

	Week # 1	Day of the week:
Date	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards)
	high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Box Jumps 5x5
Partner/Group:	Speed/Agility:
	Lean Fall Run 3x ea.
	Conditioning:
	Tempo Run 14x

Abdominals:

4 pt. Stability 2x20 - 60 sec
 Spinal Circuit 10/10/10
 Flat Foot Sit Ups 3x10-20

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
60,65,70	DB Snatch	5 ea.	5 ea.	5 ea.				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
60-77%	Front Box Squat	8	8	8				
60-77%	Chin Ups	8	8	8				
70-75%	DB Split Squat	12	12					
70-75%	KB Row	12	12					
	Diagonal Plate Raise	12	12					

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 1	Day of the week:
	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 15 yds. high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B, scissors L/R, ankle bounce F - Shuffle + Carioca + Spiderman 5x ea. Lat. Squat 5x ea.
Start /Finish	Bands - (ankles) L/R/F/B
Coach(s):	Plyometrics:
	Lateral Box Jump 3x5 ea.
Partner/Group:	Speed/Agility:
	1-2 stick (4 hoops) 3x ea. Lateral Hoop Run (3 hoops) 3x ea.
	Conditioning:
	Slide Board 5x :30/1:30 Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10)

Abdominals: (MEDBALL)

Standing Overhead Throw with band below knees 3x10
Front Hip Toss with band below knees 4x10 ND 3x10 D
Seated Chest Pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
60,65,70	Hang Clean	5	5	5				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
60-77%	Bench Press	8	8	8				
	1 leg Hip Lift	8 to 20	8 to 20	8 to 20				
70-75%	KB Shoulder Press	12	12					
70-75%	DB SLDL	12	12					
70-75%	Cable Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 1	Day of the week:
Date	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards)
	high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Single Leg Box Jump 5x5 ea.
Partner/Group:	Speed/Agility:
	90 degree Lean Fall Run 3x ea.
	Conditioning:
	Tempo Run 16x

Abdominals:
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, superman x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
60,65,70	Push Press	5	5	5				
	Bent Leg L-Sit	20-60sec	20-60sec	20-60sec				
60-77%	Hex DL + Shrug	8	8	8				
60-77%	Parallel Grip Chin Up	8	8	8				
70-75%	Step Up	12	12					
70-75%	T-Grip Row	12	12					
	Diagonal Plate Raise	12	12					

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 1	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (ladder) 15 yds.
Start /Finish	quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R, slalom F, turn out F - Shuffle + Carioca Spiderman 5x ea. Lat. Squat 5x ea. Bands (ankles) F/B/L/R
Coach(s):	Plyometrics: Single Leg Box Jump Medial + Lateral 3x3 ea.
Partner/Group:	Speed/Agility: 1-2 stick 3x (4 hoops) lateral hoop run 3x (3 hoops)
	Conditioning: Slide Board 5x :30/1:30 Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10)

Abdominals: (MEDBALL)

Standing Overhead Throw 3x10
Front Hip Toss 4x10 ND 3x10 D
Seated Chest Pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
60,65,70	Hang Clean	5	5	5				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
60-77%	Incline Bench	8	8	8				
	1 Leg Hip Lift	8 to 20	8 to 20	8 to 20				
70-75%	DB hammer curl + press	12	12					
70-75%	KB 1 Leg SLDL	12	12					
70-75%	Cable Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 2	Day of the week:
Date	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards)
	high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Box Jumps5x5
Partner/Group:	Speed/Agility:
	Lean Fall Run 3x ea.
	Conditioning:
	Tempo Run 18x

Abdominals:

4 pt. Stability 2x20 - 60 sec
 Spinal Circuit 10/10/10
 Flat Foot Sit Ups 3x10-20

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	DB Snatch	5 ea.	5 ea.	5 ea.	5 ea.			
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
60-77%	Front Box Squat	8	8	8				
60-77%	Chin Ups	8	8	8				
70-75%	DB Split Squat	12	12					
70-75%	KB Row	12	12					
	Diagonal Plate Raise	12	12					

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 2	Day of the week:
Date	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 15 yds.
Start /Finish	high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B, scissors L/R, ankle bounce F - Shuffle + Carioca Spiderman 8x ea., Lateral Squat 8x Bands (ankles) F/B/L/R
Coach(s):	Plyometrics: Lateral Box Jump 3x5 ea.
Partner/Group:	Speed/Agility: 1-2 stick (4 hoops) 3x ea. Lateral Hoop Run (3 hoops) 3x ea.
	Conditioning: Slide Board 6x :30/1:30 Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)

Abdominals: (MEDBALL)

Standing Overhead Throw with band below knees 3x10
Front Hip Toss with band below knees 4x10 ND 3x10 D
Seated Chest Pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	Hang Clean	5	5	5				
	Slant Board Rev Sit	10 to 20	10 to 20	10 to 20				
60-77%	Bench Press	8	8	8				
	1 leg Hip Lift	8 to 20	8 to 20	8 to 20				
70-75%	KB Shoulder Press	12	12					
70-75%	IDB SLDL	12	12					
70-75%	Cable Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 2	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (15 yards)
	high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Single Leg Box Jump 5x5 ea.
Partner/Group:	Speed/Agility:
	90 degree Lean Fall Run 3x ea.
	Conditioning:
	Tempo Run 20x

Abdominals: Circuit
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, superman x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	Push Press	5	5	5				
	Bent Leg L-Sit	20-60sec	20-60sec	20-60sec				
60-77%	Hex DL + Shrug	8	8	8				
60-77%	Parallel Grip Chin Up	8	8	8				
70-75%	Step Up	12	12					
70-75%	T-Grip Row	12	12					
	Diagonal Plate Raise	12	12					

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 2	Day of the week:						
	Day # 4							
	Bodyweight							
CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning								
Time of Day:	Warm Up: (ladder) 15 yds.							
Start /Finish	quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R, slalom F, turn out F - Shuffle/Carioca + Spiderman 8x ea. & Lat Squat 8x ea.							
	Bands (ankles) F/B/L/R							
Coach(s):	Plyometrics:							
	Single Leg Box Jump Medial + Lateral 3x3 ea.							
Partner/Group:	Speed/Agility:							
	1-2 stick 3x (4 hoops)							
	lateral hoop run 3x (3 hoops)							
	Conditioning:							
	Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)							
	Slide Board 6x :30/1:30							
Abdominals: (MEDBALL)								
	Standing Overhead Throw 3x10							
	Front Hip Toss 4x10 ND 3x10 D							
	Seated Chest Pass 3x10							
Strength Training								
%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	Hang Clean	5	5	5	5			
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
60-77%	Incline Bench	8	8	8				
	1 Leg Hip Lift	8 to 20	8 to 20	8 to 20				
70-75%	DB hammer curl + press	12	12					
70-75%	KB 1 Leg SLDL	12	12					
70-75%	Cable Chop	12	12					
Flexibility: Foam Roller Stretch								
Additional Comments: (issues or injuries, overall mood, etc.)								
Additional Exercises: (Practice, Bike, Run, Swimming)								

	Week # 3	Day of the week:
Date	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
	high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Box Jumps 5x5
Partner/Group:	Speed/Agility:
	Lean Fall Run 3x ea.
	Conditioning:
	10-10 Test

Abdominals:

4 pt. Stability 2x20 - 60 sec
Spinal Circuit 10/10/10
Flat Foot Sit Ups 3x10-20

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
55,60,65	DB Snatch	3ea.	3ea.	3ea.	3ea.	3ea.		
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
60-77%	Front Box Squat	8	8	8				
60-77%	Chin Ups	8	8	8				
70-75%	DB Split Squat	12	12	12				
70-75%	KB Row	12	12	12				
	Diagonal Plate Raise	12	12	12				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 3	Day of the week:
	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 20 yds. high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B, scissors L/R, ankle bounce F - Shuffle + Carioca Spiderman 8x ea., Lateral Squat 8x
Start /Finish	Bands (ankles) F/B/L/R
Coach(s):	Plyometrics: Lateral Box Jump 3x5 ea.
Partner/Group:	Speed/Agility: 1-2 stick (4 hoops) 3x ea. Lateral Hoop Run (3 hoops) 3x ea.
	Conditioning: Slide Board 7x :30/1:30 Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10)

Abdominals: (MEDBALL)

Standing Overhead Throw with band below knees 3x10
Front Hip Toss with band below knees 4x10 ND 3x10 D
Seated Chest Pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
55,60,65	Hang Clean	3	3	3	3	3		
	Slant Board Rev Sit	10 to 20	10 to 20	10 to 20				
60-77%	Bench Press	8	8	8				
	1 leg Hip Lift	8 to 20	8 to 20	8 to 20				
70-75%	KB Shoulder Press	12	12	12				
70-75%	DB SLDL	12	12	12				
70-75%	Cable Chop	12	12	12				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 3	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards)
	high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Single Leg Box Jump 5x5 ea.
Partner/Group:	Speed/Agility:
	90 degree Lean Fall Run 3x ea.
	Conditioning:
	Long Shuttle (50 yards) 5x150 :30/1:30

Abdominals:
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, superman x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
55,60,65	Push Press	3	3	3				
	Bent Leg L-Sit	20-60 sec	20-60 sec	20-60 sec				
60-77%	Hex DL + Shrug	8	8	8				
60-77%	Parallel Grip Chin Up	8	8	8				
70-75%	Step Up	12	12	12				
70-75%	T-Grip Row	12	12	12				
	Diagonal Plate Raise	12	12	12				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 3	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (ladder) 20 yds.
Start /Finish	quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R, slalom F, turn out F - Shuffle/Carioca + Spiderman 8x ea. & Lat Squat 8x ea.
Coach(s):	Bands (ankles) F/B/L/R
Partner/Group:	Plyometrics: Single Leg Box Jump Medial + Lateral 3x3 ea.
	Speed/Agility: 1-2 stick 3x (4 hoops) lateral hoop run 3x (3 hoops)
	Conditioning: Slide Board 7x :30/1:30 Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10)

Abdominals: (MEDBALL)

Standing Overhead Throw 3x10
Front Hip Toss 3x10 ND 2x10 D
Seated Chest Pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
55,60,65	Hang Clean	3	3	3	3	3		
	SB Sit & SB Rev Sit	10 to 20	10 to 20	10 to 20	10 to 20			
60-77%	Incline Bench	8	8	8				
	1 Leg Hip Lift	8 to 20	8 to 20	8 to 20				
70-75%	DB hammer curl + press	12	12	12				
70-75%	KB 1 Leg SLDL	12	12	12				
70-75%	Cable Chop	12	12	12				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 4	Day of the week:
	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
	high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge w/ twist, inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Hurdle Jump with Stability 5x5
Partner/Group:	Speed/Agility:
	Ball Drops 5x ea.
	Sled 3x 1/2 field (90 yards)
	Conditioning:
	Long Shuttle (50 yard) 6x150
	:30/1:30

Abdominals:

4 pt. Stability w/ movement 8x ea.
Hip Roll 2x10
1 Leg Sit +Twist 2x10 ea.

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
70,75,80	DB Snatch	5	5	5				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
80-87%	Front Box Squat	5	5	5				
80-87%	Chin Ups	5	5	5				
75-80%	1 Leg Bench Squat	8	8	8				
	Ring Inverted Row	8-20	8-20	8-20				
	Off Bench Oblique	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 4 Day # 2	Day of the week:
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 10 yds. high knees F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3 - 1F, Snake F - Spiderman, Lat. Squat Walk, Lunge to Hamstring
Start /Finish	Bands (Purple above knees) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop 5x5
Partner/Group:	Speed/Agility: 1-2 cut 3x ea. Lateral Hoop Run (4 hoops)
	Conditioning: 5 mile bike test (group 1) (one group on day #2, one group on day #4)

Abdominals: (MEDBALL)

Overhead w/ staggered stance 3x10
Alternating Front Hip Toss 4x10 ND 3x10 D
Standing Chest Pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
70,75,80	Hang Clean	5	5	5				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
80-87%	Bench Press	5	5	5				
	4-6 in.Hip Lift	8 to 20	8 to 20	8 to 20				
75-80%	KB Alt. Shoulder Press	8	8	8				
75-80%	DB SLDL	8	8	8				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 4 Day # 3	Day of the week:
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards) figure four walk F/B, heel to butt, opposite hand heel to butt, heel to butt w/ SLDL, straight leg crossover, SLDL F/B, backward inchworm
Start /Finish	
Coach(s):	Plyometrics: Single Leg Hurdle Hop with Stability 5x5 ea.
Partner/Group:	Speed/Agility: Single Leg Ball Drops 5x ea. Resisted Band Run 3x20 yds.
	Conditioning: Short Shuttle (25 yard) 6x150 :30/1:30

Abdominals:
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, hip roll x10, superman 10x

Strength Training

%	Exercise	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				
	Straight Leg L-Sit	20-60sec	20-60sec	20-60sec				
80-87%	Hex DL + Shrug	5	5	5				
80-87%	Pull Ups	5	5	5				
75-80%	1 Leg Bench Squat	8	8	8				
	Ring Inverted Row	8-20	8-20	8-20				
	Off Bench Oblique	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 4	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (ladder) 10 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R, giant slalom F, stack out F Spiderman, Lunge to Hamstring, Lateral Squat
Start /Finish	Band - (purple above knees) F/B/L/R

Coach(s):	Plyometrics:
	Heidens with Stability 3x5 ea.

Partner/Group:	Speed/Agility:
	1-2 cut 3x ea. (4 hoops) lateral hoop run 3x (4 hoops)

	Conditioning:
	5 mile bike test (group 2) (one group on day #2, one group on day #4)

Abdominals: (MEDBALL)	
Staggered Overhead Throw 3x10	
Alt. Front Hip Toss 4x10 ND 3x10 D	
Standing Chest Pass 3x10	

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
70,75,80	Hang Clean	5	5	5				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
80-87%	Incline Bench	5	5	5				
	4-6 in. Hip Lift	8 to 20	8 to 20	8 to 20				
75-80%	DB Alt. curl + press	8	8	8				
75-80%	1 leg KB SLDL	8	8	8				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 5 Day # 1	Day of the week:
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards) high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk F/B, straight leg skip, overhead lunge walk,
Start /Finish	
Coach(s):	Plyometrics: Hurdle Hop w/ stability 5x5
Partner/Group:	Speed/Agility: Ball Drops 3x ea. Sled 4x 1/2 field (120 yards)
	Conditioning: Long Shuttle (50 yard) 7x150 :30/1:30

Abdominals:

4 pt. Stability w/ movement 8x ea.
Hip Roll 2x10
1 Leg Sit +Twist 2x10 ea.

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	DB Snatch	5	5	5				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
80-87%	Front Box Squat	5	5	5				
80-87%	Chin Ups	5	5	5				
75-80%	1 Leg Bench Squat	8	8	8				
	Ring Inverted Row	8-20	8-20	8-20				
	Off Bench Oblique	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 5 Day # 2	Day of the week:
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 15 yds. high knees F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3 - 1F, Snake F - Spiderman, Lat. Squat, Lunge to Hamstring
Start /Finish	Bands (purple above knees) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop with Stability 5x5 ea.
Partner/Group:	Speed/Agility: 1-2 cut 3x ea. (4 hoops) Lateral Hoop Run (5 hoops) 3x ea.
	Conditioning: Slide Board 6x :30/1:30 Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)

Abdominals: (MEDBALL)

Overhead w/ staggered stance 3x10
Alternating Front Hip Toss 4x10 ND 3x10 D
Standing Chest Pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	Hang Clean	5	5	5				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
80-87%	Bench Press	5	5	5				
	4-6 in.Hip Lift	10	10	10				
75-80%	KB Alt. Shoulder Press	8	8	8				
75-80%	DB SLDL	8	8	8				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 5 Day # 3	Day of the week:
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 Yards) figure four walk F/B, heel to butt, opposite hand heel to butt, heelto butt w/SLDL, backward lunge walk, straight leg crossover, SLDL F/B, backward inchworm
Start /Finish	
Coach(s):	Plyometrics: single leg hurdle hop w/stability 5x5 ea.
Partner/Group:	Speed/Agility: single leg ball drops 3x3 ea. Resisted Band Run 4x20 yds.
	Conditioning: Short Shuttle (25 yard) 7x150 :30/1:30

Abdominals:
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, hip roll x10,
superman 10x

Strength Training

%	Exercise	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 Leg L-Sit	20-60sec	20-60sec	20-60sec				
80-87%	Hex DL + Shrug	5	5	5				
80-87%	Pull Up	5	5	5				
75-80%	One Leg Bench Squat	8	8	8				
	Inverted Row	8 to 20	8 to 20	8 to 20				
	Off Bench Oblique	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 5 Day # 4	Day of the week:
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 15 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk
Start /Finish	Bands (Purple above knees) F/B/L/R
Coach(s):	Plyometrics: heidens with stability 5x5 ea.
Partner/Group:	Speed/Agility: 1-2 cut 3x ea. (4 hoops) lateral hoop run 3x ea. (5 hoops)
	Conditioning: slide board 10x :30/1:30 Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)

Abdominals: (Medicine Ball)

overhead w/staggered stance 3x10
alternating twist 3x10ND +2x10D
standing chest pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65-70,75	Clean	5	5	5				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
80-87%	Incline Bench or DB Be	5	5	5				
	4-6 in hip lift	8 to 20	8 to 20	8 to 20				
75-80%	DB Hammer Curl + Pres	8	8	8				
75-80%	1 Leg KB SLDL	8	8	8				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 6 Day # 1	Day of the week:
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 Yards) high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk Forward/Backward, straight leg skip, overhead lunge walk, heel walks, inchworm
Start /Finish	
Coach(s):	Plyometrics: hurdle hop w/stability 5x5
Partner/Group:	Speed/Agility: ball drops 3x ea. Sled 5x 1/2 field (150 yards)
	Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40

Abdominals:
2 Pt. Stability 2x:20-60 sec.
Hip Rolls 3x10
Jackknife 3x10-20

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
70,75,80	DB Snatch	5	5	5				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
80-87%	Front Box Squat	5	5	5				
80-87%	Chin Up	5	5	5				
75-80%	1 Leg Bench Squat	8	8	8				
	Ring Inverted Row	8-20	8-20	8-20				
	Off Bench Oblique	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 6 Day # 2	Day of the week:
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3-1 F, Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk
Start /Finish	Bands (purple above knees) F/B/L/R

Coach(s):	Plyometrics:
	Lateral Hurdle or Cone Hop with Stability 5x5

Partner/Group:	Speed/Agility:
	1-2 cut 3x ea. ((4 hoops)
	lateral hoop run 3x ea. (5 hoops)

	Conditioning:
	slide board 6x :30/1:00
	Airdyne 8x :30/1:30 (M-Lv 12, F-Lv 10)

Abdominals: (Medicine Ball)	
	overhead w/staggered stance 3x10
	alternating twist 3x10ND + 2x10D
	standing chest pass 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
70,75,80	Clean	5	5	5				
	Slant Board Rev Sit	10 to 20	10 to 20	10 to 20				
80-87%	Bench Press	5	5	5				
	4-6 in hip lift	8-20	8-20	8-20				
75-80%	KB Alt. Shoulder Press	8	8	8				
75-80%	DB SLDL	8	8	8				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 6	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 Yards) figure four walk F/B, heel to butt, opposite hand heel to butt, heel to butt with SLDL, backward lunge walk, straight leg crossover, SLDL F/B. backward inchworm
Start /Finish	
Coach(s):	Plyometrics: single leg hurdle hop w/stability 5x5 ea.
Partner/Group:	Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds.
	Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40

Abdominals:

2 Point Stability 2x:20-60 seconds
Hip Roll 3x10
Jackknife 3x10-20

Strength Training

%	Exercise	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				
	Straight Leg L-Sit	20-60sec	20-60sec	20-60sec				
80-87%	Hex DL + Shrug	5	5	5				
80-87%	Pull Up	5	5	5				
75-80%	Step Up	8	8	8				
	Inverted Row	8 to 20	8 to 20	8 to 20				
	Off Bench Oblique	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date		Week # 6	Day of the week:					
		Day # 4						
		Bodyweight						
CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning								
Time of Day:	Warm Up: (Ladder) 20 yds.							
Start /Finish	quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk							
	Bands (purple above knees) F/B/L/R							
Coach(s):	Plyometrics:							
	heids w/ stability 3x5 ea.							
Partner/Group:	Speed/Agility:							
	1-2 cut 3x ea. (4 hoops)							
	lateral hoop run with return 3x ea.							
	Conditioning:							
	Slide Board 6x :30/1:00							
	Airdyne 8x :30/1:30 (M-Lv 12, F-Lv 10)							
Abdominals:								
Overhead w/ Staggered Stance 3x10								
Alternating Twist 3x10ND + 2x10D								
Standing Chest Pass 3x10								
Strength Training								
%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
70,75,80	Hang Clean	5	5	5				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
80-87%	Incline Bench	5	5	5				
	4-6 in hip lift	8-20	8-20	8-20				
75-80%	DB Hammer Curl + P	8	8	8				
	Hip Lift on Medball	8 to 20	8 to 20	8 to 20				
75-80%	Cable Lift	8	8	8				
Flexibility: Foam Roller Stretch								
Additional Comments: (issues or injuries, overall mood, etc.)								
Additional Exercises: (Practice, Bike, Run, Swimming)								

Date	Week # 7	Day of the week:
	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
	1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Continuous Hurdle Hop 5x5
Partner/Group:	Speed/Agility:
	Chase Sprint 3x each Sled 3x 1/2 field, 1x full field (150 yards)
	Conditioning:
	1x300 (25 yard) 1:00/2:00 6x100 (25 yard) :20/:40

Abdominals:

Knee Fall Outs 3x20
Alternating March on Medicine Ball 2x12
Quad-Arm-Glute Raise 2x12
One Leg Sit and Twist 3x10 each

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,67.5,70	DB Snatch	3	3	3				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
80,70,55%	Front Box Squat	6	12	24				
80-87%	Pull Up	5	5	5				
80-85%	KB Tactical Lunge	5	5	5				
	Inverted Row	8 to 20	8 to 20	8 to 20				
	Reverse Hyperextension	8 to 20	8 to 20	8 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 7	Day of the week:
	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 10 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3-1 F, Makovsky Shuffle F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Total Body Band - Purple) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop 5x5 each
Partner/Group:	Speed/Agility: Assisted 1-2 cut 3x each Lateral hoop run w/ return 3x each (2 hoops)
	Conditioning: Slide Board 8x :30/1:00 Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10)

Abdominals:

Medicine Balls- Overhead w/ step 2x10 each
side twist 3x10 ND & 2x10 D
one arm chest pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,67.5,70	Hang Clean	3	3	3				
	Slant Board Rev. Situp	10-20	10-20	10-20				
85,90,95,100	Bench Press	4	3	2	1			
	Foam Roller Hip Lift	8-20	8-20	8-20				
75-80%	Dips + Scapula	5+10	5+10	5+10				
	Glute Ham Raise	8 to 20	8 to 20	8 to 20				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 7	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
	1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Single Leg Continuous Hurdle Hop 5x5 ea.
Partner/Group:	Speed/Agility:
	Single Leg Chase Sprint 3x each Resisted Band Towing 3x 25 yds.
	Conditioning:
	1x300 (25 yard) 1:00/2:00 6x100 (25 yard) :20/:40

Abdominals:	2 point stability 2x:20-60 seconds Hip Rolls 3x10 Jackknife 3x10-20
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Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,67.5,70	Push Press	3	3	3				
	Stall Bar Bicycle	20-60sec	20-60sec	20-60sec				
80,70,55	Hex DL + Shrug	6	12	24				
80-87%	Pull Up	5	5	5				
	Single Leg Squat	5 ea	5 ea	5 ea				
	Inverted Row	8 to 20	8 to 20	8 to 20				
	Reverse Hyperextension	8 to 20	8 to 20	8 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 7	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 10 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (total body band - purple) F/B/L/R
Coach(s):	Plyometrics:
	Heidens 5x5
Partner/Group:	Speed/Agility:
	Assisted 1-2 cut 3x ea.
	Lateral hoop run w/ return 3x each (2 hoops)
	Conditioning:
	Slide Board 8x :30/1:00
	Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10)

Abdominals:

Overhead w/ Step 2x10
Side twist 3x10 ND & 2x10 D
One Arm chest pass 3x10 Nd & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,67.5,70	Snatch	3	3	3				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
80,70,55%	DB Incline	6	12	24				
	Foam Roller Hip Lift	8-20	8-20	8-20				
75-80%	Dips + Scapula	5+10	5+10	5+10				
	1 Leg Back Ext.	8 to 20	8 to 20	8 to 20				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 8	Day of the week:
	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
Start /Finish	1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm
Coach(s):	Plyometrics: Continuous Hurdle Hop 5x5
Partner/Group:	Speed/Agility: Chase Sprint 3x each Sled 4x 1/2 field, 1x full field (180 yards)
	Conditioning: 1x300 (25 yard) 1:00/2:00 7x100 (25 yard) :20/:40

Abdominals:

2 point stability 2x:20-60 seconds
Hip Rolls 3x10
Jackknife 3x10-20

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
82.5,85,90	DB Snatch	3	3	3				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
80,70,55%	Front Box Squat	6	12	24				
80-87%	Chin Up	5	5	5				
80-85%	KB Tactical Lunge	5ea	5ea	5ea				
	Inverted Row	8 to 20	8 to 20	8 to 20				
	Reverse Hyperextension	8 to 20	8 to 20	8 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 8	Day of the week:
	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

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, 1,2,3-1 F, Makovsky Shuffle F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Total Body Band - Purple) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop 5x5
Partner/Group:	Speed/Agility: Assisted 1-2 cut 3x each Lateral hoop run w/ return 3x each (2 hoops)
	Conditioning: 7 Mile Bike Test (group 1) (one group on day #2, one group on day #4)

Abdominals:

Medicine Balls- Overhead w/ step 2x10 each
side twist 3x10 ND & 2x10 D
one arm chest pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
82.5,85,90	Hang Clean	3	3	3				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
85,90,95,100	Bench Press	4	3	2	1			
	Foam Roller Hip Lift	8-20	8-20	8-20				
75-80%	Dips + Scapula	5+10	5+10	5+10				
	Glute Ham Raise	8 to 20	8 to 20	8 to 20				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 8	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
	1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Single Leg Hurdle Hop 5x5 ea.
Partner/Group:	Speed/Agility:
	Single Leg Chase Sprint 3x each Resisted Band Towing 4x25 yds.
	Conditioning:
	1x300 (25 yard) 1:00/2:00 7x100 (25 yard) :20/:40

Abdominals:

2 point stability 2x:20-60 seconds
Hip Rolls 3x10
Jackknife 3x10-20

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
82.5,85,90	Push Press	3	3	3				
	Stall Bar Bicycle	20-60sec	20-60sec	20-60sec				
80,70,55%	Hex DL + Shrug	6	12	24				
80-87%	Pull Up	5	5	5				
80-85%	Single Leg Squat	5ea	5ea	5ea				
	Ring Inverted Row	8 to 20	8 to 20	8 to 20				
	Reverse Hyperextension	8 to 20	8 to 20	8 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 8	Day of the week:
Date	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 15 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (total body band - purple) F/B/L/R
Coach(s):	Plyometrics: Single Leg Lateral Hurdle or Cone Hop 5x5 ea.
Partner/Group:	Speed/Agility: 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)

Abdominals:

Overhead w/ Step 2x10
Side twist 3x10 ND & 2x10 D
One Arm chest pass 3x10 Nd & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
82.5,85,90	Snatch	3	3	3				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
80,70,55%	DB Incline	6	12	24				
	Foam Roller Hip Lift	8-20	8-20	8-20				
75-80%	Dips + Scapula	5+10	5+10	5+10				
	1 Leg Back Ext.	8 to 20	8 to 20	8 to 20				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 9	Day of the week:
	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
	1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Continuous Hurdle Hop 5x5
Partner/Group:	Speed/Agility:
	Chase Sprint 3x each Sled 5x 1/2 field, 1x full field (210 yards)
	Conditioning:
	Line Drill 5 15 25 30 :30/1:00 10 minutes

Abdominals:

2 point stability 2x:20-60 seconds
Hip Rolls 3x10
Jackknife 3x10-20

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	DB Snatch	3	3	3				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
80,70,55%	Front Box Squat	6	12	24				
80-87%	Chin up	5	5	5				
80-85%	Single Leg Squat	5ea	5ea	5ea				
	Inverted Row	8 to 20	8 to 20	8 to 20				
	Reverse Hyperextension	8 to 20	8 to 20	8 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 9	Day of the week:
	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3-1 F, Makovsky Shuffle F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Total Body Band - Purple) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop 5x5
Partner/Group:	Speed/Agility: Assisted 1-2 cut 3x each Lateral hoop run w/ return 3x each (2 hoops)
	Conditioning: Slide Board 12x :30/1:00 Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8)

Abdominals:

Medicine Balls- Overhead w/ step 2x10 each
side twist 3x10 ND & 2x10 D
one arm chest pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Clean	3	3	3				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
85,90,95,100	Bench Press	4	3	2	1			
	Foam Roller Hip Lift	8-20	8-20	8-20				
75-80%	Dips + Scapula	5+10	5+10	5+10				
	Glute Ham Raise	8 to 20	8 to 20	8 to 20				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 9	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards)
	1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward
Start /Finish	
Coach(s):	Plyometrics:
	Single Leg Hurdle Hop 5x5
Partner/Group:	Speed/Agility:
	Single Leg Chase Sprint 3x each
	Resisted Band Towing 5x25 yds.
	Conditioning:
	1x300(50 yard) 1:00/2:00
	2x150(50 yard) :30/1:30
	3x100(50 yard) :20/:40

Abdominals:

2 point stability 2x:20-60 seconds
Hip Rolls 3x10
Jackknife 3x10-20

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Push Press	3	3	3				
	Stall Bar Bicycle	20-60sec	20-60sec	20-60sec				
80,70,55%	Hex DL + Shrug	6	12	24				
80-87%	Pull Up	5	5	5				
80-85%	Single Leg Squat	5ea	5ea	5ea				
	Reverse Grip Inv Row	8 to 20	8 to 20	8 to 20				
	Reverse Hyperextension	8 to 20	8 to 20	8 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 9	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 20 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (total body band - purple) F/B/L/R
Coach(s):	Plyometrics: Single Leg Lateral Hurdle or Cone Hop 5x5
Partner/Group:	Speed/Agility: Assisted 1-2 cut 3x ea. Lateral hoop run w/ return 3x each (2 hoops)
	Conditioning: Slide Board 12x :30/1:00 Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8)

Abdominals:

Overhead w/ Step 2x10
Side twist 3x10 ND & 2x10 D
One Arm chest pass 3x10 Nd & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Snatch	3	3	3				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
80,70,55%	DB Incline or DB Bench	6	12	24				
	Foam Roller Hip Lift	8-20	8-20	8-20				
75-80%	Dips + Scapula	5+10	5+10	5+10				
	1 Leg Back Ext.	8 to 20	8 to 20	8 to 20				
75-80%	Cable Lift	8	8	8				

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 10	Day of the week:
	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
Start /Finish	1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm
Coach(s):	Plyometrics: Hurdle Hop with Sprint 5x5
Partner/Group:	Speed/Agility: Ground Chase Sprint 3x each Sled 2x 1/2 field, 2x full field (180 yards)
	Conditioning: Line Drill 5 15 25 30 :30/1:00 12 minutes

Abdominals:

Stability Ball Alphabet 2x
1 Leg Hip Lift on Medicine Ball 2x8-12
Russian Twist 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
	Bar Complex							
	High clean	5	5	5				
	Row	10	10	10				
	SLDL	10	10	10				
	Push Press	10	10	10				
	High pull	10	10	10				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
	Hammer Curl + Press	8+8	8+8					
	Diagonal Plate Raise	8 to 20	8 to 20					

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 10	Day of the week:
	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 10 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5
Partner/Group:	Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops)
	Conditioning: Slide Board 14x :30/1:00 Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)

Abdominals:

Medicine Balls- single leg overhead 2x10 each
single leg twist 3x10 ND & 2x10 D
Alternating Chest Pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
70,75,80	Snatch	5	4	3				
	Slant Board Rev Sit Ups	10 to 20	10 to 20	10 to 20				
60%	50's Bench	3x						
	Leg Circuit							
	jump squat	20	20	20				
	body weight squats	20	20	20				
	alternating lunge	20	20	20				
	lateral squat	20	20	20				
	pull up	Max	Max-2					
	Metronome Push Up	Max	Max-10					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 10	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards)
Start /Finish	1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward
Coach(s):	Plyometrics: Single Leg Hurdle Hop with Sprint 5x5
Partner/Group:	Speed/Agility: Back ground sprint 3x each Resisted Band Running 6x 25 yds.
	Conditioning: 1x300(50 yard) 1:00/2:00 2x150(50 yard) :30/1:30 5x100(50 yard) :20/:40

Abdominals:

Stability Ball Alphabet 2x
1 Leg Hip Lift on Medicine Ball 2x8-12
Russian Twist 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
	DB Complex							
	Snatch	5	5	5				
	Row	10	10	10				
	SLDL	10	10	10				
	curl + push press	10	10	10				
	push up + scapula	10+10	10+10	10+10				
	Hanging Leg Raise	10 to 20	10 to 20	10 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 10	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 10 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (band above knees - green) F/B/L/R
Coach(s):	Plyometrics: Single Leg Hurdle or Cone Hop with Jump and Reach 5x5
Partner/Group:	Speed/Agility: 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops)
	Conditioning: Slide Board 14x :30/1:00 Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)

Abdominals:

Medicine Ball Abs
single leg overhead 2 x 10 each
single leg twist 3x10 ND & 2x10 D
Alternating chest pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
70,75,80	Push Press	5	4	3				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
	Mini Leg Circuit							
	squat jump	10						
	body weight squat	10						
	alternating lunge	10						
	tuck jump	10						
	Chin ups	max	max-2					
	Inverted Row	8 to 20	8 to 20					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 11	Day of the week:
Date	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
	1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Hurdle Hop with Sprint 5x5
Partner/Group:	Speed/Agility:
	Ground Chase Sprint 3x each Sled 3x 1/2 field, 2x full field (210 yards)
	Conditioning:
	Line Drill 5 15 25 30 :30/1:00 14 minutes

Abdominals:

Stability Ball Alphabet 2x
1 Leg Hip Lift on Medicine Ball 2x8-12
Russian Twist 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
	Bar Complex							
	High clean	5	5	5				
	Row	10	10	10				
	SLDL	10	10	10				
	Push Press	10	10	10				
	High pull	10	10	10				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
	Hammer Curl + Press	8+8	8+8					

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 11	Day of the week:
Date	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

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, Makovsky Shuffle F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5
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
Alternating chest pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
75,80 85	Snatch	5	4	3				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
60%	50's Bench	3x						
	Leg Circuit							
	jump squat	20	20	20				
	body weight squats	20	20	20				
	alternating lunge	20	20	20				
	lateral squat	20	20	20				
	pull up	Max	Max-2					
	Metronome Push Up	Max	Max-10					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 11	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards)
Start /Finish	1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward
Coach(s):	Plyometrics: Single Leg Hurdle Hop with Sprint 5x5 ea.
Partner/Group:	Speed/Agility: Back ground sprint 3x each Resisted Band Running 6x 25 yds.
	Conditioning: 1x300(50 yard) 1:00/2:00 3x150(50 yard) :30/1:30 5x100(50 yard) :20/:40

Abdominals:

Stability Ball Alphabet 2x
1 Leg Hip Lift on Medicine Ball 2x8-12
Russian Twist 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
	DB Complex							
	Snatch	5	5	5				
	Row	10	10	10				
	SLDL	10	10	10				
	lcurl + push press	10	10	10				
	push up + scapula	10+10	10+10	10+10				
	Hanging Leg Raise	10 to 20	10 to 20	10 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 11	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 15 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (band above knees - green) F/B/L/R
Coach(s):	Plyometrics: Single Leg Lateral Hurdle Hop with Jump and Reach 5x5 ea.
Partner/Group:	Speed/Agility: backward 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops)
	Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8)

Abdominals:

Medicine Ball Abs
single leg overhead 2 x 10 each
single leg twist 3x10 ND & 2x10 D
Alternating chest pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
75.80,85	Push Press	5	4	3				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
	Mini Leg Circuit							
	squat jump	10						
	body weight squat	10						
	alternating lunge	10						
	tuck jump	10						
	Chin Up	Max	Max-2					
	inverted row	8 to 20	8 to 20					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 12	Day of the week:
	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (20 yards)
	1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm
Start /Finish	
Coach(s):	Plyometrics:
	Hurdle Hop with Sprint 5x5
Partner/Group:	Speed/Agility:
	Ground Chase Sprint 3x each
	Sled 1x perimeter
	Conditioning:
	Line Drill 5 15 25 30 :30/1:00 16 minutes

Abdominals:

Stability Ball Alphabet 2x
1 Leg Hip Lift on Medicine Ball 2x8-12
Russian Twist 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
	Bar Complex							
	High clean	5	5	5				
	Row	10	10	10				
	SLDL	10	10	10				
	Push Press	10	10	10				
	High pull	10	10	10				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
	Hammer Curl + Press	8+8	8+8					

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 12	Day of the week:
Date	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5
Partner/Group:	Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops)
	Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4)

Abdominals:

Medicine Balls- single leg overhead 2x10 each
single leg twist 3x10 ND & 2x10 D
Alternating chest pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	Snatch	5	4	3				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
60%	50's Bench	3x						
	Leg Circuit							
	jump squat	20	20	20				
	body weight squats	20	20	20				
	alternating lunge	20	20	20				
	lateral squat	20	20	20				
	pull up	Max	Max-2					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 12	Day of the week:
Date	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (10 yards)
Start /Finish	1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward
Coach(s):	Plyometrics: Single Leg Hurdle Hop with Sprint 5x5
Partner/Group:	Speed/Agility: Back ground sprint 3x each Resisted Band Tows 1x Full Field
	Conditioning: 1x300(50 yard) 1:00/2:00 3x150(50 yard) :30/1:30 7x100(50 yard) :20/:40

Abdominals:

Stability Ball Alphabet 2x
1 Leg Hip Lift on Medicine Ball 2x8-12
Russian Twist 3x10

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
	DB Complex							
	Snatch	5	5	5				
	Row	10	10	10				
	SLDL	10	10	10				
	lcurl + push press	10	10	10				
	push up + scapula	10+10	10+10	10+10				
	Straight Leg Raise	10 to 20	10 to 20	10 to 20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 12	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: (Ladder) 20 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F
Start /Finish	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (band above knees - green) F/B/L/R
Coach(s):	Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 ea.
Partner/Group:	Speed/Agility: backward 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops)
	Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4)

Abdominals:

Medicine Ball Abs
single leg overhead 2 x 10 each
single leg twist 3x10 ND & 2x10 D
Alternating chest pass 3x10 ND & 2x10 D

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	Push Press	5	4	3				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
	Mini Leg Circuit							
	squat jump	10						
	body weight squat	10						
	alternating lunge	10						
	tuck jump	10						
	Chin Up	Max	Max-2					
	inverted row	8 to 20	8 to 20					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 13	Day of the week:
Date	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Min. Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific Depth Jump w/ Blocking Pad or w/ Pass Catching 5x5 = 25 contacts
Partner/Group:	Speed/Agility: Sport Specific Illinois Agility Test 5x
	Conditioning: Line Drill 5 15 25 30 :30/1:00 18 minutes

Abdominals:

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	DB Snatch	5	4	3				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
90-97%	Front Box Squat	3	3	3	3			
90-97%	Alternating Grip Chin Up	3	3	3	3			
70-75%	Lunge	12	12	12				
70-75%	Cable 1 Arm 1 Leg Row	12	12	12				
	Reverse Hyperextension	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 13	Day of the week:
	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific 30-60-90 Box Drill 1x30 contacts in 30secs
Partner/Group:	Speed/Agility: Sport Specific Band Towing 5x :15sec
	Conditioning: slide board 9x :30/1:30 Airdyne: 1x 1:00/2:00 (M-Lv 9, F-Lv 7) 5x :30/1:30 (M-Lv 10, F-Lv 8)

Abdominals: (MEDBALL)

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Clean	5	4	3				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
90-97%	Bench Press	3	3	3	3			
	Stability Ball Leg Curl	8-20	8-20	8-20				
	Metronome Push Up	Max	Max - 10	Max -10				
	Single Leg Leg Curl	8-20	8-20	8-20				
70-75%	Cable Rotational Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 13	Day of the week:
Date	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific Depth Jump w/ Blocking Pad or w/ Pass Catching 5x5 = 25 contacts
Partner/Group:	Speed/Agility: Sport Specific Illinois Agility Test 5x
	Conditioning: Tempo Run 20

Abdominals:

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	DB Snatch	5	4	3				
	Straight Leg Raise	10 to 20	10 to 20	10 to 20				
90-97%	Front Box Squat	3	3	3	3			
90-97%	Alternating Grip Chin Up	3	3	3	3			
70-75%	Lunge	12	12	12				
70-75%	Cable 1 Arm 1 Leg Row	12	12	12				
	Reverse Hyperextension	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 13	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific 30-60-90 Box Drill 1x30 contacts in 30secs
Partner/Group:	Speed/Agility: Sport Specific Band Towing 5x :15sec
	Conditioning: slide board 9x :30/1:30 Airdyne: 1x 1:00/2:00 (M-Lv 9, F-Lv 7) 5x :30/1:30 (M-Lv 10, F-Lv 8)

Abdominals: (MEDBALL)

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Clean	5	4	3				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
90-97%	Incline Bench	3	3	3	3			
	Hip Lift on Med Ball	8-20	8-20	8-20				
	Metronome Push Up	Max	Max - 10	Max -10				
	Single Leg Leg Curl	8-20	8-20	8-20				
70-75%	Cable Rotational Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 14	Day of the week:
Date	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Min. Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific Depth Jump w/ Blocking Pad or w/ Pass Catching 5x5 = 25 contacts
Partner/Group:	Speed/Agility: Sport Specific Illinois Agility Test 7x
	Conditioning: Line Drill 5 15 25 30 :30/1:00 20 minutes

Abdominals:

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	DB Snatch	5	4	3				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
90-97%	Front Box Squat	3	3	3	3			
90-97%	Alternating Grip Chin Up	3	3	3	3			
70-75%	Lunge	12	12	12				
70-75%	Cable 1 Arm 1 Leg Row	12	12	12				
	Reverse Hyperextension	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 14	Day of the week:
	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific 30-60-90 Box Drill 1x30 contacts in 30secs
Partner/Group:	Speed/Agility: Sport Specific Band Towing 7x :15sec
	Conditioning: Airdyne- 2x :45/1:15 4x :30/1:130 6x :15/45

Abdominals: (MEDBALL)

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Clean	5	4	3				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
90-97%	Bench Press	3	3	3	3			
	Stability Ball Leg Curl	8-20	8-20	8-20				
	Metronome Push Up	Max	Max - 10	Max -10				
	Single Leg Leg Curl	8-20	8-20	8-20				
70-75%	Cable Rotational Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 14	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific Depth Jump w/ Blocking Pad or w/ Pass Catching 5x5 = 25 contacts
Partner/Group:	Speed/Agility: Sport Specific Illinois Agility Test 7x
	Conditioning: Tempo Run 20

Abdominals:

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	DB Snatch	5	4	3				
	Straight Leg Raise	10 to 20	10 to 20	10 to 20				
90-97%	Front Box Squat	3	3	3	3			
90-97%	Alternating Grip Chin Up	3	3	3	3			
70-75%	Lunge	12	12	12				
70-75%	Cable 1 Arm 1 Leg Row	12	12	12				
	Reverse Hyperextension	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 14	Day of the week:
Date	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific 30-60-90 Box Drill 1x30 contacts in 30secs
Partner/Group:	Speed/Agility: Sport Specific Band Towing 7x :15sec
	Conditioning: Airdyne- 2x :45/1:15 4x :30/1:130 6x :15/45

Abdominals: (MEDBALL)

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Clean	5	4	3				
	SB Sit & Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
90-97%	Incline Bench	3	3	3	3			
	Hip Lift on Med Ball	8-20	8-20	8-20				
	Metronome Push Up	Max	Max - 10	Max -10				
	Single Leg Leg Curl	8-20	8-20	8-20				
70-75%	Cable Rotational Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 15	Day of the week:
Date	Day # 1	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Min. Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific Depth Jump w/ Blocking Pad or w/ Pass Catching 5x5 = 25 contacts
Partner/Group:	Speed/Agility: Sport Specific Illinois Agility Test 9x
	Conditioning: Line Drill 5 15 25 30 :30/1:00 20 minutes

Abdominals:

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	DB Snatch	5	4	3				
	Slant Board Sit Ups	10 to 20	10 to 20	10 to 20				
90-97%	Front Box Squat	3	3	3	3			
90-97%	Alternating Grip Chin Up	3	3	3	3			
70-75%	Lunge	12	12	12				
70-75%	Cable 1 Arm 1 Leg Row	12	12	12				
	Reverse Hyperextension	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

	Week # 15	Day of the week:
Date	Day # 2	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific 30-60-90 Box Drill 1x30 contacts in 30secs
Partner/Group:	Speed/Agility: Sport Specific Band Towing 9x :15sec
	Conditioning: Airdyne: 1/2 mile sprints 3x/3:00 (M 10 - F 8)

Abdominals: (MEDBALL)

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Clean	5	4	3				
	Slant Board Rev Sit U	10 to 20	10 to 20	10 to 20				
90-97%	Bench Press	3	3	3	3			
	Stability Ball Leg Curl	8-20	8-20	8-20				
	Metronome Push Up	Max	Max - 10	Max -10				
	Single Leg Leg Curl	8-20	8-20	8-20				
70-75%	Cable Rotational Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 15	Day of the week:
	Day # 3	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific Depth Jump w/ Blocking Pad or w/ Pass Catching 5x5 = 25 contacts
Partner/Group:	Speed/Agility: Sport Specific Illinois Agility Test 9x
	Conditioning: Tempo Run 20

Abdominals:

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	DB Snatch	5	4	3				
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70-75%	Lunge	12	12	12				
70-75%	Cable 1 Arm 1 Leg Row	12	12	12				
	Reverse Hyperextension	8-20	8-20	8-20				

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Date	Week # 15	Day of the week:
	Day # 4	
	Bodyweight	

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

Time of Day:	Warm Up: 5 Minute Jog + Dynamic Warm Up
Start /Finish	
Coach(s):	Plyometrics: Sport Specific 30-60-90 Box Drill 1x30 contacts in 30secs
Partner/Group:	Speed/Agility: Sport Specific Band Towing 9x :15sec
	Conditioning: Airdyne: 1/2 mile sprints 3x/3:00 (M 10 - F 8)

Abdominals: (MEDBALL)

Strength Training

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	Metronome Push Up	Max	Max - 10	Max -10				
	Single Leg Leg Curl	8-20	8-20	8-20				
70-75%	Cable Rotational Chop	12	12					

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

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