	Date		Week # 1 Day # 1	Day of the week:									
	Date		Bodyweig	tht									
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		(10 yards)										
111110	or Day.							n, butt kicke					
011	/=::t-	backw	ard run, b	ackpedal, S	LDL walk,	straight leg	skip, lung	e walk, inch	worm				
Start	/Finish	Disease etai											
		Plyometric	cs:		Box Jui	mps 5x5							
	ch(s):												
Partne	r/Group:	Speed/Ag	ed/Agility:										
			Lean Fall Run 3x ea.										
			Lean i an itali 3x ea.										
		Condition	ing:		Tomno	Dun 14v							
			Tempo Run 14x										
Abdomin	als:												
			4		2x20 - 60 s								
					uit 10/10/10 Ups 3x10-2								
			,	Strength	Trainin	9							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	J		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
60,65,70	DB Snatch		5 ea.	5 ea.	5 ea.			<u> </u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20			! !					
	<u>i</u>		<u> </u>	<u> </u>	<u> </u>			<u> </u>					
60-77%	Front Box		8	8	8			<u> </u>					
60-77%	Chin Ups		8	8	8			<u> </u>	<u> </u>				
70 750/	DD 6 111 5		40	10	<u>.</u>			. ! 					
70-75%	DB Split S		12	12	į į			i	Ī				
70-75%	KB Row		12	12	<u> </u>			<u> </u>					
	Diagonal I	Plate Raise	112	12	<u> </u>				1				
	i 		i 	i 	 			 	i				
	<u> </u>		<u> </u>	! 	<u> </u>			<u> </u>	F				
Clavilatii	: Partner St	watah			<u> </u>								
Flexibility	: Partner Si	retcn											
Additions	I Comment	s. (jesups o	r iniuries o	verall mood	etc.)								
Additiona		5. (100000 0	r injunico, o	vorali illood	, 0.0.,								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	D-1-		Week # 1		Day of the week:								
	Date		Day # 2	.h.t			•						
			Bodyweig	Int									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
11110	or Day.				F/B, cross								
Ctows	/Finish	Scissors L	./R, ankle t ankles) L/F	oounce F - 3	Shuffle + Ca	arioca + Sp	iderman 53	cea. Lat. So	uat 5x ea.				
Start	/Finish	Plyometric		VILID									
		riyometri	<i>.</i> 5.	L	ateral Box	Jump 3x5 e	ea.						
			and a sump one out										
Coa	ch(s):												
Partne	r/Group:	Speed/Agi	ed/Agility:										
			1-2 stick (4 hoops) 3x ea.										
			Lateral Hoop Run (3 hoops) 3x ea.										
		Condition	ina:										
		Sonation	Slide Board 5x :30/1:30										
			Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10)										
Abdomin	als: (MEDB												
					with band b								
		Front			elow knees		ט טואא						
			•	Seated Che	SI F455 3X I	10							
				Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i				
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest _				
60,65,70	Hang Clea		15	10 to 20	10 to 20	<u>l</u>	<u> </u> 	<u> </u>					
	Siant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20		-	: 					
CO 770/	Damala Da			<u> </u>	8	<u> </u>	<u> </u>	<u> </u>					
60-77%	Bench Pre		<u> 8</u> 8 to 20	<u> 8</u>		<u> </u>	<u> </u>						
 	1 leg Hip I	LIIT	8 to 20	8 to 20	8 to 20	<u> </u>	<u> </u>	<u>, </u>	<u>.</u>				
70-75%	KB Should	dor Drass	12	12	i	.	.	i i	i				
	DB SLDL		12	12	!	<u> </u>	<u> </u>	! !					
70-75%	-		12	12		<u> </u>	<u> </u>						
70-75%	Cable Cho	γp	112	112									
	i		-	i	i	-	-	i	i				
-	+		<u> </u>	<u> </u>	 	<u> </u>	<u> </u>	 					
Elovibility	r: Foam Rol	lar Stratah											
riexibility	r. Fuaili Kui	ier Stretch											
Additiona	I Comment	s: (issues o	r iniuries o	verall mood	. etc.)								
raditione		0. (10000000	,	voran mood	, 0.0.,								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 1 Day # 3		Day of the week:							
	Date		Bodyweig	ht								
	CONDI	TIONING			netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:		lr haal ta b	utt bigb kn	oo okin hi	ah kasa ru	n butt kiek	0.00			
					utt, high kn LDL walk, s							
Start	/Finish											
		Plyometric	es:	Sin	gle Leg Bo	x Jump 5x5	i ea.					
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	lity:									
				90 d	egree Lean	Fall Run 3	x ea.					
		Condition	ditioning:									
			Tempo Run 16x									
Abdomina	ale:											
	nder crunch	x10, toe to	uches x10	, bicycle x1	0ea., jackk	nife x10, si	de crunch	x10, supern	nan x10			
			9	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Rens/	Tempo	Rest			
60,65,70	Push Pres				5	<u> (()</u>	<u> </u>	<u> 10111 </u>	<u> </u>			
	Bent Leg I	L-Sit	20-60sec	20-60sec	20-60sec							
60-77%	Hex DL +	Shrug	8	8	8							
60-77%		rip Chin Up	8	8	8							
70-75%	Step Up		12	12	!				<u> </u>			
70-75%	T-Grip Ro	w		12	 							
	Diagonal I		12	12								
	1			! 	! 							
<u> </u>	1		<u> </u>	 	 	<u> </u>	<u> </u>		 			
Flexibility	: Partner St	tretch										
Additiona	I Comment	s: (issues o	r injuries, ov	verall mood	, etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run, S	Swimming)								

			Week # 1		Day of the week:								
	Date		Day # 4										
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:		(ladder) 1										
111116	or Day.					tch F/R/L, i							
.					Carioca Sp	iderman 5x	ea. Lat. So	uat 5x ea.					
Start	/Finish		kles) F/B/L	J/K									
		Plyometric		Single Leg	Pov lumn	Madial . La	toral 2v2 o	•					
			Single Leg Box Jump Medial + Lateral 3x3 ea.										
Coa	ch(s):												
	r/Group:	Speed/Agi	ed/Agility:										
			1-2 stick 3x (4 hoops)										
				late	eral hoop r	un 3x (3 hoc	ops)						
		Condition	nditioning:										
			Slide Board 5x :30/1:30										
		Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10)											
Abdomina	als: (MEDB	ALL)											
		<i>'</i>	Star	ding Overl	nead Throw	/ 3x10							
				nt Hip Toss									
			(Seated Che	st Pass 3x	10							
				Strength		-							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i _ i				
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest _				
60,65,70	Hang Cle		5	5	5	40.4 - 00							
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20							
	i		<u> </u>	i	<u> </u>	Ī	ļ						
60-77%	Incline Be		<u> </u>	<u> 8</u>	<u> 8</u>	<u> </u>							
	1 Leg Hip	Lift	8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
	<u> </u>		1	1	1	 		!] 				
70-75%	DB hammer		12	12	<u>i</u>	<u> </u>		.	<u> </u>				
70-75%	KB 1 Leg		12	12	<u> </u>	<u> </u>		<u> </u>					
70-75%	Cable Cho	р	12	12	l	<u> </u>		<u> </u>					
] 		! 	<u> </u>	! !	1		! 					
	<u> </u>		<u> </u>	<u> </u>	į	<u> </u>							
			<u> </u>										
Flexibility	: Foam Rol	ler Stretch											
۰ مامانه: م	l Commont	or (ioo::co -	r injurina -	vorall mass-l	oto)								
Auditiona	I Comment	5. (1550e5 0	i irijuries, o	verali III000	, e tc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 2 Day # 1		Day of the week:								
	Date		Bodyweig	ıht									
	CONDI	TIONING		up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
	o. 2ay.			lk, heel to b									
Start	/Finish	backw	ard run, b	ackpedal, S	LDL walk,	straight leg	skip, lung	e walk, incr	worm				
		Plyometric	cs:		Box Ju	mps5x5							
Coa	ch(s):												
	r/Group:	Speed/Agi	Speed/Agility:										
	•												
			Lean Fall Run 3x ea.										
		Conditioni	ina:										
			Tempo Run 18x										
Abdomina	als:												
			4	pt. Stability	<u>/ 2x20 - 60 s</u> :uit 10/10/10								
			F	lat Foot Sit									
				Strength									
0/			Set 1	Set 2	Set 3	Set 4	Set 5						
%	Exe	rcise	Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	DB Snatch		5 ea.	•		5 ea.							
	Slant Boar	rd Sit Ups	10 to 20	10 to 20	10 to 20	1							
60-77%	Front Box	Squat	8	8	8								
60-77% 60-77%	Front Box Chin Ups		8	8	18	<u> </u>							
JJ-17/0	January Ops			i 	ï	i i			i				
70-75%	DB Split S	quat	12	12	 								
70-75%	KB Row		12	12									
	Diagonal I	Plate Raise	12	12	<u> </u>	<u> </u>							
	! 		 	 	! 	! 			I				
	[!	<u> </u>				<u> </u>				
Flevihility	I : Partner St	retch											
i lexibility	. Faither St	i Cicii											
Additiona	I Comments	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 2 Day # 2		Day of the week:								
	2410		Bodyweig	aht									
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		s F/L/R, cr	oss in front	F/B, cross								
.	,· · ·				Shuffle + C	arioca Spic	derman 8x	ea., Lateral	Squat 8x				
Start	/Finish	Bands (an		_/R									
		Plyometric	<u> </u>	L	ateral Box .	Jump 3x5 e	a.						
Coa	ch(s):												
Partne	r/Group:	Speed/Agi	eed/Agility:										
			1-2 stick (4 hoops) 3x ea.										
			Lateral Hoop Run (3 hoops) 3x ea.										
		Condition	ina:										
		55	Slide Board 6x :30/1:30										
			Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)										
∆hdomin	als: (MEDB	\											
Abdomini	ais. (IVILDD)		ling Overh	ead Throw	with band b	elow knee	s 3x10						
					elow knees								
				Seated Che	st Pass 3x1	0							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! _ !	_ [
CE 70 7E	llong Clas		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	Hang Clea	ııı rd Rev Sit l	<u>. </u>	10 to 20	10 to 20			i i	i				
	Statit Boa	id Kev Sit (10 10 20	10 10 20	10 10 20			<u> </u>					
60-77%	Bench Pre	200	<u> </u> 8	<u> </u> 8	8								
JJ-11/0	1 leg Hip l	~~	8 to 20	8 to 20	8 to 20				<u></u>				
	i iog mp i		<u> </u>	1	1 .0 20			į	į				
70-75%	KB Should	der Press	12	12	 			 					
70-75%	DB SLDL		12	12	<u> </u>								
70-75%	Cable Cho	pp	12	12	<u>Ī</u>			i i	j				
	<u> </u>	•		1	1			İ					
	i		 	i	 								
	<u> </u>		<u> </u>	<u>i</u>	<u>i </u>			<u> </u>	i				
Flexibility	: Foam Rol	ler Stretch											
Additions	I Comment	e. (jeende o	r iniuries o	verall mood	etc.)								
Additiona	ii Comment	3. (133063 0	i irijuries, o	verali illood	, 610.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 2 Day # 3		Day of the week:								
			Bodyweig	ht									
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
111110	or Day.							n, butt kicke					
Ctont	/Finish	backw	ard run, ba	ackpedal, S	LDL walk, s	straight leg	skip, lung	e walk, inch	worm				
Start	/FIIIISII	Plyometric	· c ·										
		i iyometne	Single Leg Box Jump 5x5 ea.										
			omgic Leg Box valinp 3x3 ea.										
	ch(s):												
Partne	r/Group:	Speed/Agi	ed/Agility:										
			90 degree Lean Fall Run 3x ea.										
				90 a	egree Lean	raii Kun 3	х еа.						
		Conditioni	ditioning:										
		20	Tempo Run 20x										
			· · · · · · · · · · · · · · · · · · ·										
	ls: Circuit	v10 too to	uoboo v10	hiovolo v1	Ooo iookk	nifo v10 oi	do orunob	v40 ouporp	200 v10				
over un	ider crunch	X IU, loe lo	uches x iu	, bicycle x i	uea., jackk	ille x iu, si	de Crunch	x10, supern	ian x iu				
			5	Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
65,70,75	Push Pres	s	5	5	5								
	Bent Leg l	Sit	20-60sec	20-60sec	20-60sec								
60-77%	Hex DL + S	Shrug	8	8	8								
60-77%	Parallel Gr	rip Chin Up	8	8	8								
70-75%	Step Up		12	12									
70-75%	T-Grip Rov			12									
	Diagonal F	Plate Raise	12	12									
	! !			! 									
	<u>i </u>			<u>i </u>									
	<u> </u>			<u> </u>									
Flexibility	: Partner St	retch											
A ddition o	I Comments	e. (icouco c	injurios s	vorall mand	oto)								
Additiona	Comment	s: (Issues of	injuries, ov	verali mood,	etc.)								
Additiona	I Exercises	: (Practice, I	Bike, Run, S	Swimming)									

	Date	Week # 2 Day # 4 Day # 4											
	2410		Bodyweig	ht									
	CONDI	TIONIN			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	quick feet		ck shuffle F		itch F/R/L, i							
011	/=''!	slalom F, t	turn out F	- Shuffle/Ca	rioca + Sp	iderman 8x	ea. & Lat S	iquat 8x ea.					
Start	/Finish	Plyometric	kles) F/B/I	J/K									
		Tyometric		Single Leg	Box Jump	Medial + La	teral 3x3 e	a.					
	ch(s):												
Partne	r/Group:	Speed/Agi	eed/Agility:										
			1-2 stick 3x (4 hoops) lateral hoop run 3x (3 hoops)										
			iateral 1100p run 3x (3 1100ps)										
		Condition	ing:										
			Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)										
	Slide Board 6x :30/1:30												
Abdomina	als: (MEDB	ALL)											
				nding Overh nt Hip Toss									
				Seated Che									
				Journal One	01 1 400 0X								
			;	Strength	Trainin	ng							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	ļ <u></u> !					
65,70,75	Hang Cle		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
05,70,75			10 to 20	10 to 20	10 to 20	10 to 20		i	——i				
	OB OR WIT	icv ob oit	1	10 10 20	1.0 10 20								
60-77%	Incline Be	nch	8	8	8	l I							
	1 Leg Hip		8 to 20	8 to 20	8 to 20			<u> </u>					
	!		!		!								
70-75%	DB hammer		12	12	<u>i </u>	<u> </u>		<u> </u>					
70-75%	KB 1 Leg		12	12	<u> </u>] Y		<u> </u>					
70-75%	Cable Cho	p	12	12	! 	l Î			<u>!</u>				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	į į		i					
	<u>.</u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>					
Flexibility	: Foam Rol	ler Stretch	<u> </u>	1	<u> </u>								
		·		verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	ыке, Kun,	owimming)									

	Data		Week # 3		Day of the week:								
	Date		Day # 1	hŧ	<u> </u>								
			Bodyweig	nt									
	COND	ITIONING	3-Warm	up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning					
Time	of Day:	Warm Up:											
								n, butt kick e walk, inch					
Start	/Finish	Dackw	aru run, be	ickpedal, c	DEDE Walk,	Straight leg	skip, lulig	e waik, iiici	IWOIIII				
		Plyometric	s:										
			Box Jumps 5x5										
Coa	ch(e)·												
	Coach(s): Partner/Group: Speed/Agility:												
	•												
		Lean Fall Run 3x ea.											
		Conditioni	na.										
		Jonation	onditioning: 10-10 Test										
	•			•	•		•						
Abdomina	ıle:	<u> </u>											
Abdoninie													
					2x20 - 60								
					uit 10/10/1								
					Ups 3x10-								
				Strength	Trainin	ıg							
%	l _{Exe}	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
L — — — —	DB Snatcl		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
33,60,63	-		3ea. 10 to 20	3ea. 10 to 20	3ea. 10 to 20	3ea.	3ea.						
	Siant Boa	ru Sit Ops	10 10 20	10 10 20	10 10 20	•	•						
60-77%	Front Box	Squat	8	8	8	<u> </u>	<u> </u>						
	Chin Ups		8	8	8]							
							<u> </u>						
70-75%	DB Split S		12	12	12		! !						
	KB Row		12	12	12	<u> </u>	<u> </u>	<u>į </u>					
	Diagonal	Plate Raise	12	12	12	<u> </u>	<u> </u>						
<u> </u>	!			!	<u> </u>	<u> </u>	! 	! 					
ļ	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
Flexibility	Partner S	tretch		I			I						
i lexibility	. i aitilei 3	ueton											
Additiona	Comment	s: (issues o	r iniuries o	verall mood	etc.)								
Additiona	Comment	. 3. (133063 01	injunes, o	verali mood	, 610.)								
A 1 122		(D	Dil - D	2									
Additiona	ı ⊨xercises	: (Practice, I	BIKE, Run,	Swimming)									

	Date		Week # 3 Day # 2		ł	Da	ay of the we	ek:					
	Date		Bodyweig	aht									
			Dodywcię	J110									
	COND	ITIONIN		. ,	metrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(Ladder) 2		F/D		David Inc. of the	(() - E/D					
	•			oss in front				ea., Lateral	Sauat 0				
Start	t /Finish		kles) F/B/I		Siluille + C	Janoca Spi	ueilliali ox	ea., Laterai	Squat 6				
Otal	. 71 1111011	Plyometri		_,									
		, , , , , , , , , , , , , , , , , , , ,		L	ateral Box	Jump 3x5	ea.						
	ach(s):												
Partne	er/Group:	Speed/Ag	ility:		0 atials (4	h \ 2							
		1				hoops) 3x							
			Lateral Hoop Run (3 hoops) 3x ea.										
		Condition	ing:										
						d 7x :30/1:							
	-		Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10)										
۰	olo: /MEDD	A											
Abdomin	als: (MEDB		ling Overh	ead Throw	with hand	halaw knad	oc 2v10						
				with band b									
		11011		Seated Che			3X10 D						
				ocatoa one	01 1 400 0X								
			;	Strength	Trainir	ng							
%	_!	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
55,60,65	Hang Cle		3	13	3	13	13	! 					
	Slant Boa	ard Rev Sit	10 to 20	10 to 20	10 to 20	i	 						
	!		<u> </u>	!	<u>I</u>	<u> </u>	!	<u> </u>					
60-77%	Bench Pr		8	8	8	<u> </u>	<u> </u>	<u> </u>					
	1 leg Hip	Lift	8 to 20	8 to 20	8 to 20	1	<u> </u>						
	1,50		10	i	10	i 	i	i 	<u> </u>				
70-75%		Ider Press	_	12	12	<u> </u>	<u> </u>	<u> </u>					
0-75%	DB SLDL		12	<u> 12</u>	12	<u> </u>	<u> </u>	<u> </u>					
70-75%	Cable Ch	ор	12	12	12	1	<u> </u>	I					
	+		 	i 	<u> </u>	i 	 	<u>.</u>					
	<u> </u>		<u> </u>	<u> </u>	Į	<u> </u>	<u> </u>	 i	<u> </u>				
Flexibility	y: Foam Ro	ller Stretch											
				vorall mood	. etc.)								
	al Commen	ts: (issues o	r injuries, o	verali illoou	,,								
	al Commen	ts: (issues o	r injuries, o	verali illood	,,								
	al Commen	ts: (issues o	r injuries, o	verali mood	,,								
Additiona		·			,,								
Additiona		ts: (issues o			,,								

	Week Date Day #				Day of the week:							
			Bodyweig	ht								
	COND	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	(10 yards)									
Tillie	or Day.							n, butt kick				
0 4 4	·-· · ·	backw	ard run, ba	ickpedal, S	LDL walk, s	straight leg	skip, lung	e walk, incl	nworm			
Start	/Finish	Dhaanatai										
		Plyometric	:s:	Sin	gle Leg Bo	v lumn 5v	5.02					
				5111	gie Leg Do	x Juliip Jx	ca.					
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	ed/Agility:									
				90 d	egree Lean	Fall Run 3	x ea.					
		Condition	nditioning:									
		Condition	Long Shuttle (50 yards) 5x150									
					:30/							
Abdomina		10 1 1-		li tarrada a 4	0 '11			10				
over ur	nder cruncr	x10, toe to	uches x10	, bicycle x1	0еа., јаскк	nite x10, si	de crunch	x10, superr	nan x10			
			5	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
55,60,65	Push Pres	ss	3		3							
	Bent Leg	L-Sit	20-60 sec	20-60 sec	20-60 sec							
	<u>i</u>			<u> </u>			<u></u>	<u>j</u>				
60-77%	Hex DL +	Shrug	8		8		<u> </u>					
60-77%	Parallel G	rip Chin Up	8	8	8		l 					
	<u> </u>			<u>.</u>			<u>.</u>	<u> </u>				
70-75%	Step Up				12		<u> </u>	نـــــــــــــــــــــــــــــــــــــ	<u> </u>			
70-75%	T-Grip Ro				12			<u> </u>				
	Diagonal	Plate Raise	12	12	12		! }	<u> </u>				
	<u> </u>							<u> </u>				
	<u>Ļ</u>			<u> </u>			<u> </u>	<u> </u>				
	I							I				
Flexibility	: Partner S	tretch										
Additiona	I Comment	s: (issues o	r injuries, ov	erall mood,	etc.)							
Additions	l Evereises	: (Practice,	Riko Pun G	Swimming\								
Auditiona	ii Exercises	. (Fractice,	DINE, KUII, S	(wiiiiiiiiy)								

			Week # 3			D:	ay of the we	ek.						
	Date		Day # 4			Di	ay or the We	on.						
			Bodyweig	ht										
	COND	ITIONIN	G-Warm	up- Plyor	metrics- S	Speed/Ag	ility- Con	ditioning						
Time	of Day:	Warm Up:	(ladder) 20 F/L/R, quid	0 yds. ck shuffle F	/B. hip sw	itch F/R/L.	in-in-out-ou	t F/B/L/R.						
Ot a mt	/Finials	slalom F,	turn out F	- Shuffle/Ca				Squat 8x ea.						
Start	art /Finish Bands (ankles) F/B/L/R Plyometrics:													
		Single Leg Box Jump Medial + Lateral 3x3 ea.												
Coa	ch(s):													
Partne	r/Group:	Speed/Ag	ility:											
			1-2 stick 3x (4 hoops)											
				late	eral hoop r	un 3x (3 ho	ops)							
		Condition	ing:		Clida Baar	d 7x :30/1:3	20							
						a /x :30/1:3 5 (M-Lv 12								
				wy 110		- (= v 12	, . ,							
Λ h al a ··· · · ·	ala. /MEDD	<u> </u>												
Abdomina	als: (MEDB	ALL)	Ston	ding Overl	and Throu	v 2v10								
				nt Hip Toss										
				Seated Che										
			9	Strength	Trainir	ng								
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest					
55,60,65	Hang Cle		3	3	3	3	13							
	SB Sit & S	SB Rev Sit	10 to 20	10 to 20	10 to 20	10 to 20	! 	! !						
20. 770/	llu alina Da			<u> </u>	<u>į </u>	<u> </u>	<u> </u>	<u> </u>						
60-77%	Incline Be		8 8 to 20	8 8 to 20	8 8 to 20	<u> </u>	 	<u> </u>						
	1 Leg Hip	LIπ	10 10 20	10 10 20	10 10 20	i	<u>:</u> 1							
70-75%	DB hammer	curl + press	12	12	12	 	 	 						
70-75%	KB 1 Leg		12	12	12	Ì	i	i i						
70-75%	Cable Ch		12	12	12	ĺ	ĺ							
	[l				[
	<u> </u>					<u> </u>	<u> </u>							
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u>ii</u>						
Flexibility	: Foam Ro	ller Stretch												
,														
	I Commen	t s: (issues o	r injuries, o	verall mood	, etc.)									
	I Commen	t s: (issues o	r injuries, o	verall mood	, etc.)									
Additiona		ts: (issues o			, etc.)									

	Date		Week # 4 Day # 1 Day of the week:										
	Duto		Bodyweig	ht									
	CONDI	TIONIN			netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:		(20 yards)	la baal ta b									
								n, butt kick w/ twist, in					
Start	/Finish	Dackwa	ra ran, bac	ripedal, OL	DL Walk, 3t	raight log c	nip, idiige	W/ twist, iii	CHWOIIII				
	Plyometrics: Hurdle Jump with Stability 5x5												
			Hurdle Jump with Stability 5x5										
Coa	ch(s):												
	r/Group:	Speed/Ag	d/Agility:										
			Ball Drops 5x ea.										
		<u> </u>	Sled 3x 1/2 field (90 yards)										
		Condition	ina:										
		Jonation	Long Shuttle (50 yard) 6x150										
	:30/1:30												
Abdomina	als:												
			4 pt. 9		movement	8x ea.							
					oll 2x10								
					wist 2x10 e								
					Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	DB Snatcl	n	Ī ₅	15	<u>15</u>	<u></u>		<u> </u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	! !							
	į		<u> </u>	<u>i </u>	<u>i </u>	<u>i</u>							
80-87%	Front Box		5	<u> 5</u>	5	<u> </u>		<u> </u>					
80-87%	Chin Ups		5	5	5	<u> </u>							
75-80%	1 Leg Ben	ch Saust	8	8	8	<u> </u>							
7 3-00%	Ring Inve		8 8-20	8-20	8-20	 							
		h Oblique		8-20	8-20	<u>'</u> 		<u>, </u>					
	1		<u> </u>	<u> </u>	<u> </u>	<u> </u>							
) 		- 1	1	1] 					
	<u> </u>		<u>i</u>	<u>i</u>	<u>i</u>	<u> </u>		<u> </u>					
Flexibility	: Partner S	tretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									
		•	·	3,									

	Date		Week # 4 Day # 2 Day of the week:										
			Bodyweig	ht									
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning					
Time		Warm Up:											
	o. Day.			oss in front									
Start	/Finish			Spiderman, e knees) F/		waik, Lung	ge to Hams	string					
		Plyometric		, , , , , , , , , , , , , , , , , , ,									
				Late	ral Hurdle o	or Cone Ho	p 5x5						
Coo	ab/a).												
	ch(s): r/Group:	Spood/Agi	lity										
i aitiiei	готоир.	opeeu/Agi	ed/Agility: 1-2 cut 3x ea.										
				La	teral Hoop		ps)						
		Conditioni	ing:				4)						
			5 mile bike test (group 1) (one group on day #2, one group on day #4)										
		(one group on day #2, one group on day #4)											
Abdomina	als: (MEDB <i>A</i>	ALL)											
				ead w/ stag									
				g Front Hip tanding Ch									
				tanding on	631 1 d33 JA	10							
			,	Strength	Trainin	g							
%	Exe	cise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	Hang Clea	n — — — —	5		15	I ICPS/	iteps/	T Tempo	<u> </u>				
	Slant Boar	d Rev Sit U	10 to 20	10 to 20	10 to 20								
				İ									
80-87%	Bench Pre		5	5	5			<u>[</u>					
	4-6 in.Hip	Lift	8 to 20	8 to 20	8 to 20			<u> </u>					
	ļ			!	!			· ·					
75-80%	KB Alt. Sho			8	8								
75-80%	DB SLDL		8		8	<u> </u>		<u> </u>					
75-80%	Cable Lift		8	18 1	8								
	<u> </u>			 				 					
				<u> </u>	<u> </u>								
Flexibility	: Foam Roll	er Stretch		<u> </u>	<u> </u>								
i lexibility	. i Gaill Roll	er Stretch											
Additiona	I Comments	s: (issues o	r injuries. ດ	verall mood.	etc.)								
		(= = === •.	,		,								
A al al ! 4!	l Evenett	/Decation	Dilea D	Conference ()									
Additiona	I Exercises:	: (Practice, I	ыке, Run,	owimming)									

			Week # 4 Day of the week:										
	Date		Day # 3 Bodyweig	ıht									
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		(10 yards)	R heel to h	utt opposit	e hand hee	el to butt b	eel to butt v	w/ SI DI				
Start	/Finish	ngure re			ssover, SLD				W OLDE,				
Start	/I IIII3II	Plyometrics:											
		Single Leg Hurdle Hop with Stability 5x5 ea.											
	ch(s): r/Group:	Spood/Ag	ilityr										
raitile	глогоир.	Speeu/Ag	eed/Agility: Single Leg Ball Drops 5x ea. Resisted Band Run 3x20 yds.										
				Kes	sisted Band	Kun 3X20	yas.						
		Condition	ing:										
				Sho	ort Shuttle (30/	<u>25 yard) 6x</u> 1:30	150						
					.50/								
Abdomina	als:												
		10, toe touc	ches x10, b	icycle x10e	a., jackknif	e x10, side	crunch x1	0, hip roll x	10,				
supermar	10x												
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	Push Jerk		5	5	5			_ <u> </u>					
	Straight L	eg L-Sit	20-60sec	20-60sec	20-60sec								
80-87%	Hex DL +	Shrua	 5	<u> </u> 5	 5								
80-87 <i>%</i>	Pull Ups	Siliug	5	5	5								
	<u>!</u>												
75-80%	Ring Inve	ch Squat	18-20	8 8-20	8 8-20								
		h Oblique	8-20	8-20	8-20								
	Ĭ	•		i .									
	<u> </u>		<u> </u>	<u> </u>	<u> </u>								
Flexibility	: Partner S	tretch	<u> </u>										
. ioxiioiiicy													
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 4 Day # 4 Day of the week:										
	Duto		Bodyweig	aht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
	-					tch F/R/L, in							
Start	/Finish			e knees) F/		ige to main	string, Late	rai Squat					
		Plyometric	cs:										
			Heidens with Stability 3x5 ea.										
Coa	ch(s):												
	r/Group:	Speed/Agi	eed/Agility:										
						a. (4 hoops							
				late	eral hoop ri	un 3x (4 hoc	ops)						
		Condition	ing:										
			5 mile bike test (group 2)										
		(one group on day #2, one group on day #4)											
Abdomina	als: (MEDB <i>A</i>	ALL)											
				gered Over									
				ont Hip Tost									
			<u> </u>	tanding Ch	est Pass 3	CIU							
			;	Strength	Trainin	ıg							
%	Exe	cise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	Hang Clea		5	5	5	itops/	(КСРЗ/	Г					
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20							
	<u> </u>			<u>i </u>	<u>i</u>	<u>i </u>							
80-87%	Incline Be		5	5	5	<u> </u>							
	4-6 in. Hip	Lift	8 to 20	8 to 20	8 to 20	! 							
75-80%	DB Alt. cu	ırl + proce	8	8	8	!							
75-80%	1 leg KB S		8		8	<u> </u>							
75-80%	Cable Lift		8	18	18	i i							
					1								
					İ								
				Ī	ĺ								
Flexibility	: Foam Roll	er Stretch											
Additiona	I Comments	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises:	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 5 Day # 1 Day of the week:										
			Bodyweig	ıht									
	CONDI	TIONING			metrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
Tillie	oi Day.				utt, high kn								
011	/=::!·	backwa	rd run, bac	kpedal, SL	DL walk F/E	3, straight l	eg skip, ov	erhead lung	ge walk,				
Start	/Finish	Diameter											
		Plyometrics: Hurdle Hop w/ stability 5x5											
			Hurdle Hop w/ stability 5x5										
Coa	ch(s):												
	r/Group:	Speed/Agi	/Agility:										
	•		Ball Drops 3x ea.										
				Sle	ed 4x 1/2 fie	eld (120 yar	ds)						
		Condition	ditioning:										
			Long Shuttle (50 yard) 7x150 :30/1:30										
		:30/1:30											
Abdomina	ıls:												
			4 pt.		movement	8x ea.							
					oll 2x10								
					wist 2x10 e								
				Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
65,70,75	DB Snatch	<u> </u>	5	15	5			<u> </u>	— 				
	Slant Boar	rd Sit Ups	10 to 20	10 to 20	10 to 20								
	Ī	-	i i	Ī	İ								
80-87%	Front Box	Squat	5	5	5								
80-87%	Chin Ups		5	5	5								
]]										
75-80%	1 Leg Ben	ch Squat	8	8	8								
	Ring Inver	ted Row	8-20	8-20	8-20								
	Off Benc	h Oblique	8-20	8-20	8-20								
	1												
	<u> </u>		i I	i	<u> </u>								
	i		İ	İ	i								
Flexibility	: Partner St	retch											
Additiona	I Comments	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	I Exercises:	: (Practice,	Bike, Run,	Swimming)									

			Week # 5			Da	y of the we	ek.					
	Date		Day # 2				y or the we	or.					
			Bodyweig	jht									
	COND	ITIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:			E/D	L - L ' L E/E	\	-(() - E/D					
	-			oss in front Spiderman				uttie F/B,					
Start	/Finish			knees) F/		, Lunge to	namsumg						
		Plyometric											
		Lateral Hurdle or Cone Hop with Stability 5x5 ea.											
Coa	ch(s):												
	r/Group:	Speed/Agi	ilitv:										
		opera, rigi		ı	1-2 cut 3x e	a. (4 hoops	5)						
				Latera	al Hoop Rui	n (5 hoops)	3x ea.						
		Complisher											
		Condition	ırıg:		Slide Board	6x :30/1:3	0						
					6x :30/1:30								
A I I	I. MEDD	<u> </u>											
Abdomina	als: (MEDB	ALL)	Overh	ead w/ stag	gered stan	ce 3x10							
				g Front Hip)						
				tanding Ch									
				Strength		g							
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	l Tempo	Rest				
65.70.75	Hang Clea		15	15	15 Keps/ -	Keps/	Keps/	Tempo	Kesi				
, , ,		rd Rev Sit l	10 to 20	10 to 20	10 to 20								
	Î		i	Ī	1	i I		1 I I					
80-87%	Bench Pro		5	5	5	ĺ							
	4-6 in.Hip	Lift	10	10	10	 		 					
	-		! }	!	<u> </u>	! }	! 	! }					
75-80%	-	oulder Press	-	8	8	<u> </u>		<u> </u>					
75-80%	DB SLDL		8	_	8	<u> </u>		<u> </u> 					
75-80%	Cable Lift		8	18 1	18 1	! 		! 					
	!		<u> </u>	! 	! 	<u> </u>							
	<u> </u>		<u> </u>	 	<u> </u>	<u></u>							
Flexibility	: Foam Ro	ller Stretch											
. ioznamity	Jani No												
Additiona	I Comment	ts: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	s: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 5 Day # 3 Day of the week:									
			Bodyweig	ht								
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(10 Yards)						(2) 5:			
	--				outt, opposi ght leg cros							
Start	/Finish			waik, Straig	giit leg cros	Sover, SLL	JE F/B, Dac	KWAIU IIICII	WOTIII			
		Plyometric	ometrics: single leg hurdle hop w/stability 5x5 ea.									
				Siligle le	g narale no	p w/stabili	ly JAJ ea.					
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	lity:									
					gle leg ball sisted Band							
				1100	noted Barra	Ituli 4X20	yus.					
		Conditioni	ing:									
				Sho	ort Shuttle (25 yard) 7x	150					
					:30/	1:30						
Abdomina	ıls:	-										
		10, toe touc	hes x10, b	icycle x10e	a., jackknif	e x10, side	crunch x10), hip roll x	10,			
superman	10x											
			9	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
65,70,75	Push Jerk		5	5	5							
	Straight L	eg L-Sit	20-60sec	20-60sec	20-60sec							
	<u> </u>			<u>!</u>	<u> </u>							
80-87%	Hex DL +	Shrug	5	5	5							
80-87%	Pull Up		5	5	5							
75.000/	0	Samah Causa	0	<u> </u> 8	 8							
75-80%	Inverted R	Bench Squa	8 to 20	8 to 20	8 to 20							
		h Oblique		8-20	8-20							
	0200	obliquo	-		-							
	Ī			Ī	<u> </u>							
Flexibility	: Partner S	tretch										
		s: (issues of	•		etc.)							

	Date		Week # 5 Day # 4 Day of the week:										
				h-4			,						
			Bodyweig	nt									
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time of	f Day:		(Ladder) 1		'/D. him ai	: E/I /D :-		4.E/D/I./D. a:	1				
	-					amstring, la		t F/B/L/R, gi walk	ant				
Start /I	Finish			knees) F/E		anounig, ia	torur oquat	· · ·					
		Plyometric	cs:										
		heidens with stability 5x5 ea.											
Coacl	h(s):												
Partner/		Speed/Agi	ility:										
						ea. (4 hoops							
				latera	al hoop rur	1 3x ea. (5 h	oops)						
		Condition	ina:										
		30	nditioning: Slide board 10x :30/1:30										
			Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)										
Abdominal	s: (Medic	ine Ball)											
tio do mina.	01 (1110410	ino Buny	overh	ead w/stag	gered stan	ce 3x10							
				nating twis									
			S	anding che	est pass 3x	(10							
			5	Strength	Trainin	ng							
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	_	-				
65.70,75	Clean		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
		Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		 					
<u>.</u>	00 011 01	tor ob oit	10 10 20	1	1	1							
80-87%	Incline Ber	nch or DB Be	5	5	5	ĺ		<u> </u>					
,	4-6 in hip	lift	8 to 20	8 to 20	8 to 20								
				<u> </u>									
75-80% I	DB Hamme	er Curl + Pres			8	<u>ļ</u>		<u> </u>					
	1 Leg KB S				8	1							
75-80%	Cable Lift		8	8	8	1		·					
			<u> </u>	<u> </u>	! 	<u> </u>		 					
<u> </u>			<u> </u> 	<u> </u> 	<u> </u> 	<u> </u>							
Flexibility	Foam Ro	ller Stretch	-	<u>- </u>	<u>: </u>	-		<u>'</u>					
icability.	. Jani NO	noi oneion											
Additional	Comment	t s: (issues o	r injuries, ov	erall mood	etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

Date		Week # 6 Day # 1 Day # 1										
		Bodyweig	ht									
CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning					
Time of Day:	Warm Up:											
							n, butt kicke					
Start /Finish	раск						traight leg :	skip,				
Otal (7) Illion	Plyometrics:											
	Plyometrics: hurdle hop w/stability 5x5											
Coach(s):	0	924										
Partner/Group:	Speed/Agi	ility:		hall dror	os 3x ea.							
				bull Gro	oo ox ca.							
		•	SI	ed 5x 1/2 fie	eld (150 yar	ds)	-					
	Condition	ing:	-	-006 (67								
	1			x300 (25 ya 5x100 (25 y								
	1			OA 100 (20 Y	uiuj .20/.40	,						
Abdominals:												
		0.1	Dr. Or - 1-11'r	0 00 00 -								
		21		/ 2x:20-60 s dls 3x10	ec.							
				e 3x10-20								
		5		Trainin	g							
% Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5	l Tempo I	Rest				
70,75,80 DB Snatcl		5	5	5	Keps/	Reps/	Tempo	Kesi				
	rd Sit Ups		10 to 20	10 to 20			 					
Clarit Boa	iu oit ops	1	1	10 10 20			<u> </u>					
80-87% Front Box	Squat	5	5	5			<u> </u>					
		5	5	5								
		<u> </u>	<u> </u>	<u> </u>								
75-80% 1 Leg Ben		8	8	8								
Ring Inve	rted Row	8-20	8-20	8-20								
Off Benc	h Oblique	8-20	8-20	8-20] 					
		<u> </u>	<u>i </u>				<u> </u>					
<u> </u>		<u> </u>	<u> </u>	<u> </u>			<u> </u>					
<u> </u>		<u>!</u>	<u> </u>	<u> </u>			<u> </u>					
Flexibility: Partner S	tretch											
Additional Comment	s: (issues o	r iniuries o	/erall mood	etc.)								
Additional Comment	3. (133063 0	i injunes, o	verall mood	, 610.)								
Additional Exercises	: (Practice,	Bike, Run,	Swimming)									

			Week # 6		I	Do	v of the we	ale:					
	Date		Day # 2			Da	y of the we	ek:					
			Bodyweig	ht									
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:		(Ladder) 2										
	· , .							ffle F/B, 1,2,	3-1 F,				
Start	/Einich				lunge to ha	amstring, i	aterai squa	it waik					
Start	art /Finish Bands (purple above knees) F/B/L/R Plyometrics:												
	Plyometrics: Lateral Hurdle or Cone Hop with Stability 5x5												
	ch(s):												
Partne	r/Group:	Speed/Agi	lity:										
					-2 cut 3x e								
				iatera	al hoop run	ox ed. (o n	oops)						
		Condition	ina:										
			<u> </u>		slide board	l 6x :30/1:00	0						
			_	Airdyne	8x :30/1:30	0 (M-Lv 12,	F-Lv 10)						
Abdomina	als: (Medici	ne Ball)	overh	and wistage	gered stand	20 2v10							
					3x10ND +								
					est pass 3x								
				tananig on	oct pace ox								
					Trainin								
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	l I _{Tempo} I	Rest				
70,75,80	Clean		5	15	<u> </u>	<u> </u>		<u> </u>					
		rd Rev Sit U	10 to 20	10 to 20	10 to 20	<u> </u>		 					
	i			i	i	i		! 					
80-87%	Bench Pre	ess	5	5	5	<u> </u>		i i					
	4-6 in hip	lift	8-20	8-20	8-20			<u> </u>					
	1			!	 	<u> </u>		 					
75-80%	KB Alt. Sho	oulder Press	8	8	8	İ							
75-80%	DB SLDL		8		8	İ		i i					
75-80%	Cable Lift		8	8	8								
	1			1 I	1	<u> </u>							
	i			i	i	İ		 					
	Ī		п	İ	İ	Ī		i i					
Flexibility	: Foam Rol	ller Stretch	-	-	-	-		-					
Additiona	l Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 6 Day # 3 Day of the week:								
			Bodyweig	ht							
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning			
Time	of Day:	Warm Up:									
	c. 2y.				tt, opposite						
Start	/Finish	Dacky	vard lunge	waik, Straig	ght leg cros	sover, SLL	JL F/B. Dac	kward inch	worm		
	,, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Plyometric	cs:								
				single le	g hurdle ho	p w/stabili	y 5x5 ea.				
	ch(s): r/Group:	Cmaad/Am	114								
Fartile	i/Group.	Speed/Agi	ility:	si	ngle leg bal	l drop 3x3	ea.				
					J	3 p 0 N 0					
				Res	sisted Band	Run 5x20	yds.				
		Condition	ing:		v200 /25 ··-	"4\ 1.00/0-4	10				
					x300 (25 ya 5x100 (25 y						
					(<u> y</u>	w _j 1201.70					
	•		•	•		•	•				
Abdomina	als:										
			2 Dair	4 Ctability	24:20 60 00	aanda					
			2 POII		2x:20-60 se oll 3x10	conus					
					e 3x10-20						
			5	Strength	Trainin	g					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	T	Doot		
70,75,80	Push Jerk		5	15	15 Keps/	Reps/	Reps/	Tempo	Rest		
70,73,00	Straight L		20-60sec	-	20-60sec			 			
	i otraignt L	cg L Oil		1				<u> </u> 			
80-87%	Hex DL +	Shruq	5	5	5						
80-87%	Pull Up		5	-	5						
	<u>. </u>			<u> </u>	<u> </u>						
75-80%	Step Up				8						
	Inverted R		8 to 20	1	8 to 20						
	Off Benc	h Oblique	8-20	8-20	8-20			 			
	<u>i</u>		<u> </u>	<u> </u>	<u>i</u>			ii			
	<u> </u>		<u> </u>	<u> </u>	<u> </u>						
Flands 103	. Dant: 2:		<u> </u>	<u> </u>	<u> </u>						
Flexibility	: Partner St	retch									
Additiona	I Comment	s: (issues o	r iniuries o	erall mood	etc.)						
raditiona	. Johnnent	J. (133063 0	i injunico, Oi	, Stail Mood,	, 0.0.,						
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 6 Day # 4		Day of the week:							
	Duto		Bodyweig	ıht								
	CONDI	TIONING			metrics- S	Speed/Agi	lity- Con	ditioning				
Timo	of Day:		(Ladder) 2									
Time	ог рау.					itch F/L/R, ii			iant			
Ctout	/Finiah			piderman, knees) F/E		amstring, la	ateral squa	t walk				
Start	/Finish	Plyometric		Knees) F/E	D/L/K							
		riyomem	<i>.</i> 5.	he	eidens w/ s	tability 3x5	ea.					
	ch(s):											
Partne	r/Group:	Speed/Agi	eed/Agility:									
						ea. (4 hoops						
				latera	ı noop run	with return	3x ea.					
		Condition	ing:									
			<u> </u>		Slide Boar	d 6x :30/1:0	0					
				Airdyne	8x :30/1:3	0 (M-Lv 12,	F-Lv 10)					
A la al a maina	do.											
Abdomina	115.		Overhe	ead w/ Stag	nered Star	nce 3x10						
				nating Twis								
				tanding Ch								
				•								
			\$	Strength		ng						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5] 			
70,75,80	Hang Clea		Reps/ 5	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
70,73,00	SB Sit & R		10 to 20	10 to 20	10 to 20	10 to 20		i				
	1		10 10 20	1	1	1						
80-87%	Incline Be		5	5	5	 			1			
	4-6 in hip	lift	8-20	8-20	8-20	<u> </u>						
75-80%	DR Hamm	er Curl + P	Ω	0	.0	!						
7 3-00 /6	Hip Lift on		8 to 20	8 8 to 20	8 8 to 20				<u> </u>			
75-80%	Cable Lift		8	8	8							
	Ī			Ī	Ī	į						
	<u> </u>			<u> </u>	<u> </u>	<u> </u>		بــــــــــــــــــــــــــــــــــــ				
Flands 197	 	lan Otrastal										
Flexibility	: Foam Roll	ler Stretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
		`	•		,							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 7		Day of the week:								
	Date		Day # 1				,						
			Bodyweig	jht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning					
Time (of Day:	Warm Up:											
11110	o. Day.							run 5.butt k					
.	· ·	7. back	pedal 8. S					skip 10. Ov	erhead/				
Start	/Finish	 		11.	heel walks	12. Inchw	orm						
		Plyometric	cs:	C	ntinuous F	lurdle Hon	5×5						
			Continuous Hurdle Hop 5x5										
Coad	ch(s):												
Partner	/Group:	Speed/Agi	eed/Agility:										
			Chase Sprint 3x each										
			Sled 3x 1/2 field, 1x full field (150 yards)										
		Condition	Conditioning: 1x300 (25 yard) 1:00/2:00										
					x300 (25 ya 6x100 (25 y								
					OA 100 (23 y	u.uj .20/.40	,						
Abdomina	ıls:												
				Knee Fall	Outs 3x20								
			Alternati	ng March o	n Medicine	Ball 2x12							
			Qı	uad-Arm-Gl	ute Raise 2	x12							
			One	Leg Sit and	Twist 3x10	each							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_ [
	!		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
65,67.5,70	DB Snatch		3	3	3			<u> </u>					
	Slant Boai	rd Sit Ups	10 to 20	10 to 20	10 to 20								
			<u> </u>	<u>i</u>	ļ			İ					
	Front Box		<u> 6</u>	12	24								
80-87%	I Pul	I Up	5	5	5			<u> </u>					
	! 		! 	! 	! !								
80-85%	KB Tactica		5	5	5								
	Inverted F		8 to 20	8 to 20	8 to 20			<u> </u>					
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20								
	! !		! !	!	<u> </u>								
				<u> </u>	<u>. </u>			. ! !					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>			<u>i</u>					
Flexibility	: Partner St	retch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	etc.)								
Additional	Exercises	· (Dractice	Riko Dun	Swimming\									
Auditional	i ⊑xeicises	. (Fractice,	DIKE, KUII,	owinining)									

			Week # 7 Day of the week:										
	Date		Day # 2			Da	y or the we	CK.					
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	speed/Agi	lity- Cond	ditioning					
Time (of Day:	Warm Up:	(Ladder) 1	0 yds.									
11110	or Day.							, Makovsky S	nuffle F				
C4 = m4	/ C ::			piderman,		amstring, I	ateral squa	t walk					
Start	/Finish	Plyometric		and - Purp	e) r/b/L/K								
		riyometric	<u></u>	l ateral	Hurdle or 0	Cone Hop 5	x5 each						
			Lateral Hurdle or Cone Hop 5x5 each										
Coad	:h(s):												
Partner	/Group:	Speed/Agi	eed/Agility:										
			Assisted 1-2 cut 3x each Lateral hoop run w/ return 3x each (2 hoops)										
				Lateral hoc	p run w/ re	turn 3x eac	h (2 hoops	<u>) </u>					
		Condition	ina:										
		Condition	ıııy.		Slide Board	1 8x :30/1:0	0						
						0 (M-Lv 12							
Abdomina	ls:												
				Balls- Overh			1						
				de twist 3x1									
			one arn	n chest pas	S 3X1U ND	& 2X10 D							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i					
			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
65,67.5,70	Hang Clea		3	13	3	<u> </u>							
	Slant Board	d Rev. Situp	10-20	10-20	10-20	! 							
	<u> </u>		<u> </u>	<u>i</u>	<u> </u>	<u> </u>		<u> </u>	i				
85,90,95,100			<u> </u>	3	2	<u>[1</u>							
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	1	1						
	! 		I 	I I= /-	! 	<u> </u>							
75-80%	Dips + Sca	•	5+10	5+10	5+10	<u> </u>		<u> </u>	i				
	Glute Ham		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
75-80%	Cable Lift		8	8	8	1	<u> </u>		<u> </u>				
			! 	1	<u> </u>	! 		. ! 					
			<u> </u>	į —	į —	<u> </u>		<u> </u>	i				
	<u> </u>					<u> </u>							
Flexibility:	Foam Rol	ler Stretch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

			Week # 7 Day of the week:										
	Date		Day # 3				,						
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		(20 yards)										
111110	or Day.							run 5.butt k					
Ctant	/Finials	7. back	pedal 8. Si					skip 10. Ov	erhead/				
Start	/Finish	Dhaanaatsi		11.	heel walks	12. Inchw	orm						
		Plyometric	CS:	Single Lea	n Continuo	ıs Hurdle F	lon 5x5 ea						
			Single Leg Continuous Hurdle Hop 5x5 ea.										
Coa	ch(s):												
Partne	r/Group:	Speed/Agi	eed/Agility:										
			Single Leg Chase Sprint 3x each										
		Care list	·	Resis	ted Band T	owing 3x 2	5 yds.						
		Condition	ıng:	4	x300 (25 ya	rd) 1.00/2.4	<u> </u>						
					<u>хзоо (25 уа</u> 6х100 (25 у								
					JA 100 (20 y		•						
Abdomina	als:												
			2 poii	nt stability	2x:20-60 se	conds							
					lls 3x10								
				Jackknif	e 3x10-20								
					Trainin								
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_ į				
05.05.5.5	!		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
65,67.5,70	Push Pres		3	3	3								
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec								
	i.		<u> </u>	į	i			ļ					
80,70,55	Hex DL +		<u> </u>	12	24								
80-87%	Pull Up		5	5	5] 	<u> </u>				
	<u> </u>		! }_	! -	: -								
	Single Lec		5 ea	5 ea	5 ea			<u> </u>					
	Inverted R		8 to 20		8 to 20			<u> </u>					
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20				1				
	<u> </u>		! !	! !	! 								
	<u> </u>			<u> </u>				. ! 					
	<u> </u>		<u> </u>		<u> </u>			<u> </u>					
Flexibility	: Partner St	tretch											
Addition:	I Comment	er (icouco c	r injurios s	vorall mass	oto)								
Additiona	Comment	s: (Issues o	i irijuries, o	verali mood,	eic.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)		·							
				-,									

			Week # 7			Da	y of the we	ok.					
	Date		Day # 4			Da	y or the we	cn.					
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning					
Time o	of Day:	Warm Up:	(Ladder) 1	0 yds.	switch F/I /R	in-in-out-out F	/R/I/R giant	slalom F, 2 for	ward 1 back				
						amstring, I			waru i back				
Start	/Finish			and - purple		amsumg, i	aterar squa	it waik					
		Plyometric											
					Heide	ns 5x5							
	ch(s):		WA 195										
Partner	/Group:	Speed/Agi	eed/Agility: Assisted 1-2 cut 3x ea.										
						- <u>2 cut 3x ea</u> eturn 3x eac		.)					
					- P 1 411 117 1C	JA CAC	(<u>~ 1100p</u> 3	1					
		Condition	ing:										
			Slide Board 8x :30/1:00										
				Airdyne	10x :30/1:3	30 (M-Lv 12,	F-Lv 10)						
A b al a main a	la.												
Abdomina	iis:			Overhead v	ul Stan 2v1	0							
				de twist 3x1									
				n chest pas									
			;	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	!		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
65,67.5,70			3	3	3	1.0							
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20							
	<u> </u>		<u> </u>	<u>i. </u>	<u> </u>	<u> </u>		ii					
	DB Incline		<u> </u>	12	24			<u> </u>					
	Foam Rolle	r Hip Lift	8-20	8-20	8-20								
	! !		! 	<u> </u>		1		 	- I				
75-80%	Dips + Sca		5+10	5+10	5+10	<u>i</u>		ļ					
	1 Leg Bac		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
75-80%	Cable Lift		8	8	8								
	! 		! 	1		1		 					
	<u> </u>		<u> </u>	i	i 	<u> </u>							
Flexibility:	: Foam Rol	ler Stretch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 8 Day # 1			Da	y of the we	ek:					
			Bodyweig	jht									
	COND	ITIONIN		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time (of Day:	Warm Up:											
111110	o. Day.							run 5.butt k					
Ctont	/Cininh	7. back	oedal 8. S	LDL walk Fo	orward/Bac heel walks	kward 9. s	traight leg	skip 10. Ov	<u>rerhead</u>				
Start	/Finish	Plyometric	201		lieei waiks	12. IIICIIW	Offili						
		riyometri	<i>-</i> 3.	Co	ntinuous H	urdle Hon	5x5						
						ш. ш.о т.ор	<u> </u>						
Coad	ch(s):												
Partner	/Group:	Speed/Agi	ility:										
					Chase Spr	int 3x each							
			Sled 4x 1/2 field, 1x full field (180 yards)										
		Condition	ina:	Sied 4x 1	ı∠ tiela, 1X	tuli tiela (1	ou yaras)						
		Condition	ırıg:	1	x300 (25 va	rd) 1:00/2:0	00						
			1x300 (25 yard) 1:00/2:00 7x100 (25 yard) :20/:40										
	73 100 (25 yaru) .207:40												
Abdomina	ls:												
			2 poi	nt stability		conds							
					lls 3x10								
					e 3x10-20								
				Strength		g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i					
			Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
82.5,85,90	DB Snatcl		3	3	3			i <u> </u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20			<u>'</u>					
	<u> </u>		<u> </u>	10	104			<u> </u>					
	Front Box		6		24								
80-87%	l Chi	n Up	5	5	5			i I					
	! 		<u> </u>	 	<u>.</u>			<u>'</u>					
80-85%	KB Tactic		5ea	5ea	5ea			<u> </u>					
	Inverted F		8 to 20	8 to 20	8 to 20			<u></u>					
	Reverse Hyp	perextension	8 to 20	8 to 20	8 to 20			<u> </u>					
	! 		! 	<u> </u>	! 			; I					
	<u> </u>		<u> </u>	<u>i </u>				<u> </u>					
Flexibility	: Partner S	tretch											
A 1 11/21 11		- ('			- (-)								
Additional	Comment	s: (Issues o	r injuries, o	verall mood,	etc.)								
Additional	Exercises	: (Practice,	Bike. Run	Swimmina)									
		(,,	9)									

			Week # 8		Day of the week:								
	Date		Day # 2			Da	y or the we	cn.					
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	speed/Agi	lity- Con	ditioning					
Time (of Day:	Warm Up:	(Ladder) 1	5 yds									
Timle (or Day.							, Makovsky S	huffle F				
C4 = ==4	/ C inials			piderman,		amstring, I	ateral squa	t walk					
Start	/Finish			and - Purp	e) F/B/L/K								
		Plyometric	Lateral Hurdle or Cone Hop 5x5										
			Euteral Huldle of Golie Hop 3x3										
Coad	:h(s):												
Partner	/Group:	Speed/Agi	eed/Agility:										
					Assisted 1-2			,					
				Lateral hoc	p run w/ re	turn 3x eac	n (2 hoops	5)					
		Condition	ina:										
		Condition	ıııy.	7	Mile Bike T	est (aroun	1)						
					on day #2)					
									· · · · · · · · · · · · · · · · · · ·				
Abdomina	ls:												
				Balls- Overh			1						
				de twist 3x1 n chest pas									
			one am	i chest pas	S 3X IU ND	& ZX 10 D							
				Strength	Trainin	g							
%	Fxe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i					
	 		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
82.5,85,90	Hang Clea		3	3	3	<u> </u>		<u> </u>					
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20	! }		 					
85,90,95,100	Bench Pre		<u> </u> 4	3	<u> </u> 2	<u>[</u> 1							
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	<u> </u>		<u> </u>	<u></u>				
			I 	! !	! !	! !] 		I				
75-80%	Dips + Sca		5+10	5+10	5+10	<u>.</u>	<u> </u>	. ! 					
	Glute Han		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
75-80%	Cable Lift		8	8	8	<u> </u>		<u> </u>					
	 		I 	<u> </u>	! !	! !	 		I				
				<u> </u>	<u> </u>								
								Ī					
Flexibility	Foam Rol	ler Stretch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

			Week # 8		Day of the week:								
	Date		Day # 3	l-4			,						
			Bodyweig	nt									
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time o	of Day:		(20 yards)										
	. Duy.							run 5.butt k					
Stort	/Einiah	7. back	oedai 8. Si		orward/Bac heel walks			skip 10. O\	/erhead				
Start	/Finish	Plyometric	20.		licei waiks	12. IIICIIW	OTTI						
		Fiyometric	Single Leg Hurdle Hop 5x5 ea.										
			onigie Leg Hurule Hop 3x3 ea.										
	:h(s):												
Partner	/Group:	Speed/Agi	eed/Agility:										
			Single Leg Chase Sprint 3x each										
				Racia	ted Band T	owing 4v2	5 vds						
		Condition	Resisted Band Towing 4x25 yds. nditioning:										
		30ait.011	1x300 (25 yard) 1:00/2:00										
					7x100 (25 y								
Abdomina	ls:												
			2 noi	nt stability	2x:20-60 se	conde							
			2 poi		lls 3x10	COHUS							
					e 3x10-20								
			(Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		1				
			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
	Push Pres	_	3	3	3								
	Stall Bar B	Bicycle	20-60sec	20-60sec	20-60sec								
			<u> </u>		<u> </u>								
	Hex DL + S		6	12	24								
80-87%	Pull Up		5	5	5				1				
			! }_	1 -	! 								
80-85%	Single Leg		5ea	5ea	5ea								
		erted Row		8 to 20	8 to 20								
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20								
			! }		! 								
			<u> </u>	<u>i </u>	<u>.</u>								
					<u> </u>								
Flexibility:	Partner St	retch											
Additional	Comment	e. (jeende o	r injuries o	verall mood,	etc.)								
Additional	Comment	s. (ISSUES U	i iiijuiies, o	verali ilioou,	eic.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 8 Day # 4			Da	y of the we	ek:					
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time (of Day:	Warm Up:	(Ladder) 1	l5 yds.									
Tille	л Бау.							slalom F, 2 for	ward 1 back				
a						amstring, I	ateral squa	t walk					
Start	/Finish			and - purple) F/B/L/R								
		Plyometric		Single Leg I	_ateral Hur	dle or Cone	Нор 5х5 е	·a.					
	:h(s):												
Partner	/Group:	Speed/Agi	lity:			2 12							
			Assisted 1-2 cut 3x ea.										
			Lateral hoop run w/ return 3x each (2 hoops)										
		Conditioning:											
				7	Mile Bike	Test (group	2)						
				(one group	on day #2	, one group	on day #4)					
A la -l a : a	la.												
Abdomina	IS:			Overhead v	ul Stan 2v1	0							
			Sid	de twist 3x1									
				m chest pas									
			One An	ii olioot pac	JO OX TO ING	G EXIOD							
			;	Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i	Ī				
	 		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
82.5,85,90			3	3	3			<u> </u>					
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		! ! 	-				
00 70 FE9/	DB Incline		6	12	24	<u> </u>		 					
	DB Incline		6	12	24	<u> </u>		<u> </u>					
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	1		<u> </u>					
75-80%	Dine : Sad	nula	5+10	5+10	5+10	i		: :					
	Dips + Sca 1 Leg Bac		8 to 20	8 to 20	8 to 20	 		 					
			8	8	8			<u> </u>					
73-60%	Cable Lift		<u> </u>	1	10								
			-	i	i 	i		i i	i				
			<u> </u>	!	<u> </u>	 		 	!				
Elovibility	Foam Rol	lar Stratal											
riexibility:	FOAIII KOI	ier Stretch											
Additional	Comment	s: (issues o	r iniuries o	verall mood	etc.)								
,		01 (10000000		voran mood	, 0.0.,								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 9 Day # 1			Da	y of the we	ek:					
			Bodyweig	jht									
	COND	ITIONIN		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
Time v	or Day.			2.heel to b									
011	/=··.	7. back	oedal 8. S	LDL walk Fo				skip 10. O	erhead/				
Start	/Finish	DI		11.	heel walks	12. Inchw	orm						
		Plyometric	cs:	Co	ntinuous U	urdle Hen	EvE						
			Continuous Hurdle Hop 5x5										
Coa	ch(s):												
	r/Group:	Speed/Agi	peed/Agility:										
	-		•		Chase Spr	int 3x each	1						
				Sled 5x 1	/2 field, 1x	full field (2	10 yards)						
		Condition											
		1	Line Drill 5 15 25 30 :30/1:00										
		 	:30/1:00 10 minutes										
	10 minutes												
Abdomina	ıls:	-											
			2 poi	nt stability	2x:20-60 se	conds							
					lls 3x10								
				Jackknif	e 3x10-20								
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	<u>!</u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-	DB Snatcl		3	3	3								
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20								
	<u> </u>			<u> </u>									
	Front Box		6	12	24								
80-87%	Chin up		5	5	5								
	!		<u> </u>	<u> </u>									
80-85%	Single Le	g Squat	5ea	5ea	5ea	<u> </u>							
	Inverted F		8 to 20	8 to 20	8 to 20								
	Reverse Hyp	perextension	8 to 20	8 to 20	8 to 20								
				<u> </u>									
			<u> </u>										
Flexibility	: Partner S	tretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run	Swimming)									
		(1 1401100)	o, r.uii,	- ·····iii									

	Date		Week # 9 Day # 2 Day of the week:										
			Bodyweig	ht									
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time o	of Day:	Warm Up:	(Ladder) 2	20 yds.									
Time (or Day.			front F/B, cros					huffle F				
C4 = ==4	/ C ::	Shuffle &	Carioca - s	spiderman, Band - Purpl	lunge to ha	amstring, I	ateral squa	t walk					
Start	/Finish			anu - Fuipi	e) FIDILIK								
		Plyometric		Late	ral Hurdle o	or Cone Ho	n 5x5						
			Lateral Hurdle or Cone Hop 5x5										
Coad	:h(s):												
Partner	/Group:	Speed/Agi	ility:										
						2 cut 3x eac							
			Lateral hoop run w/ return 3x each (2 hoops)										
		Condition	ina:										
		- Jonation	Slide Board 12x :30/1:00										
		Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8)											
Abdomina	ls:		Madiaina F	Dalla Overd		. 040 1	_						
				Balls- Overh de twist 3x1			1						
				n chest pas									
			one am	ii oncot pas	O OX TO TYP	Q ZXIO D							
			;	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		_				
			Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
90,95,100-			3	3	3	<u> </u> 							
	Slant Boal	rd Rev Sit U	10 to 20	10 to 20	10 to 20	<u> </u>							
	D l. D		1	<u> </u>		1							
	Bench Pre		4 8-20		2 8-20	<u> 1</u>							
	Foam Rolle	r HIP LITT	10-20	10-20	10-20	<u> </u>							
75 900/	Ding : Sa	nuls	5+10	5+10	5+10	-							
75-80%	Dips + Sca		8 to 20	+	8 to 20	<u> </u>							
	Glute Ham		8 to 20	8 to 20	8 to 20	<u> </u>							
75-80%	Cable Lift		<u>. </u>	<u> </u>	<u>. </u>								
				i	Ī	Ī		i i					
			 	!	<u> </u>	<u> </u>							
Flexibility	Foam Rol	ler Stretch	1	I	<u> </u>	<u> </u>							
i lexibility.	i oaiii Koi	iei Stretcii											
Additional	Comment	s: (issues o	r iniuries o	verall mood,	etc.)								
Additional	Oomment	3. (1334C3 O	i irijarios, o	verali mood,	Cto.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 9 Day # 3		Day of the week:						
			Bodyweig	ht							
	CONDI	ITIONING			netrics- S	peed/Agi	lity- Cond	ditioning			
Time	of Day:	Warm Up:									
Tille	oi Day.							utt 4. heel			
		5. Bac	kward lun	ge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward		
Start	/Finish										
		Plyometric	es:	Si	ngle Leg H	urdle Hop 5	5x5				
	ch(s):										
Partner	/Group:	Speed/Agility:									
		Single Leg Chase Sprint 3x each									
				Resis	sted Band 1	Towina 5x2	5 vds.				
		Conditioni	Resisted Band Towing 5x25 yds. onditioning:								
	·		·		x300(50 ya						
		2x150(50 yard) :30/1:30									
	3x100(50 yard) :20/:40										
A la al a '-	Ja.										
Abdomina	IIS:										
			2 noir	nt stahility '	2x:20-60 se	conds					
			Z poli		lls 3x10	COIIGS					
					e 3x10-20						
			5		Trainin	g					
%	Eve	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i	, <u> </u>		
	J		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest		
90,95,100-	Push Pres		3	3	3	<u>[</u>					
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec						
80,70,55%	Hex DL +	Shrug	6	12	24						
80-87%	Pull Up		5	5	5				<u> </u>		
80-85%	Single Leg	g Squat	5ea	5ea	5ea						
		rip Inv Row	8 to 20	8 to 20	8 to 20	i					
		erextension			8 to 20	ĺ					
	<u> </u>			<u> </u>	1						
	İ				1						
	 			 	.)		
Flexibility	: Partner S	tretch									
Additional	Comment	s: (issues o	r injuries, ov	erall mood,	, etc.)						
Additional	Evere:e	. (Drootice	Diko Dim 1	Swimmin ~\							
Additional	∟xercises	: (Practice,	DIKE, KUN, S	owimining)							
1											

	Week # 9 Day of the week:											
	Date		Day # 4			Da	y or the we	CK.				
			Bodyweig	ght								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning				
Time o	of Day:	Warm Up:	(Ladder) 2	20 yds.								
1	o. Day.							slalom F, 2 for	ward 1 back			
C4	/Cininh			spiderman,		amstring, I	ateral squa	t walk				
Start	/Finish			and - purple) F/D/L/K							
		Plyometric	cs:	Single Led	Lateral H	urdle or Co	ne Hop 5x5					
Coad	ch(s):											
Partner	/Group:	Speed/Ag	Speed/Agility:									
		Assisted 1-2 cut 3x ea.										
		Lateral hoop run w/ return 3x each (2 hoops)										
	Conditioning											
		Conditioning: Slide Board 12x :30/1:00										
		Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8)										
	·								·			
Abdomina	ls:											
			0.	Overhead v								
				de twist 3x1								
			One Ar	m chest pas	SS 3X10 Na	& 2X10 D						
				Strength	Trainin	g						
%	Fxe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i				
			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
90,95,100-			3	3	3	<u> </u>		<u> </u>				
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20						
	<u> </u>		<u> </u>	<u> </u>	į.	<u> </u>						
80,70,55%	DB Incline or		J 6	12	24							
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	<u> </u>		<u> </u>				
	! !		<u> </u>	!	! !	! !	1	 	<u> </u>			
75-80%	Dips + Sca		5+10	5+10	5+10	<u> </u>		<u>'</u>				
	1 Leg Bac		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>	j			
75-80%	Cable Lift		8	8	8							
	l 		! !	<u> </u>	! !	! !		<u> </u>				
	! 		<u> </u>	<u> </u>	! !	<u> </u>	 	! !!				
	<u> </u>		<u>i</u>	<u>i </u>	<u>i </u>	<u>i</u>		<u> </u>	<u>_</u> i			
Flexibility:	Foam Rol	ler Stretch										
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 10 Day # 1	0		Da	y of the we	ek:				
			Bodyweig	ght								
	COND	TIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
	· · · · · · · · · · · · · · · · · · ·			2.heel to b								
Star	t /Finish	7. back	bedai 6. S	LDL walk Fo	heel walks			SKIP TU. O	vernead			
		Plyometric	cs:									
				Hu	ırdle Hop w	ith Sprint	5x5					
Co	ach(s):											
	er/Group:	Speed/Agi	litv:									
	.,	epood; rg.		Gro	und Chase	Sprint 3x	each					
		Condition	ing:	Sied 2x 7	1/2 field, 2x	tuli field (1	ull field (180 yards)					
		Condition	ıııy.		Line Drill	5 15 25 30						
					:30/	1:00						
	12 minutes											
Abdominals:												
Abdomin	iais.			Stability Bal	I Alphabet 2	2x						
1 Leg Hip Lift on Medicine Ball 2x8-12												
				Russian	Twist 3x10							
	_			Strength								
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	Bar Comp	lex										
	High clean	l	5	5	5							
	Row		10	10	10							
	SLDL		10	10	10							
	Push Pres	<u> </u>	10 10	I10 I ₁₀	110 1 ₁₀							
	High pull		10	10	10				 i			
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>					
	Ì			ĺ	i							
			8+8	8+8	I							
	Diagonal	Plate Raise	8 to 20	8 to 20	<u> </u>							
Flexibility	y: Partner S	tretch										
۸ ططائدا م	al Cammani	ou (ioossoo es	ripiurioo -	wordl mass-	oto)							
Addition	al Comment	s. (ISSUES O	i irijuries, o	verali mood	, etc.)							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 10 Day # 2)		Da	y of the we	ek:			
	Date		Bodyweig	ıht							
	COND	ITIONIN			netrics- S	peed/Agi	lity- Con	ditioning			
Time	of Day:	Warm Up:			ss behind F/B.	auick shuffle	F/B. 180's. N	lakovsky Shuf	fle F		
011	/ 	Shuffle &	Carioca - s	piderman,	lunge to ha	amstring, I					
Start	/Finish	Plyometric		Knees - Gr	een) F/B/L/F	K .					
		Tyometric		ral Hurdle o	or Cone Hop	with Jum	o and Read	ch 5x5			
	ch(s):										
Partne	r/Group:	Speed/Agi	lity:	1.5	4 4F -l	1 0	4				
					teral 45 deg op run w/ re			s)			
	Conditioning:										
		Slide Board 14x :30/1:00 Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)									
Abdomina	als:	B. /	ladiaina D	-العماء ماله	log overbee	ad 2v40 a = -	h				
		IV			leg overhea 3x10 ND & 2		n				
					ass 3x10 NC						
			;	Strength	Trainin	g					
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5		Doot		
70,75,80	Snatch		Reps/	Reps/	Reps/	Reps/	Keps/	Tempo I	Rest		
-, -,		Rev Sit Ups	10 to 20	10 to 20	10 to 20						
000/	lea - D			<u> </u>				<u> </u>			
60%	50's Benc Leg Circu		3x	<u>I</u>	I I			<u>'</u> '			
	jump squa		20	120	20			i i			
	body weig	ht squats	20	20	20			<u> </u>			
	alternating		20	20	20						
	lateral squ	at	20	20	20		! 	! 			
	pull up		Max	Max-2	1			! !			
		ne Push Up		Max-10	<u>. </u>			<u>!!</u> 			
Flexibility		ler Stretch									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)						
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 1 Day # 3	0	Day of the week:					
			Bodywei	ght						
	COND	ITIONIN			netrics- S	peed/Agi	lity- Cond	ditioning		
Time	of Day:		(10 yards							
111110	or Day.				o butt 3. op					
Ctan	/Cinini	5. Ba	ckward lur	ige walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward	
Stari	:/Finish	Dhromotri	001							
		Plyometri	us.	Single I	eg Hurdle l	Hop with S	print 5x5			
				J						
Coa	ich(s):									
Partne	er/Group:	Speed/Ag	ility:							
				Ba	sprint 3x e	3x each				
				Rasie	ted Band P	ad Rand Punning 6y 25 yde				
		Condition	ina:	110313	ted Band Running 6x 25 yds.					
				1	x300(50 ya	rd) 1:00/2:0	00			
		2x150(50 yard) :30/1:30								
	5x100(50 yard) :20/:40									
Abdominals:										
Abaomin	ais:			Stability Bal	I Alphabet	2v				
					ledicine Ba					
			i Logi		Twist 3x10	II EXO IE				
			;	Strength	Trainin	g				
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest	
	DB Comp	lex	<u> </u>							
	Snatch		5	5	5					
	Row		10	10	10					
	SLDL		10	10	10					
	curl + pus	h press	10	10	10					
	push up +	scapula	10+10	10+10	10+10	<u> </u>	l 			
	<u> </u>		<u> </u>	<u> </u>						
	Hanging I	Leg Raise	10 to 20	10 to 20	10 to 20		<u></u>			
	<u> </u>		<u> </u>	<u> </u>	<u> </u>					
	<u> </u>		! 	<u> </u>	! 				 	
	į.		<u>i </u>	<u>i </u>	<u> </u>					
	<u> </u>									
Flexibility	: Partner S	tretch								
Addition:	d Common	te: lieeuee e	r injurios o	verall mood	otc)					
Additions	ai Commen	13. (155065 0	i irijuries, c	verall III000	, e.c. <i>)</i>					
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)						

	Date		Week # 10 Day # 4)		Da	y of the we	ek:			
			Bodyweig	ht							
	CONDI	ITIONIN		up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning			
Time	of Day:	Warm Up: quick feet F/	(Ladder) 1 L/R, quick sh	0 yds. uffle F/B, hip s	switch F/L/R,	in-in-out-out F	/B/L/R,Giant ,	Brake Run F			
.		Shuffle &	Carioca - s	piderman,	lunge to h	amstring, I					
Start	/Finish			knees - gree	en) F/B/L/R	(
		Plyometric		Leg Hurdle	or Cone F	lop with Ju	mp and Re	ach 5x5			
	ich(s):										
Partne	r/Group:	Speed/Ag	ility:								
				l otorol boo		1-2 cut 4x	h /2 haana				
				Lateral hoo	p run w/ re	turn 3x eac	ii (ə noops	·)			
		Condition	ing:		Clide Decord 444 (2014-00						
		Slide Board 14x :30/1:00 Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)									
				Allayin	3 TX 1-10/11	10 (III EV 10)	1 27 0)				
Abdominalo											
Abdomin	als:			Medicina	Ball Abs						
			sing	le leg overh		each					
			singl	e leg twist 3	3x10 ND &	2x10 D					
				ng chest pa							
			•	Strength	Trainin	ıg					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest		
70,75,80	Push Pres		5	4	3	Ţ					
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20					
	Mini Leg (Circuit	! I] 	! !] 					
	squat jump		10	ļ	ļ	ļ					
	body weigl		10]]]			I		
	alternating	lunge	10	j		j		ļ			
	tuck jump		<u> </u> 10	<u> </u>	<u> </u>						
	Chin ups		max	max-2	<u>. </u>	j					
	Inverted R	Row	8 to 20	8 to 20)]	1		 			
Flexibility	r: Foam Rol	ler Stretch									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)						
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 1 Day # 1	1		Da	y of the we	ek:				
			Bodywei	ght								
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
	, c. 2u,.			2.heel to b								
Star	t /Finish	7. Dack	pedal 6. S	LDL walk Fo	heel walks			SKIP TU. O	vernead			
		Plyometric	cs:			-						
				Hu	ırdle Hop w	ith Sprint	5x5					
Co	ach(c):											
	ach(s): er/Group:	Speed/Ag	ilitv•									
	, c. cu.p.	оресалд	iiity.	Gro	und Chase	Sprint 3x	each					
		Condition	inai	Sled 3x 1	1/2 field, 2x	tull field (2	10 yards)					
		Condition	ırıg:		Line Drill	5 15 25 30						
		:30/1:00										
	14 minutes											
Abdominals:												
Abdomii	iais.			Stability Bal	I Alphabet :	2x						
Stability Ball Alphabet 2x 1 Leg Hip Lift on Medicine Ball 2x8-12												
					Twist 3x10							
				Strength		g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	Bar Comp	lex	<u> </u>	<u> </u>	<u> </u>							
	High clear		5	5	5							
	Row		10	10	10							
	SLDL		10	10	10							
	Push Pres		10	10	10							
	High pull		10	10	10							
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20							
	ĺ		ĺ	İ	i							
	Hammer C	url + Press	8+8	8+8	I							
	<u> </u>		<u> </u>	<u> </u>	<u> </u>							
	İ		<u> </u>	<u> </u>	<u> </u>							
Flexibility	y: Partner S	tretch										
A -1-1747 -	-l O	/:	a factorist s		-4- \							
Addition	al Comment	s: (ISSUES O	r injuries, o	verali mood	, etc.)							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

Date Day # 2 Bodyweight CONDITIONING-Warm up- Plyometrics- Speed/Agility- Condition Time of Day: Warm Up: (Ladder) 15 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsk Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D	xy Shuffle F
CONDITIONING-Warm up- Plyometrics- Speed/Agility- Condition Time of Day: Warm Up: (Ladder) 15 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsk Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	xy Shuffle F
Time of Day: Warm Up: (Ladder) 15 yds.	xy Shuffle F
high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsk Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	ζ
Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	ζ
Start /Finish Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Alternating cheet nace 2v10 ND & 2v10 D	
Atternating Cliest pass SATO ND & ZATO D	
Strength Training	
% Exercise Set 1 Set 2 Set 3 Set 4 Set 5	i
Reps/ Reps/ Reps/ Reps/ Tem	npo Rest
75,80 85 Snatch 5 4 3	
	<u> </u>
60% 50's Bench 3x	
leg Circuit 20 20 20 1	
body weight squats 20 20 20	i
alternating lunge 20 20 20	
lateral squat 20 20 20	
pull up Max Max-2	<u> </u>
Metronome Push Up Max Max-10	
Flexibility: Foam Roller Stretch	
Additional Comments: (issues or injuries, overall mood, etc.)	
Additional Exercises: (Practice, Bike, Run, Swimming)	
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	Date		Week # 1 Day # 3	1	Day of the week:							
			Bodywei	ght								
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(10 yards									
	c, .			B 2.heel t								
Start	/Finish	5. Ba	ckward iur	nge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. Dac	kward			
Otari	.,,	Plyometri	cs:									
				Single Le	g Hurdle Ho	p with Spr	int 5x5 ea.					
_												
	ich(s):	0										
Partne	er/Group:	Speed/Ag	ility:	Ra	ck around	enrint 3y A	ach					
					ck ground sprint 3x each ted Band Running 6x 25 yds.							
		Condition	ing:									
		1x300(50 yard) 1:00/2:00 3x150(50 yard) :30/1:30										
	5x100(50 yard) :30/1:30 5x100(50 yard) :20/:40											
5x100(50 yaru) :207.40												
Abdomin	als:											
				Stability Bal								
			1 Leg I	lip Lift on N		II 2x8-12						
				Russian	Twist 3x10							
				Strength	Trainin	a						
	1						0.15					
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tompo	Rest			
	DB Comp		I Keps/	i Keps/	I Keps/	Reps/	Reps/	Tempo _	Ve2r			
	Snatch		†	i	T ₅							
	Row		10	10	10							
	SLDL		10	110	10							
	curl + pust	n press	10	10	10		<u>. </u>					
	push up +		10+10	10+10	10+10							
	Hanging I	_eg Raise	10 to 20	10 to 20	10 to 20		i					
	i		İ	Ï	Î		ĺ					
					<u> </u>							
Flexibility	/: Partner S	tretch										
۸ ماماند: مرد د	ol Commercia	o liocusa -	ripiurioo -	wordl mass-	oto \							
Addition	ai Coinment	. s. (ISSUES 0	ı ırıjuries, o	verall mood	, etc.)							
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 11	Day of the week:						
	Date		Day # 4				, 0, 1,,0 ,,0	, o		
			Bodyweig	ht						
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning		
Time	of Day:	Warm Up:	(Ladder) 1	5 yds.						
	o. Day.					in-in-out-out F				
Stort	/Finish			piderman, knees - gre		amstring, I	ateral squa	it walk		
Start	/FIIIISII	Plyometric		kilees - gre	eli) F/D/L/N	<u> </u>				
		riyometri		eg Lateral	Hurdle Ho	p with Jump	and Reac	h 5x5 ea.		
Coa	ch(s):									
Partne	r/Group:	Speed/Agi	ility:							
						egree 1-2 c				
				Lateral hoc	pp run w/ re	eturn 3x eac	h (3 hoops	s)		
		Condition								
		Condition	ıng:		Slide Board	I 16x :30/1:0	00			
	Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8)									
Abdomina	als:									
					e Ball Abs					
				le leg over						
				e leg twist						
				ng chest pa						
			,	Strength	Trainin	ıg				
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5			
	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest	
75.80,85	Push Pres	~	5	4	3					
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		! 		
	Mini Leg C	Circuit	 	 	 	<u> </u>				
	squat jump		110	Ī	Ī	Ī		l		
	body weigh		110	<u> </u>	Ī	Ī		i i	i	
	alternating		10	!	•	1		<u> </u>		
	tuck jump	9~	10	 	1] 		 		
	1		Ì	i İ	Ì	i İ		<u> </u>		
	Chin Up		Max	Max-2	Ī	Ī		i i	i	
	inverted re	ow	8 to 20	8 to 20	 	<u> </u>		<u> </u>		
	1		 	† · · · · · · · · · · · · · · · · · · ·	 					
Flexibility	: Foam Rol	ler Stretch								
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)					
		•								
A 1 11		/D ::	D:: 5	0						
Additiona	I Exercises	: (Practice,	BIKE, Run,	Swimming)						

	Date		Week # 1: Day # 1	2	-	Da	y of the we	ek:					
			Bodywei	ght									
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
	, c. 2u,.			2.heel to b									
Star	t /Finish	7. Dack	pedal 6. S	LDL walk Fo	heel walks			SKIP TU. O	vernead				
		Plyometric	cs:										
				Hu	ırdle Hop w	ith Sprint	5x5						
Co	oob(o).												
	ach(s): er/Group:	Speed/Ag	ilitv•										
	о., о. о а.р.	Opeca/Ag	iiity.	Gro	und Chase	Sprint 3x	each						
		Condition	ina		Sled 1x p	perimeter							
		Condition	ıııy.		Line Drill	5 15 25 30							
		:30/1:00											
		16 minutes											
Abdominals:													
Abdomii	iais.			Stability Bal	I Alphabet	2x							
1 Leg Hip Lift on Medicine Ball 2x8-12													
				Russian	Twist 3x10								
				Strength									
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
	Bar Comp		<u> </u>	<u> </u>	<u> </u>								
	High clear	1	5	5	5								
	Row		10	10	10								
	SLDL		10	110	10								
	Push Pres		10 ₁₀	I ₁₀	110 110								
	High pull		10	10	10								
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20								
	Hammer C	url + Press	8+8	8+8	<u> </u>								
				!	<u> </u>								
Flexibilit	y: Partner S	tretch	I	1	I								
Addition	al Comment	t s: (issues o	r injuries, o	verall mood	, etc.)								
Addition	al Exercises	: (Practice.	Bike, Run.	Swimmina)									
		(- 12.0	,,	9)									

	Week # 12 Day of the week:										
	Date		Day # 2			ра	y of the we	ек:			
			Bodyweig	ght							
	COND	ITIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning			
Time	of Day:	Warm Up:	(Ladder) 2	20 yds.							
	o. 2			front F/B, cros		-			fle F		
Start	/Finish			spiderman, Knees - Gr			aterai squa	it waik			
Otart	/1 1111311	Plyometric		Tances - On	conj i ibili						
		i iyomouri		ral Hurdle c	r Cone Hor	with Jum	and Reac	h 5x5			
Coo	ob/o\ı										
	ch(s): r/Group:	Speed/Ag	11:45.71								
raitilei	/Group.	Speed/Ag	ility:	La	teral 45 deg	ree 1-2 cut	4x				
	Lateral hoop run w/ return 3x each (3 hoops)										
<u> </u>											
	Conditioning:										
	10 Mile Bike Test (group 1)										
	(one group on day #2, one group on day #4)										
Abdomina	ıls:					10.10					
		IV.		alls- single			n				
				e leg twist 3 ng chest pa							
			Aiternati	ng chest pa	155 3X 10 INL	7 & 2X 10 D					
			,	Strength	Trainin	g					
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i			
65,70,75	Snatch		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest		
03,70,73		rd Rev Sit l			10 to 20						
			ĺ	İ	İ						
60%	50's Benc		3x	<u> </u>	<u> </u>						
	Leg Circu		l ₂₀	l l ₂₀	l ₂₀						
	jump squa body weig		1 ₂₀	I ₂₀	20						
	alternating		20	20	20						
	lateral squ		20	20	20						
	 		 	ļ., .	<u> </u>						
	pull up		Max	Max-2		ļ		ļ — i			
Clavibility	. Foom Bol	ler Stretch									
riexibility	. FOAIII KOI	ier Stretch									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)						
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 1: Day # 3	2	-	Da	y of the we	ek:				
			Bodywei	ght								
	COND	ITIONIN			netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		: (10 yards)									
111110	or Day.				o butt 3. op							
Ctan	/Finials	5. Ba	ckward lur	nge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward			
Stari	:/Finish	Dlyomotri										
		Plyometri	us.	Single I	eg Hurdle l	lon with Si	orint 5x5					
Coa	ach(s):											
Partne	er/Group:	Speed/Ag	ility:									
				Ba	ack ground sprint 3x each							
				Racia	sted Band Tows 1x Full Field							
		Condition	ina:	110313	Balla I	CHO IXI UI						
				1	x300(50 ya	rd) 1:00/2:0	00					
_	3x150(50 yard) :30/1:30											
	7x100(50 yard) :20/:40											
Abdominale												
Abdominals: Stability Ball Alphabet 2y												
	Stability Ball Alphabet 2x 1 Leg Hip Lift on Medicine Ball 2x8-12											
			0g .		Twist 3x10	120 12						
			;	Strength	Trainin	g						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	DB Comp	lex	<u> </u>	<u> </u>								
	Snatch		5	5	5							
	Row		10	10	10		<u> </u>					
	SLDL		10	10	10		<u> </u>					
	curl + pust	n press	10	10	10							
	push up +	scapula	10+10	10+10	10+10	 	I 					
	<u> </u>		<u>i</u>	<u>i</u>	<u> </u>							
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20		<u> </u>					
	1		1	1	<u> </u>				ľ			
	İ		 	 	•							
	!		! 	!	<u> </u>				<u> </u>			
Flands III	. Dantin : : 0	4 m a 4 c l -										
riexibility	: Partner S	tretcn										
Additions	al Comment	s: (issues o	or injuries o	verall mood	etc.)							
	••	.2. (1000000	,	. Jian mood	, 5.0.,							
			5	0 1 1								
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 12	2	Day of the week:						
	Date		Day # 4	_		- Du	y or the we	OK.			
			Bodyweig	ht							
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:	Warm Up:	(Ladder) 2	20 yds.							
	, -					in-in-out-out F					
Stort	/Einich					amstring, I	aterai squa	it waik			
Start	Start /Finish Bands (band above knees - green) F/B/L/R Plyometrics:										
		riyometri		l Hurdle or	Cone Hop	with Jump	and Reach	5x5 ea.			
Coad	ach(s):										
Partner	r/Group:										
				Lateral hoc	p run w/ re	eturn 3x eac	h (3 hoops	5)			
		0	!								
		Condition	ıng:	40	Milo Diko	Toet (aroun	. 1\				
	10 Mile Bike Test (group 1) (one group on day #2, one group on day #4)										
				tone group	Jii day #2	, one group	on day #4	,			
Abdomina	ıls:										
				Medicine	Ball Abs						
				le leg overl							
				e leg twist 3							
			Alternati	ng chest pa	ss 3x10 NI	D & 2x10 D					
				Strength							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	, i	Deet		
05.70.75	J		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest		
65,70,75	Push Pres	_	-	10 to 20	10 to 20	10 to 20		<u>'</u>			
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		i i	i		
	Mini Leg C	Circuit	Ī	l l		<u> </u>					
	squat jump		10					<u> </u>			
	body weigh		110	Ť	Ĭ	Ī		i i			
	alternating	•	10	1	<u> </u>	1		<u> </u>			
	tuck jump		10	 	!	!		 			
			<u> </u>	İ	<u>. </u>	<u>. </u>		<u>. </u>			
	Chin Up		Max	Max-2	<u> </u>	Ī		i i			
	inverted re		8 to 20	8 to 20	<u> </u>	<u> </u>		 			
				1	 	1		 			
Flexibility	: Foam Rol	er Stretch									
Additional	Comment	s: (issues o	r injuries, o	verall mood	etc.)						
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)							

	Week # 13 Date Day # 1 Day of the week:											
			Bodyweig	ght								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynamic	Warm Up							
Start	/Finish											
Start	/1 1111511	Plyometric	s: Sport S	Specific								
						Pad or w/	Pass Catch	ing				
Coa	ch(s):	5x5 = 25 contacts										
	r/Group:	Speed/Agi	eed/Agility: Sport Specific									
			Illinois Agility Test 5x									
		 										
	Conditioning:											
	Line Drill 5 15 25 30 :30/1:00											
	18 minutes											
						•						
Abdomina	als:											
				Strength	Trainin	ıg						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i	Doot i			
90 95 100-	DB Snatcl		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo I	<u>Rest</u>			
50,50,100		rd Sit Ups		-	10 to 20	İ		i i	ij			
	† 	•		İ	î I							
90-97%	Front Box		3	3	3	3		i i				
90-97%	Alternating (Grip Chin Up	3	3	3	3		<u> </u>	<u> </u>			
70.7E%	Lungs		12	12	12	<u> </u>		· !				
70-75% 70-75%	Lunge Cable 1 Arr	m 1 Leg Row		12	12	<u> </u>		 				
. 5 . 5 / 6		perextension		-	8-20	<u>. </u>		<u> </u>	<u> </u>			
	<u> </u>	-		<u> </u>				i i				
] 							
								<u> </u>				
Flexibility	: Partner S	tretch										
Additiona	l Comment	s: (issues o	r iniuries o	verall mood,	etc.)							
		(.55466 0)	,		3.3.,							
Additiona	l Exercises	: (Practice,	Bike. Run.	Swimmina)								

	Data		Week # 13	3	Day of the week:							
	Date		Day # 2	7 h 4								
			Bodywei	jnτ								
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm (Up						
Start	/Finish											
		Plyometric	s: Sport	Specific								
				30-60-90 E	Box Drill 1x	30 contact	s in 30secs	i				
Coa	Coach(s):											
	r/Group:	Speed/Agi	ility: Spor	t Specific								
			Band Towing 5x :15sec									
	O an alistic princer.											
	Conditioning:											
	slide board 9x :30/1:30											
	Airdyne: 1x 1:00/2:00 (M-Lv 9, F-Lv 7)											
						1-Lv 10, F-L						
Abdomina	bdominals: (MEDBALL)											
				_								
			,	Strength	Trainin	ıg						
%	Fxe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		Ī			
	J		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
90,95,100			5	4	3							
	Slant Boa	rd Rev Sit U	10 to 20	10 to 20	10 to 20	! 		! ! 	<u></u>			
90-97%	Bench Pre	266	3	3	3	3		ļ <u> </u>				
00 01 70		all Leg Curl		8-20	I8-20	l						
	July Do	an Log Guil	<u> </u>	1	<u> </u>	j		<u> </u>	<u></u>			
	Metronom	ne Push Up	Max	Max - 10	Max -10	İ		<u> </u>	<u> </u>			
		g Leg Curl		8-20	8-20	!		 				
70-75%		ational Chop		12	<u>,</u>	İ		<u> </u>				
. 5 7 5 70	- Cabic Note	onar onop	<u> </u>	 	i	i		<u> </u>				
	<u>!</u>		<u> </u>	!	!	!		<u> </u>	Ī			
	 		 	 	 	 		 				
Flexibility	r: Foam Rol	ler Stretch		1								
· ioxibility	. / Calli ROI	Oli Olio										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additions	l Evereises	· (Practice	Rika Dun	Swimming)								
Auditioila	dditional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 13 Day # 3		Day of the week:							
	Date		Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric				Pad or w/ locontacts	Pass Catch	ing				
	ch(s): r/Group:	Speed/Agi	lity: Sport	Specific	Illinois Ag	ility Test 5x	:					
		Conditioni	ng:		Tempo	Run 20						
Abdomina	ominals:											
			5	Strength	Trainin	ıg						
%	J	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100-	DB Snatcl Straight L		5 10 to 20		3 10 to 20	<u> </u> 						
90-97%	Front Box		3	3	3	3						
90-97%	Alternating (Grip Chin Up	3	3 	3 	3						
70-75% 70-75%	Lunge Cable 1 Arr	n 1 Leg Row	12 12	12 12	12 12	 						
		perextension			8-20	i I						
	i			; 	<u>;</u> 	1						
Flexibility	: Partner S	tretch										
Additiona	I Comment	s: (issues o	r injuries, ov	verall mood,	etc.)							
Additiona	itional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 13 Day # 4	3	Day of the week:							
			Bodyweig	ght								
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric	s: Sport		Sox Drill 1	(30 contact	s in 30secs	i .				
Coa	h(s):											
	r/Group:	Speed/Agi	eed/Agility: Sport Specific									
	•		Band Towing 5x :15sec									
	Conditioning:											
	Conditioning: slide board 9x :30/1:30											
	·		·		Aire	dyne:						
		-				M-Lv 9, F-L						
Abdom!:	de: (MEDE	A11\		5x	:30/1:30 (N	1-Lv 10, F-L	v 8)					
Abdomina	Abdominals: (MEDBALL)											
			;	Strength	Trainir	ng						
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i			
00.05.400]		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
90,95,100-		Rev SB Sit		-	10 to 20	10 to 20		j	<u> </u>			
	 			†	 	i i						
90-97%	Incline Be	ench	3	3	3	3		· · · · · · · · · · · · · · · · · · ·				
	Hip Lift on	Med Ball	8-20	8-20	8-20			ļ j				
	Motrono	o Duch Un	May	Max - 10	Max -10] 		! ! 	<u> </u>			
		ne Push Up		8-20		ļ		! !				
70-75%		g Leg Curl ational Chop		8-20 112	8-20	I i						
10-13%	Capie Rota	апонаі спор	14	112	i 	Ì			<u> </u>			
	<u> </u>		<u> </u>	<u>† </u>	<u> </u>	<u>Į</u>		i i	- i			
	!		<u> </u>	 	!	<u> </u>		 				
Flexibility	: Foam Rol	ler Stretch		1								
Additiona	l Comment	s: (issues o	r iniuries o	verall mood	etc.)							
		(,	. 5 111000	, 5.5.,							
۸ مامانه: ۵۰۰ - ۱	l Evereiess	. (Drostics	Dika Div	Cusimmins!								
Additional	ı ⊏xercises	: (Practice,	DIKE, KUN,	owiniming)								

	Week # 14 Date Day # 1 Day of the week:											
			Bodyweig	jht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Min. Jog	ı + Dynamid	Warm Up							
Start	/Finish											
Otart	71 1111311	Plyometric	cs: Sport S	Specific								
			De	pth Jump v		Pad or w/ I	Pass Catch	ing				
Coa	ch(s):	5x5 = 25 contacts										
	r/Group:	Speed/Agi	eed/Agility: Sport Specific									
			Illinois Agility Test 7x									
	Conditioning:											
	Line Drill 5 15 25 30 :30/1:00											
	20 minutes											
Abdomina	als:											
Abdomine												
			;	Strength	Trainin	ıg						
%	Exe	rcise	Set 1	Set 2 Reps/	Set 3	Set 4	Set 5	T	Doot.			
90.95.100-	DB Snatcl		Reps/	4	Reps/	Reps/	Reps/	Tempo I	Rest			
, ,		rd Sit Ups	10 to 20	10 to 20	10 to 20	Ì						
]]] 									
90-97%	Front Box		3	3	3	3						
90-97%	Alternating (Grip Chin Up	13 	3 	3 	[3			<u> </u>			
70-75%	Lunge		12	12	12			İ	 į			
70-75%		m 1 Leg Row	12	12	12	<u> </u>						
	Reverse Hy	perextension	8-20	8-20	8-20	<u> </u>						
	! 		! 	1 1	! 	! 		! ! 	<u>'</u>			
	 		<u> </u>	<u> </u> 	<u> </u>	 		 				
Flexibility	: Partner S	tretch	1		1							
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 14 Day # 2	4	Day of the week:							
			Bodyweig	jht								
	COND	ITIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm (Jр						
Start	/Finish											
		Plyometric	s: Sport		Sox Drill 1x	30 contacts	s in 30secs	i				
Coa	ch(s):											
	r/Group:	Speed/Agi	eed/Agility: Sport Specific									
					Band Towi	ng 7x :15se	С					
	Conditioning:											
	Airdyne- 2x :45/1:15											
	4x :30/1:130 6x :15/:45											
	δχ :15/:45											
Abdomina	bdominals: (MEDBALL)											
			;	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tomno	Post			
90,95,100-	Clean		15	4	13	Reps/	Reps/	Tempo I	Rest _			
00,00,100		rd Rev Sit U		-	10 to 20	i 		i	i			
00.070/	<u>i </u>		i	<u>i</u>	<u>i</u>	<u>i</u>	j	i i	i			
90-97%	Bench Pre		3	3 8-20	3 18-20	3						
	istability Ba	all Leg Curl	10-20	10-20	10-20	 		. ''''''''''''''''''''''''''''''''''''				
	Metronom	e Push Up	Max	Max - 10	Max -10	 		İ	 į			
		g Leg Curl		8-20	8-20	i						
70-75%		tional Chop		12				ĺ				
			<u> </u>	<u> </u>	<u> </u>	<u> </u>						
	<u> </u>		! 	 	<u>; </u>	<u>; </u>		! 				
	<u> </u>											
Flexibility	: Foam Rol	ler Stretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)				$\neg \neg$			
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 14 Day # 3	ļ	Day of the week:							
	Date		Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric				Pad or w/ locontacts	Pass Catch	ing				
	ch(s): r/Group:	Speed/Agi	lity: Sport	Specific	Illinois Ag	ility Test 7x						
		Conditioni	onditioning: Tempo Run 20									
	Tempo Kun 20											
Abdomina	als:											
				Strength								
%	J	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100	Straight L		5 10 to 20		3 10 to 20	! 						
90-97%	Front Box	Squat	3	3	3	3			<u> </u>			
90-97%	Alternating (Grip Chin Up	3	 3	3	3						
70-75%	Lunge		12	12	12	<u>†</u>						
70-75%		n 1 Leg Row perextension		12 8-20	12 8-20	<u> </u> 		<u> </u>				
	i i) 		i						
Flexibility	: Partner S	tretch										
Additiona	l Comment	s: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 14 Day # 4	Da	Day of the week:							
			Bodyweig	jht								
	CONDI	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric	s: Sport		ox Drill 1x	30 contacts	s in 30secs	i				
Coa	ch(s):											
	r/Group:	Speed/Agi	eed/Agility: Sport Specific									
	-				Band Towi	ng 7x :15se	С					
	Conditioning:											
	Airdyne- 2x :45/1:15											
	4x :30/1:130 6x :15/:45											
	6x :15/:45											
Abdomina	bdominals: (MEDBALL)											
			;	Strength	Trainin	ıg						
%	Exe	rcise	Set 1	Set 2 Reps/	Set 3	Set 4	Set 5	T	Post			
90,95,100-	l Clean		Reps/ 5	4	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
30,33,100		Rev SB Sit			10 to 20	10 to 20			i			
	I I					<u> </u>						
90-97%	Incline Be		3	3	3	3		<u>i i</u>	i			
	Hip Lift on	Med Ball	8-20	8-20	8-20	<u> </u>		<u> </u>	<u> </u>			
	Metronom	ne Push Up	Max	Max - 10	Max -10	<u>!</u>						
		g Leg Curl		8-20	8-20	 		 				
70-75%		ational Chop		12	i	i		<u> </u>	i			
	<u> </u>			<u> </u>	<u> </u>			<u> </u>				
					!			 				
	i			<u>i</u>	<u>i</u>							
Flexibility	: Foam Rol	ler Stretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Week # 15 Day of the week:											
			Bodyweig	jht								
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Min. Jog	y + Dynamio	Warm Up							
Start	/Finish											
Otart	/i iiii3ii	Plyometric	cs: Sport S	Specific								
			De	epth Jump v		Pad or w/	Pass Catch	ing				
Coa	ch(s):	5x5 = 25 contacts										
	r/Group:	Speed/Agi	eed/Agility: Sport Specific									
			Illinois Agility Test 9x									
		Conditioning:										
	Line Drill 5 15 25 30											
		:30/1:00 20 minutes										
						-						
Abdomina	als:											
				24 41								
			•	Strength	Trainin	ıg						
%	l Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i	i			
	J		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
90,95,100-	DB Snatcl	n rd Sit Ups	10 to 20	14 1 _{10 to 20}	10 to 20	<u>]</u>		i i				
	T Boa	ra on opo	1	†	 	1						
90-97%	Front Box	Squat	3	3	3	3						
90-97%	Alternating (Grip Chin Up	3	3	3]3		<u> </u>	<u> </u>			
70.75%	<u> </u> 		12	12	12]]			<u> </u>			
70-75% 70-75%	Lunge	m 1 Leg Row		12 12	12 12	!	<u> </u>	!	<u>i</u>			
10-13%		m 1 Leg Row perextension		8-20	8-20	<u> </u>		<u> </u>				
	1	poroxionoron		1		į			į			
	1		I	1	1] 						
	<u> </u>		İ	İ	İ	Ī		<u>i</u>				
Flexibility	: Partner S	tretch										
Additiona	I Comment	s: (issues o	r injuries. ດ	verall mood	etc.)							
		(, , .		, ,							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								
		, ,	. ,	5/								

	Date		Week # 15 Day # 2	5	Day of the week:							
			Bodyweig	ght								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 minute .	Jog + Dyna	mic Warm (Up						
Start	/Finish											
		Plyometric	s: Sport		ox Drill 1x	30 contacts	s in 30secs					
Coa	ch(s):											
	r/Group:	Speed/Agi	eed/Agility: Sport Specific									
			Band Towing 9x :15sec									
	Conditioning:											
	Airdyne: 1/2 mile sprints 3x/3:00 (M 10 - F 8)											
		1										
Abdomina	bdominals: (MEDBALL)											
			;	Strength	Trainin	ıg						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100-			5	4	3	<u> </u>						
	Slant Boa	rd Rev Sit U	10 to 20	10 to 20	10 to 20	! !			<u> </u>			
90-97%	Bench Pre	ess	3	3	3	3		1				
		all Leg Curl	8-20	8-20	8-20	Ì		İ	i			
	Metronom	ne Push Up	Max	Max - 10	Max -10	<u> </u>			1			
		g Leg Curl		8-20	8-20	! !		 				
70-75%		tional Chop		12	Ī	<u> </u>		ii				
	<u> </u>		 	<u> </u>		<u> </u>		, T				
	<u> </u>							<u> </u>				
Flexibility	: Foam Rol	ler Stretch										
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)											
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)											

Date			Week # 15 Day # 3 Day of the week:							
2410		Bodyweig	jht	1						
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning		
Time	of Day:	Warm Up:	5 Minute Jog + Dynamic Warm Up							
Start	/Finish									
Start	/୮!!! 5	Plyometrics: Sport Specific								
		Depth Jump w/ Blocking Pad or w/ Pass Catching								
Coach(s):		5x5 = 25 contacts								
Partner/Group:		Speed/Agility: Sport Specific								
		Illinois Agility Test 9x								
	Conditioning:									
			Tempo Run 20							
Abdomina	ıls:									
				Strength	Trainin	ıg				
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i	
90 95 100-	DB Snatch		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo I	Rest _	
30,33,100	Straight L		10 to 20	-	10 to 20	j		 	i	
		J		1		1				
90-97%	Front Box		3	3	3	3		j		
90-97%	Alternating (Grip Chin Up	3	3	3	<u> </u> 3		<u> </u>		
70.7E%	Lungs		12	12	12	†		· !	<u> </u>	
70-75% 70-75%	Lunge Cable 1 Arr	n 1 Leg Row		12	12	<u> </u>		!		
. 5 7 5 76		perextension		-	8-20	i İ		<u></u>		
	<u> </u>	-		<u> </u>]		ĺ		
] 	I				
								<u> i</u>		
Flexibility	: Partner St	tretch								
Additional Comments: (issues or injuries, overall mood, etc.)										
Additional Commonics, (1994) of injuries, everall mood, etc./										
Additiona	I Exercises	: (Practice,	Bike. Run.	Swimmina)						
		(, ,	- ····································						

Date		Week # 15 Day # 4	5	Day of the week:							
2410		Bodyweig	ght	1							
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning			
Time o	of Day:	Warm Up: 5 Minute Jog + Dynamic Warm Up									
Start /	/Finish										
		Plyometrics: Sport Specific 30-60-90 Box Drill 1x30 contacts in 30secs									
Coo	h/a\.										
Coach(s): Partner/Group: Spee		Spood/Agi	Speed/Agility: Sport Specific								
Tarther/Group. Speed/A			Band Towing 9x :15sec								
		Conditioning:									
				410		dyne:	0 F C'				
				1/2 Mi	ie sprints 3	3x/3:00 (M 1	u - F 8)				
A la al a '	le: /MEDD	A									
Abdomina	IS: (MEDB/	ALL)									
				Strength	_	ng					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest		
90,95,100-			5	4	3				[
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20					
00.070/	5		<u> </u>	<u>i</u>	<u> </u>	<u>i</u>	ļ	ļ	i		
	Incline Be		3 8-20	3 18-20	3 8-20	3					
	Hip Lift on	ivied Rail	10-20	10-20	10-20	1]			<u> </u>		
	Metronom	e Push Up	Max	Max - 10	Max -10	<u> </u>			 į		
		g Leg Curl		8-20	8-20	! 					
70-75%		tional Chop		12	<u> </u>	<u> </u>					
				<u>i</u>	<u> </u>	İ					
Flexibility:	Foam Rol	ler Stretch									
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)						
Additional Exercises: (Practice, Bike, Run, Swimming)											
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)							