

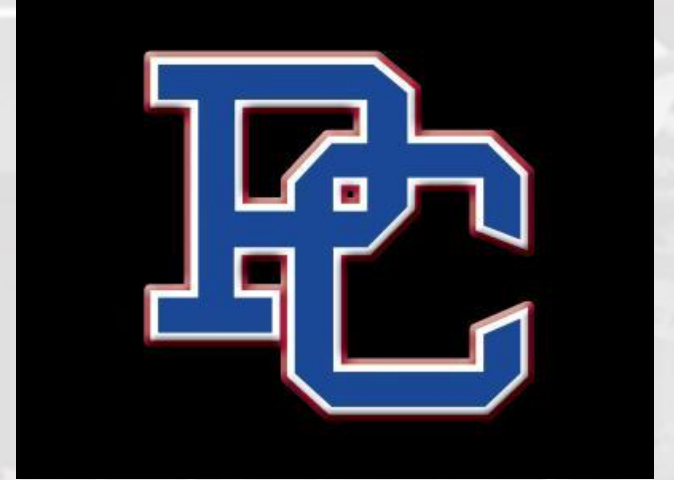


**DORMAN HIGH SCHOOL**

**STRENGTH AND CONDITIONING**

**DEVELOPING THE HIGH SCHOOL ATHLETE**

**ERIC CASH**



# **Major Influences**

**Joey Batson—Clemson University**

**John Sisk—Georgia Tech**

**Joe Kenn—Carolina Panthers**

**Russell Patterson**

**Former and Current Staff**

# **Factors to Consider for the High School Strength Coach**

- 1. Multi-Sport Athlete**
- 2. Year Round Sport Specificity**
- 3. Physical Development**
- 4. Physiological Deficiencies**
- 5. Lack of Knowledge from Sport Coaches**
- 6. Time Management**
- 7. School Calendar**



# **Program Philosophy**

## **1. Total Body Training Sessions**

- **Tier Principles**

## **2. Fundamentally Sound**

- **Block Zero, Proper Progressions**

## **3. Variety**

- **APRE, Volume Accumulation Training, Undulating Periodization, Linear Periodization, 5-3-1 Method, Prilepin's Table**

## **4. Posterior Chain vs. "Man in the Mirror"**

## **5. Atmosphere**

## **6. Speed**

- **Acceleration**
- **Plyos and Change of Direction (COD)**

# BLOCK PROGRAMMING

BLOCKS	COLLEGE	HIGH SCHOOL
BLOCK 0	REDSHIRT	7 <sup>TH</sup> & 8 <sup>TH</sup>
BLOCK 1	FRESHMEN	9 <sup>TH</sup> & 10 <sup>TH</sup>
BLOCK 2	SOPHOMORES	11 <sup>TH</sup> & 12 <sup>TH</sup>
BLOCK 3	JUNIORS & SENIORS	EXCEPTIONAL & RARE
BLOCK 4	EXCEPTIONAL & RARE	

# The Tier System—Basic Design

	SESSION T	SESSION L	SESSION U
Tier 1	TOTAL	LOWER	UPPER
Tier 2	LOWER	UPPER	TOTAL
Tier 3	UPPER	TOTAL	LOWER
Tier 4	TOTAL	LOWER	UPPER
Tier 5	LOWER	UPPER	TOTAL
Post	UPPER POST	UPPER POST	UPPER POST
	LOWER POST	LOWER POST	LOWER POST

**VOLUME DECREASES**

# The Tier System—Dorman High School

	SESSION T		SESSION L		SESSION U	
<b>Tier 1</b>	TOTAL w/ Rotational Core	<b>Power Clean w/ Trunk Twist</b>	LOWER w/ Stability Core	<b>Back Squat w/ Front Plank Knee to Elbow</b>	UPPER w/ Upper Post	<b>Bench Press w/ OH Dowel Pull Down</b>
<b>Tier 2</b>	LOWER w/ Stability Core	<b>Tempo Front Squat w/ Push Up March</b>	UPPER w/ Upper Post	<b>Chin Ups/Inv. Row w/ Tempo Push Ups</b>	TOTAL w/ Rotational Core	<b>Deadlift w/</b>
<b>Tier 3</b>	UPPER w/ Upper Post	<b>Tempo Close Grip w/ SA DB ROW</b>	TOTAL w/ Rotational Core	<b>Hang Clean w/ Band Trunk Rotations</b>	LOWER w/ Stability Core	<b>Pause Squat w/ Wt. Front Plank</b>
<b>Tier 4</b>	TOTAL w/ Upper Post	<b>KB Snatch w/ Band Face Pulls</b>	LOWER w/ Lower Post	<b>Goblet Lat. Lunge w/ GHR</b>	UPPER w/ Upper Post	<b>DB Savickas Press w/ Pause Band Pull Apart</b>
<b>Tier 5</b>	LOWER w/ Lower Post	<b>SAKBOH Lunge w/ SL Elv. Glute Bridge</b>	UPPER w/ Upper Post	<b>DB Floor Press w/ Rear Delt Raise</b>	TOTAL w/ Lower Post	<b>Box Jumps w/ RDL</b>



# The Tier System—Dorman High School—In-season

	SESSION T	SESSION L	SESSION U
<b>Tier 1</b>	TOTAL w/ Rotational Core	LOWER w/ Stability Core	UPPER w/ Upper Post
<b>Tier 2</b>	LOWER w/ Stability Core	UPPER w/ Upper Post	TOTAL w/ Rotational Core
<b>Tier 3</b>	UPPER w/ Upper Post	TOTAL w/ Rotational Core	LOWER w/ Stability Core

**\*\*Traditional Schedule—50-55 Minute Classes**

# TRAINING PROTOCOLS

## Variety

- Linear Periodization
- Undulating Periodization
- 5-3-1 Method
- Volume Accumulation Training (VAT, Density)
- Prilepin's Table
- Autoregulated Progressive Resistance Exercise (APRE)

## Prilepin's Table

Intensity	Low	Optimal	High
Below 70%	18	24	30
70% to 79%	12	18	24
80% to 89%	10	15	20
90%+	4	7	10

# TRAINING PROTOCOLS

## Volume Accumulation Training

- Typically done with T4 or T5

### Bent Rows

WK 1	WK 2	WK 3	WK 4
4 x 8 @ 135	4 x 8 @ 135	4 x 10 @ 135	4 x 12 @ 135

### 5-3-1 Method

WK 1		WK 2		WK 3		WK 4	
5	50%	5	55%	5	55%	5	55%
3	55%	3	60%	3	65%	3	65%
6	60%	5	65%	3	75%	5	75%
6	65%	5	70%	3	80%	3	85%
6	70%	5	75%	3	85%	1	95%

Set	APRE 3	APRE 6	APRE 10
0	Warm-Up	Warm-Up	Warm-Up
1	6 Reps @ 50% 3RM	10 Reps @ 50% 6RM	12 Reps @ 50% 10RM
2	3 Reps @ 75% 3RM	6 Reps @ 75% 6RM	10 Reps @ 75% 10RM
3	Reps to failure at 3RM	Reps to Failure at 6RM	Reps to Failure at 10RM
4	Adjusted Reps to failure	Adjusted Reps to Failure	Adjusted Reps to Failure

3 RM Protocol		6RM Protocol		10RM Protocol	
Set 3 Reps	Set 4 Adjustment	Set 3 Reps	Set 4 Adjustment	Set 3 Reps	Set 4 Adjustment
0	-5 to -10	0-2	-5 to -10	0-3	-5 to -10
1	0 to -5	3-4	0 to -5	4-7	0 to -5
2-4	No Change	5-7	No Change	8-12	No Change
5-7	+5 to +10	8-12	+5 to +10	13-17	+5 to +10
8+	+10 to +15	13+	+10 to +15	17+	+10 to +15

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# BLOCK ZERO

## What is Block Zero?

- A systematic approach that safely develops and integrates athletes into a training program
- Helps athletes prepare for the physical demands of sport
- Takes into account an athlete's training age and assumes that all new athletes entering a training program have a training age of zero



# BLOCK ZERO

## Outcomes from Block Zero

- Acclimatization into your program
- Allows for a period of assessment and evaluation
- Provides a conducive teaching environment for proper technique instruction
- Injury prevention through evaluation and technique instruction
- Increased comprehension of application to sport and training



# BLOCK ZERO

## MIDDLE SCHOOL DEVELOPMENT PROGRAM--Cycle 1--4 Week Rotation

		DAY 1	DAY 2
PRE-ACTIVITY PREPARATION	Squat	Athletic Postion Hold 3 x 30 Sec.	Athletic Position Hold 3 x 30 Sec.
		Pause BW Squat 5 x 10 Sec.	Pause BW Squat 5 x 10 Sec.
	2 ROTATIONS		
	Core	Front Plank x 30 Sec.	Alt. V Ups x 30 Sec.
		Trunk Twist x 30 Sec.	Side Plank x 20 Sec. Ea.
	ISO	ISO Push Up x 10 Sec.	ISO Lunge x 10 Sec. Each
	Upper	Band Face Pull x 15	Black Burns x 10 Sec. Each
FUNCTIONAL STRENGTH	Lower	Torso Superman x 10	Iso Glute Bridge x 1 Min.
	3 ROTATIONS		
	Lower	Band BW Squat x 15	Body Weight Squat x 15
	Upper	Chin Up Holds x Max	Chin Up Negatives x 6
	Lower	Single Leg Glute Bridge x 30 Sec. Each	Partner Leg Curls x 8
	Upper	Push Ups x 12	Bench Dips x 15

# BLOCK ZERO

## MIDDLE SCHOOL DEVELOPMENT PROGRAM--Cycle 2--4 Week Rotation

		DAY 1	DAY 2
PRE-ACTIVITY PREPARATION	Squat	Athletic Postion Hold 3 x 30 Sec.	Athletic Position Hold 3 x 30 Sec.
		Pause BW Squat 5 x 10 Sec.	Pause BW Squat 5 x 10 Sec.
	2 ROTATIONS		
	Core	Front Plank March x 6e	MB OH Sit Up x 15
		Med Ball Trunk Twist x 30 Sec.	Side Plank x 20 Sec. Ea.
ISO	Upper	ISO Push Up x 20 Sec.	ISO Lunge x 15 Sec. Each
		Pause Band Face Pulls x 10	Med Ball OH Slams x 10
	Lower	Pause Alt. Superman x 5e	3 Position Squat x 5e
		3 ROTATIONS	
TIER INTRODUCTION	T	KB Swing x 15	L KB Goblet Squat x 12
	L	Command Lunges x 6e	U Push Ups x 12
	U	Chin Up Holds x Max	T Vertical Jumps x 6
	T	Box Drops x 6	L Partner Leg Curls x 8
	L	Glute Bridge March x 15e	U Band Pull Aparts x 15
MOVEMENT MECHANICS	Teach Athletic Position <i>DOWEL RODS</i>		Change of Direction Bands around Ankles
	Squat w/ Dowel--2 x 10		Monster Shuffle w/ bands--2 x 10yds.
	Squat Shuffle w/ Dowel--2 x 10yds		Monster Walk w/ Bands--2 x 10yds.
	Squat Walk w/ Dowel--2 x 10yds		Backward Monster Walk w/ bands--2 x 10yds.



# BLOCK ZERO





# BLOCK ZERO





# BLOCK ZERO





# BLOCK ZERO



## **Thanks**

John Sisk

Lon Record

Chris Dantzler

Hammer Strength

Jake Morris & Jimmy Anderson

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