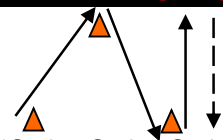
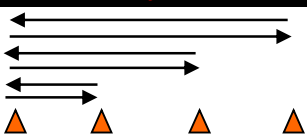
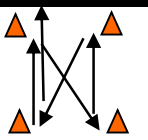
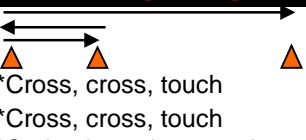
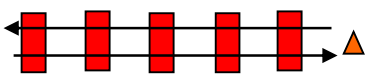
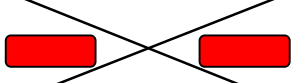

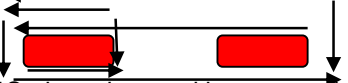


FOOTBALL		WINTER				DEVELOPMENTAL		2009	
MONDAY		LATERAL SPEED DEVELOPMENT							
PRE-ACTIVITY PREP		DYNAMIC PREP							
TIME	NOTES								
~12 mins	8 rows of 6 hurdles in far endzone								
WEEKS		WEEK ONE		WEEK TWO		WEEK THREE		WEEK FOUR	
COD MECHANICS		TUESDAY	THURSDAY	TUESDAY	THURSDAY	TUESDAY	THURSDAY	TUESDAY	THURSDAY
TIME	NOTES	Pro-agility <i>Teach start and 1st touch</i>	3-cone <i>Teach start and 1st 10yds</i>	Pro-agility <i>Review start and both touches</i>	3-cone <i>Teach last 15yds</i>	Pro-agility <i>Full drill x2-3</i>	3-cone <i>Full drill x2-3</i>	Pro-agility <i>Test</i>	3-cone <i>Test</i>
~12 min	6 stations								
NOTES		• Coach D- Block 4 • Coach C-Block 3 • Coach F-Block 2 • Kyle-Block 1 • [Matt and Gary extra] •							
PROGRAMMED AGILITY		TUESDAY				THURSDAY			
TIME	NOTES	Triangle Agility	60-yd shuttle	X-Drill	Jingle Jangle				
~15 min	4 stations per drill x3 reps per station [x2ea side for bag drills]								
NOTES		*Sprint, Sprint, Sprint, Backpedal	*Sprint 5x2, Sprint 10x2, Sprint 15x2	*Sprint to top left *Sprint to bottom right *Sprint to top right *Sprint to bottom left *Sprint to through top left	*Cross, cross, touch *Cross, cross, touch *Sprint through 15 yards				
TUESDAY	THURSDAY	Lateral Bag Series		Partner Heavy Bag Figure 8		Weave Bag Series		Heavy Bag Loop	
Coach F+Gary- Heavy Bag Coach C- Bag Series Matt- 60-yd shuttle Kyle-Triangle	Coach F+Gary- Heavy Bag Coach C- Bag Series Matt- Jingle Jangle Kyle- X-Drill								
		*4 legs each, 2 legs each, x-over run *Sprint around cone and run opposite on way back	*Partner Fig. 8 Chase	*Lat Shuffle, For/Back, Bearcrawl *Go around cone and sprint back	*Sprint to bag and loop around *Sprint to 1st bag and loop back				
CONDITIONING		TUESDAY	THURSDAY	TUESDAY	THURSDAY	TUESDAY	THURSDAY	TUESDAY	THURSDAY
TIME	NOTES	Gassers	Modified 110s	Gassers	Modified 110s	Gassers	Modified 110s	Gassers	Modified 110s
~12 min									
NOTES									