



March 30 – April 3, 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 30 (Monday) – Footwork Day

- 1) Dynamic Stretching
- 2) Starts (10 x 10 yards) (Hand Clap, 3 pt, 4 pt stance)
- 3) Backward sprints (4 x 40 yards)
- 4) 10 x 40 yards
- 5) 2 x Ladder drills **or** line drills **or** jump rope for 10 minutes

March 31 (Tuesday) - Conditioning Day

- 1) Dynamic Stretching (See brlax.net under blog for details)
- 2) Starts (5 x 10 yards) (start from a Hand Clap, a 3 pt, a 4 pt stance)
- 3) High Knee to Striders (4 x 40 switch at 20 yards) – striders are just long steps
- 4) Backward sprints 3 x 20 yards
- 5) Place 2 cones 20 yards apart. On start complete the #of sprints between them listed below.
 - a) 15 x in 75 seconds
 - i) 2 minute rest
 - b) 12 x in 65 seconds
 - i) 90 second rest
 - c) 9 x in 45 seconds
 - i) 60 second rest
 - d) 6 x in 35 seconds

April 1 (Wednesday) – Footwork Day

- 1) Dynamic Stretching
- 2) 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.
- 3) Sprints
 - a) 6 x 40 yards
 - i) 30 seconds off btw each sprint
 - b) 6 x 20 yards
 - i) 15 seconds off btw each sprint
- 4) 2 x Ladder drills **or** line drills **or** jump rope for 10 minutes



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April 2 (Thursday) - Conditioning Day

- 1) Dynamic Stretching
- 2) Starts (5 x 10 yards) (start from a Hand Clap, a 3 pt, a 4 pt stance)
- 3) High Knee to Striders (4 x 40 switch at 20 yards) – striders are just long steps
- 4) Backward Sprints and Skips (4 x 20 yards)
- 5) 240 yards shuttles
 - a) Put 2 cones 40 yards apart.
 - b) Run down and back 3 x
 - c) You have 45-50 sec to complete
 - d) Rest for 2 minutes btw sets
 - e) Do 3 sets

April 3 (Friday) – Jail Break

- 1) Dynamic Stretching
- 2) 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
- 3) Jail Break
 - a) 20 burpees
 - b) 150 meter run - 45 seconds with run and rest (can be 150 continuous run or 50 yard down, back, back)
 - c) 18 burpees
 - d) 150 meter run - 45 seconds with run and rest
 - e) 16 burpees
 - f) 150 meter run - 45 seconds with run and rest
 - g) 14 burpees
 - h) 150 meter run - 45 seconds with run and rest
 - i) 12 burpees
 - j) 150 meter run - 45 seconds with run and rest
 - k) 10 burpees
 - l) 150 meter run - 45 seconds with run and rest
 - m) 8 burpees
 - n) 150 meter run - 45 seconds with run and rest
 - o) 6 burpees
 - p) 150 meter run - 45 seconds with run and rest
 - q) 4 burpees
 - r) 150 meter run - 45 seconds with run and rest
 - s) 2 burpees
 - t) 150 meter run - 45 seconds with run and rest