

NOTES FOR OVER THE SUMMER:

Please have the following forms signed by AUGUST 20th, 8am, Two-A-Days:

- 1) Power of Attorney
- 2) Physical Medical Sheet
- 3) Drug/Alcohol Policy
- 4) Athletic Handbook

It is recommended you have the following equipment for two-a-days:

A) Water bottle

B) Running shoes for the first day, cleats for every day after. Eastbay is a good place to order cleats:

http://www.eastbay.com/Football/Shoes/ - /N-1e7Zne?cm_REF=Shoes

C) I would recommend getting gloves as well, the grass will be dry by the time we start practice:

http://www.eastbay.com/Football/Equipment/Gloves/ - /N-1e7ZngZgz?cm_sp=TopNav- -Sports- - FootballGloves

SUGGESTED SUMMER WORKOUT ROUTINE

Mon-Wed-Fri
Weight training
(Recommended)

1. Incline or Bench- 3 sets
2. Squat- 3 sets 10-8-6
3. Power cleans- 3 sets 8-6-4
4. Straight leg dead lift- 3 sets
5. Chin-ups- 1 set-all you can do
6. Dips-1 set- all you can do
7. Sit-ups- 1set- 60 seconds
8. Stretch

Tues-Thurs-Saturday
Running program
(Recommended)

1. 1/2 mile warm-up
2. Dynamic warm-up- *see drills below*
3. Dots- if you have them
4. 10- 100's (jog first 50, sprint second)
5. 10-40's
6. Plyometrics- Box jumps if you can find boxes...do lines if you cannot
7. Stretch

Position specific

Linemen- focus on the squat! Jump rope for quick feet.

Receivers and backs- catch 100 passes a day. Jump rope as often as possible.

QB- Throw 75 passes a day

DYNAMIC WARM UP DRILLS

High Knees

Player is positioned on a line marker facing forward. Within a 5 yard space, player will do a progression of high knee drives. Player will alternate forcefully driving their knees up toward their chest in a running motion. Maximum repetitions should be completed through 5 yards.

High Knee Pull

Player is positioned on a line marker facing forward. Within a 5 yard space, player will do a progression of high knee pull stretches. Player will alternate pulling their knees up toward their chest, reaching with their arms and pulling their knee high to their chest. This stretch is used to stretch the player's hamstrings, lower back, glutes and hip extensors. This stretch is dynamic in nature with the purpose of incorporating movement into the stretch in keeping the player's blood flowing to the muscle being used.

Butt Kick Progression

Player is positioned on a line marker facing forward. Within a 5 yard space, player will do a progression of butt kick drives. Player will alternate forcefully driving their heels back toward their butt in a running motion. Maximum repetitions should be completed through 5 yards.

Butt Kick Pull

Player is positioned on a line marker facing forward. Within a 5 yard space, player will do a progression of butt kick pull stretches. Player will alternate pulling their heels back toward their butts, reaching with their arms and pulling their ankles back towards their butts. This stretch is used to stretch the player's quadriceps, abdominals and hip flexors. This stretch is dynamic in nature with the purpose of incorporating movement into the stretch in keeping the player's blood flowing to the muscle being used.

Lateral Shuffle

Player is positioned on a line marker facing forward laterally. Within a 5 yard space, player will do a progression of lateral shuffles. Player will shuffle their feet independently through the progression stopping at one 5 yard marker

and continue to shuffle in the opposite direction back to the starting point of the drill. Maximum repetitions should be completed through 10 yard total distance.

Lateral Lunge

Player is positioned on a line marker facing forward laterally. Within a 5 yard space, player will do a progression of lateral lunge stretches. Player will step laterally bending their front leg and keeping their rear leg straight. Player will continue to step laterally with their front leg and stretch each side independently. This stretch is used to stretch the player's quadriceps, hamstrings, hip adductors and hip abductors. This stretch is dynamic in nature with the purpose of incorporating movement into the stretch in keeping the player's blood flowing to the muscle being used.

Tin Soldiers

Player is positioned on a line marker facing forward. Within a 5 yard space, player will do a progression of leg drives called tin soldiers. Player will alternate forcefully driving, from the hip, their toes up toward their outstretched hand in front of them keeping their legs straight throughout the motion. Maximum repetitions should be completed through 5 yards.

Front Lunge

Player is positioned on a line marker facing forward. Within a 5 yard space, player will do a progression of forward lunge stretches. Player will alternate stepping forward bending both legs and stretching in a stride stance. This stretch is used to stretch the player's quadriceps, hamstrings, abdominals and hip flexors. This stretch is dynamic in nature with the purpose of incorporating movement into the stretch in keeping the player's blood flowing to the muscle being used.

Reverse Lunge

Player is positioned on a line marker facing forward. Within a 5 yard space, player will do a progression of reverse lunge stretches. Player will alternate stepping backwards bending both legs and stretching in a stride stance. This stretch is used to stretch the player's quadriceps, hamstrings, abdominals and hip flexors. This stretch is dynamic in nature with the purpose of incorporating movement into the stretch in keeping the player's blood flowing to the muscle being used.

