

Summer 2011 Speed and Conditioning

Week 5-6 (July 4-15)	
Mon	Description
Warm up (see below)	
Sprint Work	8- 60 yd sprints %80
	6- 40 yd sprints %100
	4- 20 yd sprints %100
Wed	
Warm up (see below)	
Position specific 10x 10yds (performed at maximum effort)	
Start in your specific position stance:	OL: Diagonal back kick slide and Diagonal forward pound step 5 yds each QB: Speed Option, Sprint at the DE outside shoulder immediately sprint 10 yds RB: Speed option, take two lateral then get up field 10 yds WR: Start with your inside foot back, run a 7 yard hitch turn out side sprint 10 yds DL: Two forward step shuffle five yards LB: Shuffle right at a 45 degree and for 5 yards then left 45 degrees 5 yards DB: back peddle five yards break at a 45 degree sprint ahead 10 yards
Gassers 2 (in time for specific position)	50 yards down and back twice. Total of 200 yards per rep. OL/DL 41 sec TE/LB/QB/K 38 sec WR/DB/RB 36 sec
Fri	
Warm up (see below)	
<i>Agility</i>	
Box Drill 10x10 yard square 4 reps (each day the box drill will change)	
1. Sprint 10 yards	4. Diagonal 10 yards
2. Diagonal 10 yards	5. Sprint 10 yards
3. Sprint 10 yards	
Pro shuttle 4 reps	Start with on hand on the ground sprint 5 yards to the right and touch with your right hand, sprint back 10 yards and touch with your left ahnd, and then sprint through the original line.
Figure 8 4x	With two cones srint around creating a figure 8 three times is on rep.
Push up sprints 5x	Laying on your stomach with your hands on the ground (like a push up) pop up onto your feet and sprint 10 yards.
L Drill 4 x	Three marker cones are placed to form an "L." with cones at the corner and at each end, 5 yards apart (see diagram). The player starts by getting down in a three-point stance next to Cone 1. On the command 'Go', he runs to Cone 2, bends down and touches a line with his right hand. Then he turns and runs back to Cone 1, bends down and touches that line with his right hand. Then he runs back to Cone 2 and around the outside of it, weaves inside Cone 3, then around the outside of Cones 3 and 2 before finishing at Cone 1. The player must run forward while altering his running direction, as opposed to strictly stopping and starting in opposite directions
<i>Plyos</i>	
Squat Jumps hands up 3x10	Squat to paralell jump has high as you can and return to the parell position on your landing. Repeat.
Line Drills Skiers 3x	Start on one side of a line and with both feet jump back and forth as quikly as possible for 30 sec.
Warm Up:	
Active Flex-20 yds up and back.	Lunges
High Knees	Spider Man
Carioca	Toy Soldiers
Striders-40 yds up and back.	