yards apart.
  - b) On go you sprint from 1 cone to the other 17x
  - c) The goal is less than 1 minute
  - d) Take a 2 minute rest
  - e) Do 3 sets of this.



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### **April 8 (Wednesday) – Footwork Day**

- 1) Dynamic Stretching
- 2) Ankle hop
  - 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
  - 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) 90-180-270-360 single foot, double foot.
- 5) Rockets 4 x 40 yards – each step faster
- 6) 2 x Ladder drills or line drills or jump rope for 10 minutes

### **April 2 (Thursday) - Conditioning Day**

- 1) Dynamic Stretching
- 2) 10 yard single leg hops (2x each leg)
- 3) High knees to striders (20 yards to 20 yards switch at cone or on whistle)
- 4) Mountain climbers(2 sets of 60 seconds)
- 5) Backward Sprints and Skips (4 x 40 yards)
- 6) Superman (4 x 40 yards)
- 7) 180's - 2 x 40 back start, 2 x 40 front start
  - a) Sprint one direction at midpoint rotate 180 and finish other way
- 8) Sprints 4 x 100 yards
- 9) 300 yard shuttle (6 x 50 yards)



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### April 3 (Friday) – Ivan The Terrible

- 1) Dynamic Stretching
- 2) Marching, skips, bounds - 2 x 40 yards
- 3) Striders (longer striders than normal) – 4 x 40 yards
- 4) *Ivan the terrible*
  - a) 200 meter run - 60 seconds with run and rest
    - i) can be 200 continuous run, 100 down and back or 50 yard down, back, down, back, etc.
  - b) 20 lunges
  - c) 20 burpees
  - d) 30 crunches
  - e) 200 meter run - 60 seconds with run and rest
    - i) can be 200 continuous run, 100 down and back or 50 yard down, back, down, back, etc.
  - f) 15 lunges
  - g) 15 burpees
  - h) 25 crunches
  - i) 200 meter run - 60 seconds with run and rest
    - i) can be 200 continuous run, 100 down and back or 50 yard down, back, down, back, etc.
  - j) 10 lunges
  - k) 10 burpees
  - l) 20 crunches
  - m) 200 meter run - 60 seconds with run and rest
    - i) can be 200 continuous run, 100 down and back or 50 yard down, back, down, back, etc.
  - n) 5 lunges
  - o) 10 burpees
  - p) 15 crunches