

Developing a Summer Conditioning Program 12 Week Model



This outline was written before the NCAA changed the rules for off
the field training [discretionary time]

4 Goals of the Program



- Work
- Team Building
- **Develop a Football Player**
- Injury Prevention

Develop a Football Athlete



- Athletic Based Training — whole body training sessions
- **Specific Conditioning Demands**

Injury Prevention



Through:

- Functional Strength Training
- **Functional Conditioning**
- **Functional Flexibility**
- Nutrition
- Rest and Recovery

Running Program



2 Major Goals

- Development of Absolute Speed
- Development of Game Day Endurance

Winter Program

Develop:

- Linear Speed [10 – 20 – 40 yards]
- Multi Directional Speed [20 yard shuttle]

Spring II – Summer Program

Develop:

- Anaerobic Base
- Multi Directional Movement
- Metabolic Conditioning



Weekly Training Outline

Monday

Session 1

Speed

Session 2

Strength

Tuesday

Session 1

Conditioning

Wednesday

Session 1

Strength

[Squat Emphasis]

Thursday

Session 1

Conditioning

Friday

Session 1

Speed

Session 2

Strength

Speed Development Outline



- Warm Up
- Mechanics
- Plyometrics
- Starts/Acceleration
- Loading
- Top Speed
- Full Sprint
- PNF Flex or Static

Conditioning Outline



- Warm Up
- Combine Technique
- Multi Directional Drills
- Intervals – Shuttles
- Metabolic Condo
- Team Discipline
- PNF Flex or Static



WARM UP

- **Dynamic Warm Up**

- Strength movement to a Active movement
 - Example – forward lunge to easy high knees

- **Movement**

- Cuts/Breaks
 - Example – Zig Zags
- Lateral/Backwards
 - Lateral and Backwards High Knees
 - Skipping



Combine Drill Technique

- 20 Yard Shuttle
 - 3 Cone Drill
 - 60 Yard Shuttle – skill players only
-
- This is a teaching period

20 Yard Shuttle

20 YARD SHUTTLE

Start [S]

straddle mid line in a 3 point stance, hand on the line, body evenly distributed over mid line.

Step 1

pivot and drive off front foot and sprint five yards to the right side cone [at combine may go either side] [A].

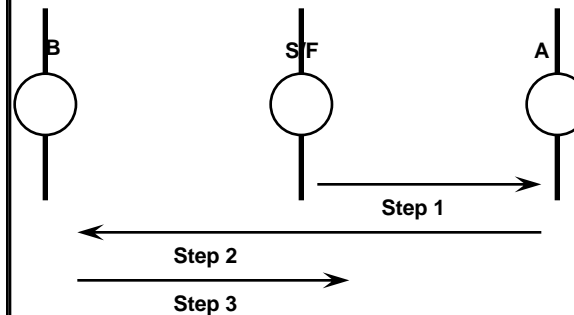
Step 2

Touch the line with the outside hand, pivot and drive off front foot, sprint 10 yards to the far line [B].

Step 3

touch line with outside hand, pivot and drive off front foot, sprint through the middle cone [S/F].

Distance between cones A and B is 10 yards with the S/F cone in the middle, 5 yards from cone A or cone B



3 Cone Drill

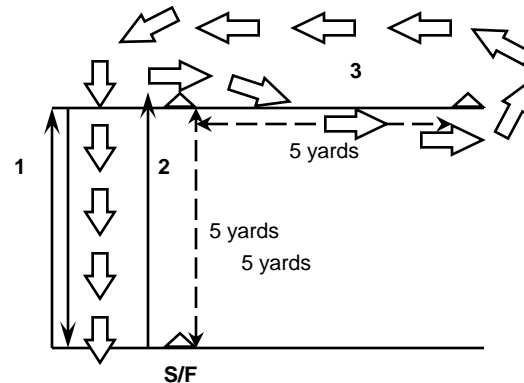
3 CONE DRILL

Step One - start in a three point stance hand behind the line. sprint five yards, touch line with right hand, pivot and sprint back to S/F cone.

Step Two - touch line with same hand used on the first line touch. Pivot and sprint 5 yards.

Step Three - marked by big arrows - sprint around the first cone and around the outside cone in a semi figure eight, run out of outside cone and first cone and sprint to finish.

- keep tight around cones when making the turn
- keep your hands off the the ground
- dip your shoulder and rip through last turn before sprinting to the finish



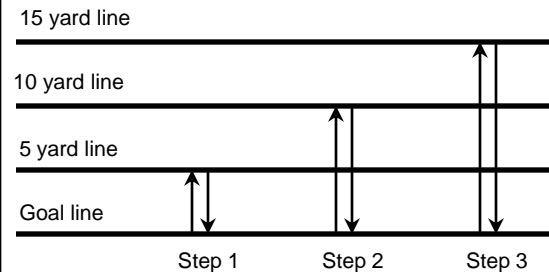
60 Yard Shuttle

60 Yard Shuttle

Step One - start on goal line in a three point stance.. Sprint five yards touch the line with either foot, and sprint back to the goal line

Step Two - touch goal line with the opposite foot, pivot, sprint 10 yards touch the line with the same foot you touched at the 5 yard line, and sprint back to the goal line

Step Three - touch goal line with the opposite foot, pivot, sprint 15 yards touch the line with the same foot you touched at the 10 yard line, and sprint through to the goal line

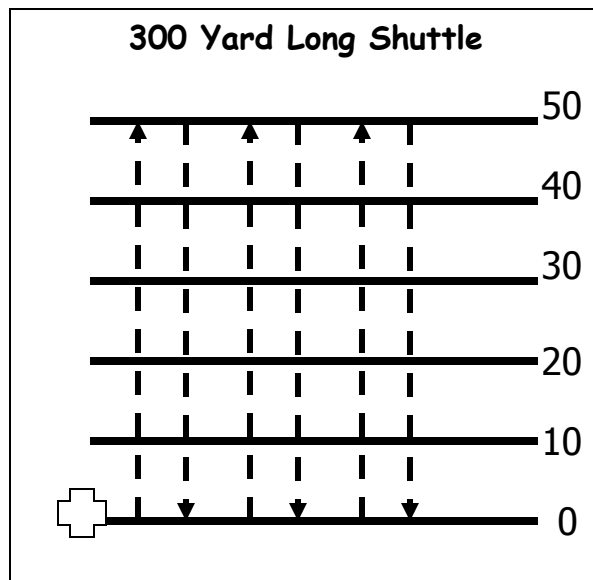




Multi Directional Training

- Quick Feet
 - jump rope, Ladders, lines, low hurdles
- Linear Drills
 - Straight line movements
 - ground or obstacle
- Non Linear
 - angular, circular movements, and weaves
 - ground or obstacle
- Reaction
 - verbal, visual, combination cues

Shuttle – Interval Program



- Long Shuttles
 - 300 yards >
- Moderates Shuttles
 - 110-299 yards
- Short Shuttles
 - 60 yards <
 - Conditioning Test



Metabolic Program

Sprint Metabolic

- Straight line run
- Random sprint distances
- Touchdown Runs
 - Average 25.9
- 1-4 Quarters – 15 plays
 - 35 second rest between plays

Timed/Series

- Specific Drill Sequences repeated
- Run/Pass Play Time
 - Example [O] – 4.53 run, 5.35 pass [D] – 4.02 run, 4.72 pass
- 15 series/5 plays
 - 30 yards per series
 - 5.5 – 6 yards per play



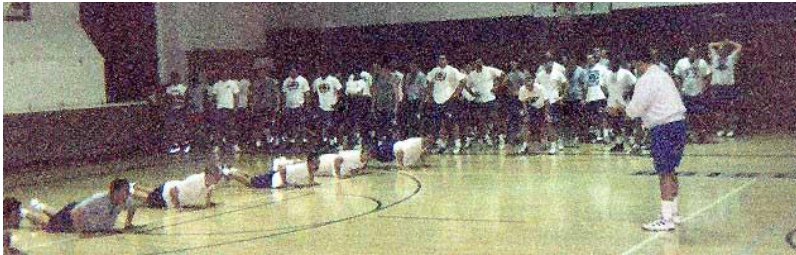
Cornerback Pattern Program

PATTERNS

- 01 - Read Step [w/cadence - on sound!]
- 02 - Dance Step
- 03 - Hip Drill
- 04 - **Pedal - Stem Pedal - Break** 45 deg forward (5 yd. per transition each direction]
- 05 - **Stem Pedal - Pedal - Break** 45 deg forward (5 yd. Per transition each direction]
- 06 - Pedal to Hash
- 07 - Pedal 5 yd. - break 45 deg forward [each way]
- 08 - Pedal 8 yd. - break 45 deg up field [each way]
- 09 - Pedal 12 yd. - break on a 45 to Post, bad turn (each way)
- 10 - Pedal 8 yd. And run down the line - 180 deg [each way]
- 11 - Step and Replace - 10 yd. [to right and left]
- 12 - Bail and Break @ 10 yd. [Both Ways] - forward on a 45 deg
- 13 - Bail and Break @ 12 yd. [Both Ways] - up field on a 45 deg
- 14 - Sprint & Come to Balance (sprint 7 yd - creep 3 yd.)
- 15 - Run - Shuffle - Run

| 1st QUARTER | 2nd QUARTER | 3rd QUARTER | 4th QUARTER |
|----------------|----------------|----------------|----------------|
| Play 01 - 10r | Play 01 - 7L | Play 01 - 4r | Play 01 - 01 |
| Play 02 - 02 | Play 02 - 4L | Play 02 - 14 | Play 02 - 02 |
| Play 03 - 9r | Play 03 - 4L | Play 03 - 5r | Play 03 - 13L |
| Play 04 - 01 | Play 04 - 14 | Play 04 - 12r | Play 04 - 10L |
| Play 05 - 03 | Play 05 - 8L | Play 05 - 8r | Play 05 - 11L |
| Play 06 - 11r | Play 06 - 15 | Play 06 - 9r | Play 06 - 15 |
| Play 07 - 06 | Play 07 - 12L | Play 07 - 06 | Play 07 - 7L |
| Play 08 - 13r | Play 08 - 02 | Play 08 - 03 | Play 08 - 05 |
| Play 09 - 8r | Play 09 - 11L | Play 09 - 10r | Play 09 - 8L |
| Play 10 - 15 | Play 10 - 9L | Play 10 - 01 | Play 10 - 12L |
| Play 11 - 4r | Play 11 - 01 | Play 11 - 02 | Play 11 - 03 |
| Play 12 - 12r | Play 12 - 13L | Play 12 - 11r | Play 12 - 9L |
| Play 13 - 7r | Play 13 - 03 | Play 13 - 7r | Play 13 - 06 |
| Play 14 - 14 | Play 14 - 06 | Play 14 - 13r | Play 14 - 04 |
| Play 15 - 5r | Play 15 - 10L | Play 15 - 15 | Play 15 - 14 |

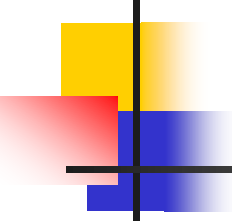
TEAM - DISCIPLINE



MAT DRILLS

- Team Building
- Reaction Drill
- Mental Toughness
- Groups of 8
- Work Up to 5 drills

■ WINTER PROGRAM



Tuesday – Thursday Sample Program

Warm Up

- Dynamic Warm Up
 - 15 yd Forward Lunge >>> 30 yd High Knee
 - 15 yd Backward Lunge >>> 30 yd Backward Run
 - 15 yd 45 degree Lunge >>> 30 yd Heel Kicks
 - 15 yd Lateral Lunge >>> 30 yd Shuffle x 2
 - 15 yd Slow Carioca >>> 30 yd Carioca High Knee Crossover x2
 - Straight Leg Skips 45 yd
- Zig Zags 4 x 30 yd
- High Knee Progression



Tuesday – Thursday Sample Program

PHASE I – week 4 Time Trial

Weeks 1 – 2

- 5 x 300 yard shuttles
 - vary distances each session
- Rest ratio 3:1
 - General Goal Times
 - Bigs 1:20
 - FB/LB/TE/SP/QB 1:15
 - Skill 1:10
- Mental Toughness
 - ALL AMERICANS – 500 Yard Shuttle

Weeks 3-4

- 5 x 300 yard shuttles
 - vary distances each session
- Rest ratio 3:1
 - General Goal Times
 - Bigs 1:15
 - FB/LB/TE/SP/QB 1:10
 - Skill 1:05
- Mental Toughness
 - Mountain Climbers – Zig Zag shuttles



Tuesday – Thursday Sample Program

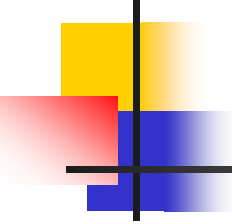
PHASE II – week 8 Time Trial

Tuesday

- Combine Drill
 - Pro Agility
- Agility Circuit
 - 4-5 Drills
 - One from each category
 - 2-3 minutes or 4-5 reps
- 110 Yard Shuttles
 - Start at 10 reps [+] 2 each week
- Rest Ratio 3:1

Thursday

- Combine Drill
 - 3 Cone Drill
- Agility Circuit
 - 4-5 Drills
 - One from each category
 - 2-3 minutes or 4-5 reps
- 40/60 Yard Shuttles
 - Start at 14 reps [+] 2 each week
- Rest Ratio :35



Tuesday – Thursday Sample Program

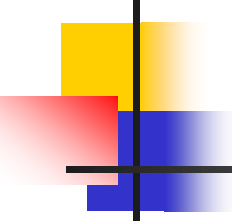
PHASE III

Tuesday

- Combine Drill
 - Pro Agility
- Agility Circuit
 - 2-3 Drills (quick feet)
 - 2-3 minutes or 4-5 reps
- Metabolic Program
 - Timed/Series
 - 15 series x 5 plays
- Rest Ratio
 - :35 < b/w plays
 - :60 - b/w series

Thursday

- Combine Drill
 - 3 Cone Drill
- Agility Circuit
 - 2-3 Drills (quick feet)
 - 2-3 minutes or 4-5 reps
- Metabolic Program
 - Pattern
 - 2 – 5 quarters
- Rest Ratio
 - :35 < b/w plays
 - :90 - :120 b/w quarters



Tuesday – Thursday Sample Program Post

- PNF – Partner Assisted

- 4 exercises

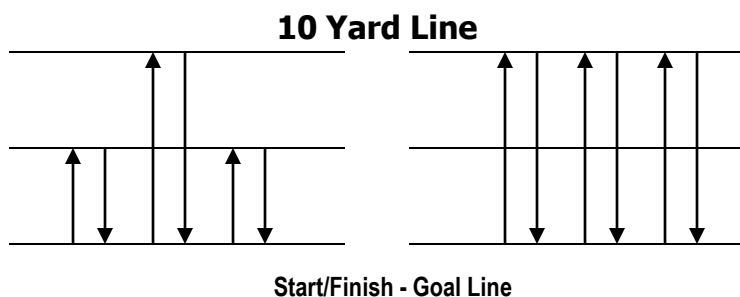
or

- Static Flex

- 6 exercises [some are combination]

- Perfect Push Ups

Conditioning Test



Activity:

- 1-Athlete starts in a 3 point stance at the goal line.
- 2-At the command the athlete sprints 5 yards (linemen)/10 yards (rest of team) and touches the yard line with his left foot.
- 3-The athlete pivots and sprints 5 yards (linemen)/10 yards (rest of team) back to the goal line and touches the line with his right foot.
- 4-The athlete pivots off of his right foot and sprints ten yards. He touches the 10 yard line with his left foot.
- 5-The athlete pivots off of his left foot and sprints 10 yards back to the goal line and touches the line with his right foot.
- 6-The athlete pivots off his right foot and sprints 5 yards (linemen)/10 yards (rest of team). He touches the yard line with his left foot.
- 7-The athlete pivots off of his left foot and sprints through the goal line.

Returnees Guidelines

Offensive Linemen 25 x 40 yard shuttles

Goal Time Rest Time

11 seconds (11.5) 35 seconds

Defensive Linemen 25 x 40 yard shuttles

Goal Time Rest Time

10 seconds (10.5) 35 seconds

TE/LB/QB/FB/P-K 25 x 60 yard shuttles

Goal Time Rest Time

14 seconds (14.5) 35 seconds

RB/DB/SAF/REC 25 x 60 yard shuttles

Goal Time Rest Time

13 seconds (13.5) 35 seconds

Justification:

- 1-More conducive to actual change of direction movement during a play.
- 2-More intense than straight line running.
- 3-Demands more starting strength and explosive strength coming out of pivots.
- 4-Stays within the ATP energy system that is the primary energy system utilized during a football game.
- 5-Football is a game of acceleration and deceleration.
- 6-An average play has a change of direction every 7 yards.

| | |
|----|--|
| GL | |
| | |
| 50 | |
| | |
| GL | |

Newcomers Guidelines

REPEAT 110 Yard TEST

Offensive Linemen 16 x 110

Goal Time Rest Time
19 seconds 45 seconds

Defensive Linemen 16 x 110

Goal Time Rest Time
18 seconds 45 seconds

Rest of Team 16 x 110

Goal Time Rest Time
16 seconds 45 seconds