

	Week # 1	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
Start /Finish	11. heel walks 12. inchworm
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/	Reps/ Weight	Reps/ Weight	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)

	Week # 1	Day of the week:
Date	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/	Reps/ Weight	Reps/ Weight	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)

	Week # 1	Day of the week:
Date	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
Start /Finish	11. heel walks 12. inchworm
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

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	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)

	Week # 1	Day of the week:
Date	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
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
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Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	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)

	Week # 2	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
Start /Finish	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/	Reps/ Weight	Reps/ Weight	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)

	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
	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/	Reps/ Weight	Reps/ Weight	Tempo	Rest
82.5,85,90	Hang Clean	3	3	3				
	Slant Board Rev Sit	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)

	Week # 2	Day of the week:
Date	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
Start /Finish	11. heel walks 12. inchworm

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/	Reps/ Weight	Reps/ Weight	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 # 2	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
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
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Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	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)

	Week # 3	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
Start /Finish	11. heel walks 12. inchworm
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/	Reps/ Weight	Reps/ Weight	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)

	Week # 3	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, 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/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100	Clean	3	3	3				
	Slant Board Rev Sit	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)

	Week # 3	Day of the week:
Date	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/	Reps/ Weight	Reps/ Weight	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)

	Week # 3	Day of the week:
Date	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
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/	Reps/ Weight	Reps/ Weight	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)

	Week # 4	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
Start /Finish	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/	Reps/ Weight	Reps/ Weight	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)

	Week # 4	Day of the week:
Date	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
	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk
Start /Finish	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/	Reps/ Weight	Reps/ Weight	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						
	<u>Leg Circuit</u>							
	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)

	Week # 4	Day of the week:
Date	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 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/	Reps/ Weight	Reps/ Weight	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)

	Week # 4	Day of the week:
Date	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/	Reps/ Weight	Reps/ Weight	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			
	<u>Mini Leg Circuit</u>							
	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 # 5	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
Start /Finish	11. heel walks 12. inchworm
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/	Reps/ Weight	Reps/ Weight	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 # 5	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
	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk
Start /Finish	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/	Reps/ Weight	Reps/ Weight	Tempo	Rest
75,80 85	Snatch	5	4	3				
	Slant Board Rev Sit	10 to 20	10 to 20	10 to 20				
60%	50's Bench	3x						
	<u>Leg Circuit</u>							
	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)

	Week # 5	Day of the week:
Date	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 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/	Reps/ Weight	Reps/ Weight	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)

	Week # 5	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 , 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/	Reps/ Weight	Reps/ Weight	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			
	<u>Mini Leg Circuit</u>							
	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 # 6	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
Start /Finish	11. heel walks 12. inchworm

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/	Reps/ Weight	Reps/ Weight	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 # 6	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
	Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk
Start /Finish	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/	Reps/ Weight	Reps/ Weight	Tempo	Rest
65,70,75	Snatch	5	4	3				
	Slant Board Rev Sit	10 to 20	10 to 20	10 to 20				
60%	50's Bench	3x						
	<u>Leg Circuit</u>							
	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 # 6	Day of the week:
Date	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 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/	Reps/ Weight	Reps/ Weight	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				
	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)

	Week # 6	Day of the week:
Date	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/	Reps/ Weight	Reps/ Weight	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 # 7	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
	3 Point Stance Hurdle Hop 3x5 each foot forward (30 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/	Reps/ Weight	Reps/ Weight	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 # 7	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
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Partner/Group:	Speed/Agility: Sport Specific Z-Pattern Run 5x
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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)
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Abdominals: (MEDBALL)

Strength Training

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100	Clean	5	4	3				
	Slant Board Rev Sit	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 # 7	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 3 Point Stance Hurdle Hop 3x5 each foot forward (30 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/	Reps/ Weight	Reps/ Weight	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 # 7	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 Z-Pattern Run 5x
	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/	Reps/ Weight	Reps/ Weight	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 # 8	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
	3 Point Stance Hurdle Hop 3x5 each foot forward (30 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/	Reps/ Weight	Reps/ Weight	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 # 8	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 Z-Pattern Run 7x
	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/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100	Clean	5	4	3				
	Slant Board Rev Sit	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 # 8	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
	3 Point Stance Hurdle Hop 3x5 each foot forward (30 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/	Reps/ Weight	Reps/ Weight	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 # 8	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
	Z-Pattern Run 7x

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/	Reps/ Weight	Reps/ Weight	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 # 9	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 3 Point Stance Hurdle Hop 3x5 each foot forward (30 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/	Reps/ Weight	Reps/ Weight	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 # 9	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
	Z-Pattern Run 9x

	Conditioning:
	Airdyne:
	1/2 mile sprints 3x/3:00 (M 10 - F 8)

Abdominals: (MEDBALL)

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

%	Exercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100	Clean	5	4	3				
	Slant Board Rev Sit	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 # 9	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
	3 Point Stance Hurdle Hop 3x5 each foot forward (30 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/	Reps/ Weight	Reps/ Weight	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 # 9	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
	Z-Pattern Run 9x
	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/	Reps/ Weight	Reps/ Weight	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)

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