

Summer 2009 Speed and Conditioning

Week 6	
Mon	Description
Warm up (see below)	
Sprint Work	Stride 6- 60 yd sprints %70 10- 40 yd sprints %100 6- 20 yd sprints %100
Wed	
Warm up (see below)	
Position specific 10x 10yds (performed at maximum effort)	Start in your specific position stance: OL: Take first two 6 inch step punch sprint 10 yds (5 each direction) QB: Sprint out 80 series get depth (throw if you have a ball and WR; 5 each direction) RB: Open step towards the QB arch towards the DE (47/46) get up field 10 yds WR: Start with your inside foot back, work press release sprint 20 yds DL: Two forward steps punch sprint 10 yds LB: Cross over take pass drops; Ditch and Hold (7 yds depth) DB: Back peddle turn and go each direction 5 times 20 yds
Gassers 2 (in time for specific position) 2 Half Gassers (in time for specific position)	<u>Gassers:</u> 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 <u>Half Gassers:</u> 50 yards down and back. (Total of 100 yards per rep) OL/DL 21 sec TE/LB/QB/K 19 sec WR/DB/RB 17 sec
Agility	
Warm up (see below)	
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 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	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
Plyos	
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 quickly as possible for 30 sec.
Warm Up:	Description
Jog two laps or 5 minutes of jogging	
Active Flex:15 yards down and back	
High Knees	
Carioca	
Lunges	
Slow and Low or Crossover Lunge	Facing the same way the entire time cross over in front and squat stand up cross behind and squat
Spiderman	Stretch the groin leaning right to left, flip face the other direction doing the same stretch
Buttkicks	
Toy Soldiers	

*If you need to stretch more do it after you have warmed up on your own