

Football

TEAM SPRINTING PROGRAM

The Purpose behind the Team Sprinting Program is -TEAM ACCOUNTABILITY. This works on raising the level of our weakest links. Each series of sprints is broken down to hold the entire team accountable of making the designated goal time for a specific set of sprint distances. The goal is for our weakest links to rise to the level of competition of our leaders. If we improve the weaker links of our team mentally and physically, we will improve our physical and mental toughness on Saturdays.

Sprint Sets

60 Yards

Reps	Team Goal Time
4	3:00 [<]
6	4:30 [<]
10	7:30 [<]

rest 1:15 b/w sets

40 Yards

Reps	Team Goal Time
4	2:00 [<]
6	3:00 [<]

rest 1:15 b/w sets

20 Yards

Reps	Team Goal Time
8	2:30 [<]
10	3:05 [<]

rest 1:15 b/w sets

Groups
 OL,DL,LS
 DE,LB,TE, QB, SP
 OTB Defense
 OTB Offense

Gasser Sets

1/2 Gasser

Reps	Team Goal Time
5	5:30 [<]
6	6:20 [<]
8	8:45 [<]
10	11:00 [<]

rest 3:00 b/w sets

Modified 110's

Reps	Team Goal Time
6	5:15 [<]
8	7:15 [<]
10	9:15 [<]
12	11:15 [<]

rest 3:00 b/w sets

Groups
 OL,DL,LS
 DE,LB,TE, QB, SP
 OTB Offense/Defense

Entire Team must complete the set in the designated goal time. Next group is not started until last person in the previous group has finished their rep. First Groups starts next rep when last person from last group finished the rep.