

CONDITIONING PROGRAM

Preseason Conditioning - Mild

Sunday	Plyometrics
Monday	5 sets of 10 shuttles (18 yards)
Tuesday	Plyometrics
Wednesday	6 sets of figure 8's (10 yards for 1 minute)
Thursday	Plyometrics
Friday	Off
Saturday	10 full field sprints (endline to endline, slow jog back, no rest period.)

Plyometric Program

Slalom Jumps: Slalom back and forth down the line. Small quick jumps. Feet Together.

High Knees: Knees to chest maximum height jumping down the line.

Forward/Back: Facing the line, jumping back and forth doing as many as possible quickly down the line.

Forward/Back: Same as above but facing other direction.

1 Foot Hop: Hop on right foot going down the line. Go for maximum height.

1 Foot Hop: Same as above but hop on other foot.

Long Jump: Long jump down the line. Go for maximum distance. Feet must stay together the whole time.

Lunge: Lunge walk down the line .

Slalom run: Long stride, arc and jump. Must be fluid.

Sprints: Sprint to end of line and back.

Ladders: Side to Side and In/Out.

Use a line 18 yards long.

Do 5 sets of the 10 exercises.

After each exercise except the sprint, jog back to the beginning.

Shuttles

Start at the endline and sprint to the 18 yard line and then back. This counts as one rep. You will do 10 reps.

Figure 8's

Three players work together. Two stand ten yards apart and the third does figure eight runs around the two players touching the ground as he/she goes around the players. This will help to increase a players explosiveness and balance. You will do 10 reps.

Full Field Sprints (Indoors)

The player sprints from one endline to the other one and then slowly jogs back. Upon arriving back to the first endline, they turn and sprint again. Down and back is one. There is no rest period here and this works on developing a players ability to catch their "second wind".

120's Full Field Sprint

The player sprints from one endline to the other one and then slowly jogs back. Upon arriving back to the first endline, they rest for 30 seconds. Down and back is one rep. After each rep, the player increases rest time by 30 seconds.