

## Summer 2011 Speed and Conditioning

Week 7 (July 18-22 )	
Mon	Description
Warm up (see below)	
Sprint Work	4- 60 yd sprints %80 8- 40 yd sprints %100 4- 20 yd sprints %100
Wed	
Warm up (see below)	
Position specific 10x 10yds (performed at maximum effort)	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 outside 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)	
Agility	
Box Drill 10x10 yard square 4x (Each day the box drill will change)	Sprint 10 yards, Diagonal 10 , Sprint 10, Diagonal 10, and Sprint 10
Pro shuttle 4x	Start with one 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 hand, and then sprint through the original line.
Figure 8 4x	With two cones sprint 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
Plyos	
Squat Jumps hands up 3x10	Squat to parallel jump as high as you can and return to the parallel 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 quickly 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.	