



Month/Phase: June 2017

Muscle Group: Legs

Goals: Develop quickness and agility
Improve endurance and stamina
Improve football techniques and movements
Train the mind as well as the body.

Client:

Trainer: T. Johnson

Warm-Up

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|-----------------------|-------------------------|--------------|
| 1) Arm Circles | 6) Ankle Rotations | 11) Fartleks |
| 2) Walk on toes/heels | 7) Side Lunge | |
| 3) Butt Kickers | 8) Carioca w/ high knee | |
| 4) Lunges | 9) Power Skips | |
| 5) 1-2-3 Ham. Stretch | 10) Back Pedal | |

Core Training

Footwork - Speed Ladder

Football Workout

Done in a circuit? No | Yes

Exercise	Sets/Reps		Instructions		Coaching Points	
Sprints	3 x 10 yards		After each sprint jog back to the "huddle" like you would during a game. Rest for a minute and continue with the next sprint.			
	3 x 20 yards					
	3 x 40 yards					
Cone - Jump Cut	2 x 10 reps		Place two cones 5 yards apart. Designate one cone as the start cone and the second one as the stop cone. Add two more cones, on each side of the stop cone, one yard away from the stop cone. Sprint from the start cone to the stop cone. When you meet the stop cone make a lateral jump cut to the left cone and then explode five more yards upfield. Repeat for a total of five times and then switch to a right jump cut for five repetitions. Complete two sets.		Maintain a low center of gravity (keep pad level down). Try to make your jump cuts as close to right angles as possible. Accelerate fast out of your jump cut.	
Lateral Line Bounding	2 x 5 reps		Lay a rope on the ground or use a straight line. You will jump laterally over the line, performing the following movements:		Land softly with a bend in the ankle, knee, and hips. Keep good balance and body control, do not overextend your jump and lose power. Use your arms to aid in the movement and maintain control. Keep your eyes up. See what is in front of you.	
- Stabilize			Stabilize: Start right side of line with right foot on ground and left leg bent. Push off right foot, across the line, landing on left foot. Pause for a few seconds and return back to the right side.			
- Quick Jump - Stabilize			Quick Jump Stabilize: Perform regular stabilize movement, but do not pause when left foot hits ground. Pause landing on right foot. Do same with left foot.			
- Continuous Bounding			Continuous Bound: Jump back and forth as quickly as possible.			
Line Chops w/ Sprint	2 x 5-10 seconds		while in low, athletic stance on one side of the line. If on left side of line the left foot chops in place while right foot chops back and forth. Opposite if starting on right side of the line. Perform the following movements:		Maintain a low center of gravity (keep pad level down). Maintain good posture. Keep your eyes up. See what is in front of you. Keep good body control when planting your foot and explode out of your cut.	
- Stationary			Stationary: Follow original directions for drill.			
- Stationary - Straight			Stationary - Straight: Follow original directions, but sprint forward after 5-10 seconds.			
- Stationary - Angled			Stationary - Angled: Follow original directions, but moving foot plants and sprints 45 degree angle.			
Runningback Route Running Tree	#2 Workout		Complete the runningback route running tree workout #2.		Stay low and have good bend with the hips and knees when making a break on a route. Practice good footwork going through the route and between breaks. Run full-speed throughout the route. Explode out of the break to gain separation.	
			Jog back to the starting point/huddle after running each route. Rest for 30 seconds before the next route.			

Important Reminders

Notes

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| 1) Complete a thorough warm-up. Do not start until your muscles are ready. | | | | |
| 2) One-minute breaks inbetween sets. Keep it game-like. Jog to start point/"huddle" | | | | |
| 3) Form and technique is priority. Work to perfect the technical and tactical skills in football. | | | | |
| 4) Complete a thorough cool-down. Help your muscles recover and be ready for next time. | | | | |