

GUYER HIGH SCHOOL

STRENGTH AND CONDITIONING



SUMMER 2012

**“You will treat your body hard and make it obey you.
Because you call yourself a Wildcat you cannot fail due
to reasons of your own negligence.”**

Weeks One Two & Three

Strength/Power

Monday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Strength/Power

Hang Pull	3 x 5 "60-65-70%"
Power Clean	6 x 3 "50-60-75-80-80-85%"
RDL	3 x 10
TRX Suspended Lunge	4 x 5 "Parallel to Jump"
TRX Ham Curls	3 x 10
Side Lunge	3 x 10
Hyper Extension	3 x 10

Tuesday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	

Strength

Bench	6 x 5 "40-50-75-80-80-85%"
Pull Ups	2 x 10 "Wide-Neutral-Narrow"
Shrugs	3 x 20
Incline Press	4 x 5
TRX High & Low Row	3 x 10
I-Y-T-V	15

Core

Weighted Sit-ups	3 x 15
Lateral Leg Raise	3 x 15
Manual Neck	20

Thursday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Strength/Power

Power Pull	3 x 5 "60-65-70%"
Hang Clean	5 x 3 "40-55-60-65-70%"
Back Squat	6 x 5 "40-50-75-80-80-85%"
RDL Static Holds	30 seconds
Bullet Lunges	4 x 5
Hyper Extensions	3 x 15
Manual Neck	20

Friday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	

Strength

Bench	3 x 10 "60-65-70%"
Pull-Ups	2 x 5 w/2 sec hold "Alt-Narrow-Type"
Shrugs	3 x 20
Manual Push-Ups	3 x 10

Core

Suit Cases	3 x 15
TRX Oblique Crunch	3 x 15

Week One

Agility, Speed, and Conditioning

Monday-Agility/Plyometric Strength

- 1. 5 cone Snake**
- 2. Med Ball Throws**
- 3. Grid Drills**
- 4. Jump Variation**
- 5. 7 Cone Snake**
- 6. Flipped Hurdle Jumps**

Tuesday-Speed Development/Conditioning

- 1. Hurdle Drills**
- 2. SID “30 yd Accelerator-20yd Sprints-Hill Work”**
- 3. Progression Sprints “up to 100 back down from 100”**
 - 10yds @ 10 Sec Rest**
 - 20yds @ 10 Sec**
 - 30yds @ 10 Sec**
 - 40yds @ 20 Sec**
 - 50yds @ 20 Sec**
 - 60yds @ 20 Sec**
 - 70yds @ 30 Sec**
 - 80yds @ 35 Sec**
 - 90yds @ 40 Sec**
 - 100yds @ 45 Sec**

Wednesday-Light Agility/Quick Plyometrics

- 1. Pro Agility**
- 2. Quick Foot Ladder**
- 3. L Drill**
- 4. Short Hurdle**

Thursday-Speed Development/Conditioning

- 1. Hurdle**
- 2. SID “Tennessee-Mountain C Starts-Falling Starts”**
- 3. 10 x 110s @ :18, :16, :15 (:45)**

Week Two

Agility, Speed, and Conditioning

Monday-Agility/Plyometric Strength

- 1. Bag Drills**
- 2. Jump Variation**
- 3. Grid Drills**
- 4. Flipped Hurdle Jumps**
- 5. Three Cone Reaction**
- 6. Wall Jumps**

Tuesday-Speed Development/Conditioning

- 1. Hurdle**
- 2. SID “30 yd Accelerator-20yd Sprints-Hill Work”**
- 3. 10/20/10/20**
 - 10 x 10yds Sprint-10 sec recovery**
 - 1 minute rest**
 - 10 x 20yds Sprint-20 sec recovery**
 - 2 minute rest**
 - 10 x 10yds Sprint-10 sec recovery**
 - 1 minute rest**
 - 10 x 20yds Sprint- Done**

Wednesday-Light Agility/Quick Plyometrics

- 1. Grid Drills**
- 2. Short Hurdles**
- 3. 4 cone drills**
- 4. Wall Drivers**

Thursday-Speed Development/Conditioning

- 1. Hurdle**
- 2. SID “Tennessee-Mountain C Starts-Falling Starts”**
- 3. 50s**
 - 5 x 50yds @ :8, :7, :6 (:25)**
 - 2 minute rest**
 - 5 x 50yds @ :8, :7, :6 (:25)**
 - 2 minute rest**
 - 5 x 50yds @ :8, :7, :6 (:25)**
 - Done**

Week Three

Agility, Speed, and Conditioning

Monday-Agility/Plyometric Strength

- 1. 5 cone Snake**
- 2. Med Ball Throws**
- 3. Short cone Drill**
- 4. Box Jumps**
- 5. 7 Cone Snake**
- 6. Hurdle Jumps**

Tuesday- Speed Development/Conditioning

- 1. Hurdles**
- 2. SID “Sled Pulls 20yd-Bullett Belt Starts-20yd Starts”**
- 3. 80/60/40**
 - 7 x 80yds @ :12, :11, :10 (:30)**
 - 3 minute Rest**
 - 8 x 60yds @ :9, :8, :7 (:25)**
 - 2 minute**
 - 9 x 40yds @ :8, :7, :6 (:25)**
 - Done**

Wednesday-Off

Thursday-Off

Weeks Four, Five, & Six

Power/Strength

Monday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power

Hang Pull	3 x 3 "60-70-80%"
Power Clean	3-3-3-2-1 "60-70-80-85-85-95%"
RDL	3 x 10
TRX Suspended Lunge	4 x 5 "Parallel to Jump"
TRX Ham Curls	3 x 10
Side Lunge	3 x 10
Hyper Extension	3 x 10

Tuesday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

Bench	5-5-3-2-2-1 "60-70-80-90-90-95%"
Pull Ups	2 x 10 "Wide-Neutral-Narrow"
Shrugs	3 x 20
Incline Press	4 x 3
TRX High & Low Row	3 x 10
I-Y-T-V	15

Core

Toes to Bar	3 x 10
Weighted TRX Planks	3 x 30 secs

Thursday

Warm-Up

Wrist Stretch Lunge	Donkey Kicks opp hand & foot
TRX Posterior W-U	Hydrants
Side Lunge	Hand Cuffs

Power/Strength

Power Pull	3 x 3 "60-70-80%"
Hang Clean	5 x 3 "50-60-70-75-75%"
Back Squat	5-5-3-2-2-1 "60-70-80-90-90-95%"
RDL Static Holds	30 seconds
Bullet Lunges w/ Jump	4 x 5
Hyper Extensions	3 x 15
Manual Neck	20

Friday

Warm-Up

Hurdle Drill	Donkey Kicks opp hand & foot
Mountain Climber	Supermans
Shoulder Circles	Nordic Ham Curls

Strength

Bench	3-3-3-2 "60-75-80-85"
Pull-Ups	2 x 5 w/2 sec hold "Alt-Narrow-Type"
Shrugs	3 x 20
Manual Push-Ups	3 x 10

Core

Weighted Sit-ups	3 x 20
TRX Pikes	3 x 15

WEEK FOUR

AGILITY, SPEED, CONDITIONING

Monday-Agility/Plyometric Power

- 1. Four Corner Reaction**
- 2. Flipped Hurdle Jumps**
- 3. Angle Reaction**
- 4. Depth Jumps / Sprint-Bound-Long Jump**
- 5. Reaction Grid**
- 6. Speed Ladder**

Tuesday -Speed Development/Conditioning

- 1. Dynamic Warm-up**
- 2. SID “Sled Pulls 20yd-Bullett Belt Starts-20yd Starts”**
- 3. COD Conditioning**
 - 5 x 50yds @ :8, :7, :6 (:25)**
 - 2 minute rest**
 - 5 x 50yds @ :8, :7, :6 (:25)**
 - 2 minute rest**
 - 5 x 50yds @ :8, :7, :6 (:25)**
 - Done**

Wednesday-Light Agility/Quick Plyometrics

- 1. Short Hurdles**
- 2. Tire Flips**
- 3. Nebraska Drill**
- 4. Med Ball Throws**

Thursday- Conditioning

- 1. Dynamic Warm-up**
- 2. Long Hurdle Drills**
- 3. 20 x 110 @ :19 :17 :15 (:45)**

WEEK FIVE

AGILITY, SPEED, CONDITIONING

Monday-Agility/Plyometric Power

- 1. Sideline Reaction**
- 2. Tire Flip**
- 3. Four Corner Reaction**
- 4. Med Ball Throws**
- 5. Three Cone Reaction**
- 6. Depth Jump Reaction**

Tuesday -Speed Development/Conditioning

- 1. Dynamic Warm-up**
- 2. SID “Over Speed-20yd sprints-30 yd Accelerators”**
- 3. Conditioning Stations “6 rounds @ 6 seconds on-25 sec off”**
 - Tire Tug-o-War**
 - Sled/Truck/Trekker Push**
 - Med Ball Slams**
 - Tag**
 - Burpee**

Wednesday-Light Agility/Quick Plyometrics

- 1. 3 Cone Drills**
- 2. Flipped Hurdle Jumps**
- 3. L-Drill**
- 4. Quick Foot Ladder**

Thursday- Conditioning

- 1. Dynamic Warm-Up**
- 2. Long Hurdle Drills**
- 3. T-Bones x 4**
 - 2 x 50 @ :8, :7, :6 (:25)**
 - 2 x 100 @ :18, :17, :16 (:55)**
 - Sprint from sideline, Numbers Back, Hash Back, Hash Back, Numbers Back**
 - Rest (3:00 min)**
 - That’s One**

WEEK SIX

AGILITY, SPEED, CONDITIONING

Monday-Agility/Plyometric Power

- 1. Angle Reaction**
- 2. Tire Flip**
- 3. Four Corner Reaction**
- 4. Med Ball Throws**
- 5. Three Cone Reaction**
- 6. Depth Jump Reaction**

Tuesday -Speed Development/Conditioning

- 1. Dynamic Warm-up**
- 2. SID “Over Speed-20yd sprints-30 yd Accelerators”**
- 3. Position Metabolics**
 - 4 x 20 (3:00 min Rest)**

Wednesday-Light Agility/Quick Plyometrics

- 1. 4 Cone Drills**
- 2. Flipped Hurdle Jumps**
- 3. L-Drill**
- 4. Quick Foot Ladder**

Thursday--Speed Development/Conditioning

- 1. Dynamic Warm-up**
- 2. Hurdle**
- 3. Position Metabolics**
 - 4 x 20 (3:00 min Rest)**

Agility Drills

THE GRID

The grid is an agility drill designed to teach an athlete how to start, stop, and change direction at all different angles. The grid could be the only agility set up that an athlete could ever need. To set up the grid you will need 4 rows of cones 15 yards long with 5 yards between each cone. If you are the only one training you can also just set up 3 rows of cones. It is important to know that in order to run the drills listed below you must have a row of cones on either side of you. Each of these drills will only be described in one direction. Know that it is important that you perform these drills in both directions. Once you become comfortable with the drill listed here feel free to use your imagination to change the angles and drills you use. Have fun with it! Bring a friend along and make it a competition.

A. Come to balance "CTB" drill.

- Start at the first cone and sprint straight ahead.
- When you reach the 2nd cone come to a complete stop and bring your body to balance
- Repeat to the 3rd cone

B. 45 Degree CTB

- Start by sprinting at a 45 degree angle to the cone diagonal to you
- Come to balance on that cone and open at a 45 degree angle and sprint diagonally back to your left.

C. 45 degree CTB with lateral CTB

- Start by sprinting at 45 degree angle to your right CTB then shuffle back to your left.
- CTB laterally after your shuffle
- Sprint back to right on a 45 degree angle

D. Lateral and Straight CTB combined

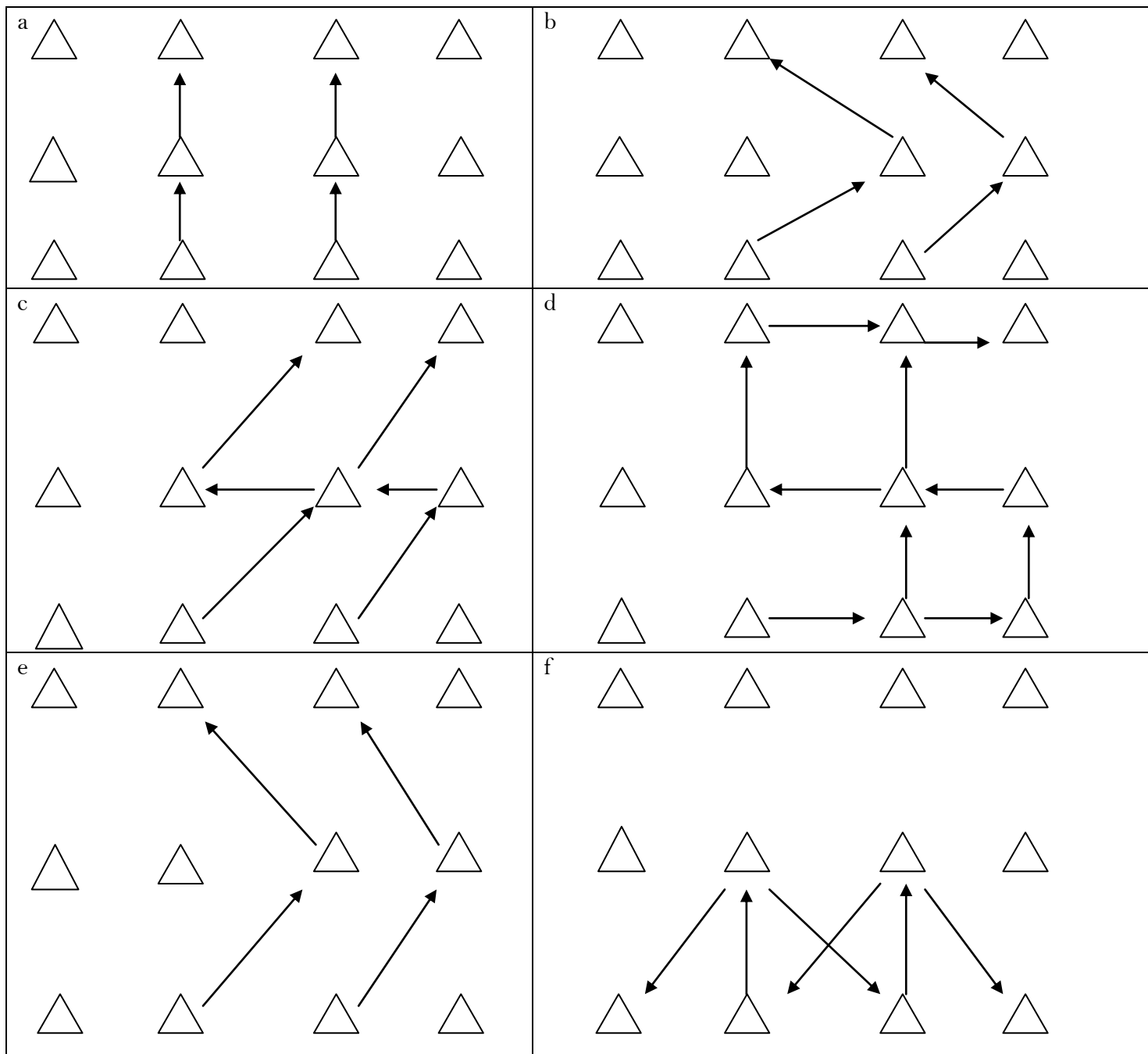
- Start with a shuffle to your to your right
- Laterally CTB then sprint straight ahead
- CTB and shuffle back to your left
- Repeat until you reach end of cones

E. 45 degree cuts

- Start by sprinting at 45 degree angle to your right
- Once cone is reached perform a 45 degree angle cut back to your left
- Sprint hard through final cone

F. Back pedal with 45 Sprint

- Start by back pedaling straight back
- When cut is reached shot gun your feet and open your hips to 45 degree angle
- Sprint hard back to either your left or right



Snake Drills

5 cone and 7 cone snake

The snake drills involve more advanced progression of movements as compared to the grid. Again, when performing these drills always try to visualize yourself on the field of play. Whether it be you making a touchdown, tackle, or block your visualization is always training to other half of agility.

A. 5 Cone Snake

- Start at either right or left cone in the corner of the box
- Sprint straight ahead
- When 2nd cone is reached work your feet around the cone and sprint to middle cone.
- Work your feet around the middle cone and sprint back to the upper corner cone making a W shape
- When the 3rd cone is reached work feet around that cone and sprint straight ahead
- Repeat W shape when the 4th cone is reached

B. 7 Cone Snake Progression #1

- Sprint straight ahead to 2nd cone
- CTB and shuffle up to 3rd cone
- Laterally CTB and sprint at 45 degree angle around the 4th cone to 5th cone
- CTB on 5th cone and repeat shuffle and sprint

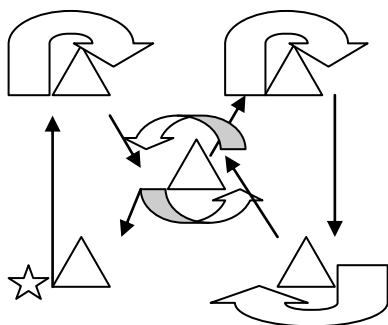
C. 7 Cone Snake Progression #2

- Shuffle to 2nd cone CTB laterally and sprint straight ahead
- CTB on 3rd cone and then perform a pursuit sprint to 4th cone
- Shuffle again and repeat the first part of the drill on the last 3 cones

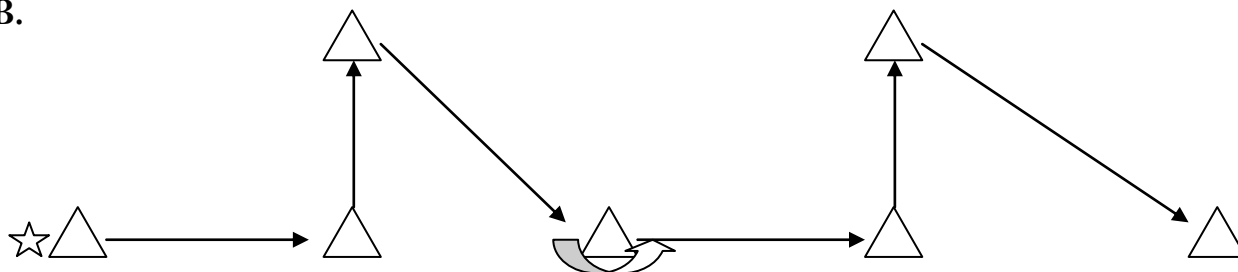
D. 7 Cone Snake Progression #3

- Sprint straight ahead to 2nd cone and perform a figure 8 around 2nd and 3rd cone
- Sprint at 45 degree angle to 4th cone and then repeat on cones 5, 6, and 7

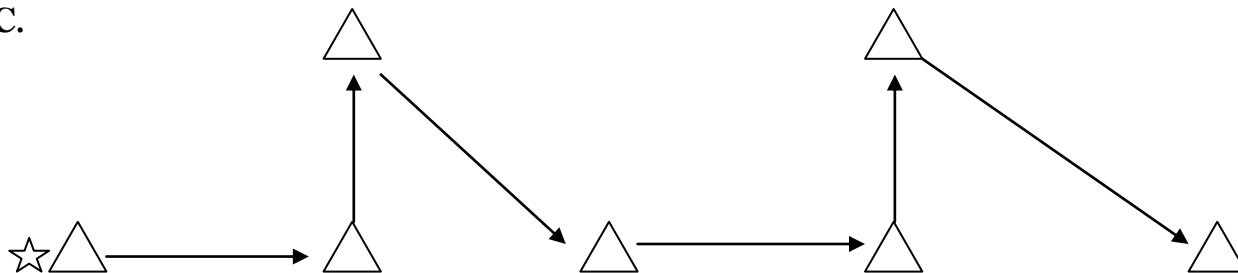
A.



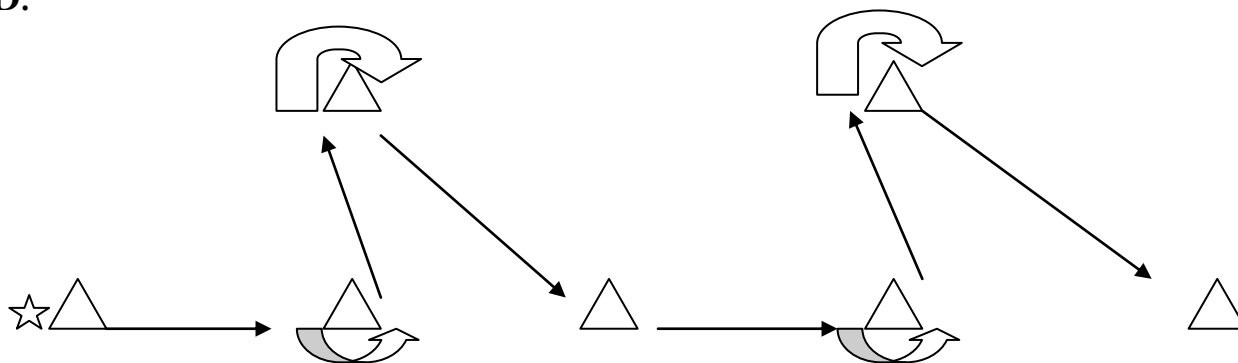
B.



C.



D.



FOUR & THREE CONE DRILLS

A. Nebraska Drill “The star shows the starting point for each of these drills”

- Start by sprinting 5 yards to your right
- Work your feet around 2nd cone and sprint diagonally back to your left
- Work your feet around 3rd cone and sprint back to your starting cone
- CTB at the cone and back pedal through 5 yards

B. Sprint-Shuffle-Back Pedal

- Sprint straight ahead
- CTB at 2nd cone and shuffle 5yd to your right
- At 3rd cone back pedal through 5 yds

C. Sprint-Shuffle-Pursuit Sprint

- Sprint straight ahead
- CTB at 2nd cone and shuffle 5yd to your right
- At 3rd cone laterally CTB, open left hip and perform pursuit sprint back to your left
- Laterally CTB at 3rd cone and back pedal through last cone

D. Sprint-Sprint-Sprint

- Sprint diagonally to your right and work feet around 2nd cone
- Sprint straight back to the 3rd cone
- Sprint diagonally back to your left

E. Sprint-Pursuit-Sprint-Pursuit

- Sprint straight ahead
- CTB at 2nd cone and pursuit sprint back to your right
- At 3rd cone sprint straight ahead
- CTB and 4th cone and perform pursuit sprint back to your left

F. L-Drill "Be sure to read closely on this the drawing is confusing"

- Start with a 5yd sprint straight ahead and touch line with right hand
- Sprint back to starting line touch with right hand
- Sprint back 5yd and round 2nd cone to your right
- Perform a figure 8 like movement around 3rd cone
- Sprint back to 2nd cone and sprint around it back to starting line

G. 4-Corner Reaction Drill

- A partner will be needed for this drill
- Begin in the middle of the four cones
- Start running your feet in place and have your partner begin to point at different cones
- As your partner points at the different cones do your best to react smoothly and efficiently to get to the next cone
- Change direction 3-4 times before exiting reaction drill with a sprint

H. Pro-Agility

- Begin in the middle of the three cones
- Start by running to your left to the 2nd cone
- Then run back to your right 10yds and touch line at the 3rd cone
- Then run back to your left and sprint through the middle cone.

I. Sprint-Sprint-Sprint

- Sprint to 2nd cone then CTB
- Sprint to 3rd cone then CTB
- Sprint through starting cone

J. Back Pedal-Sprint Sprint

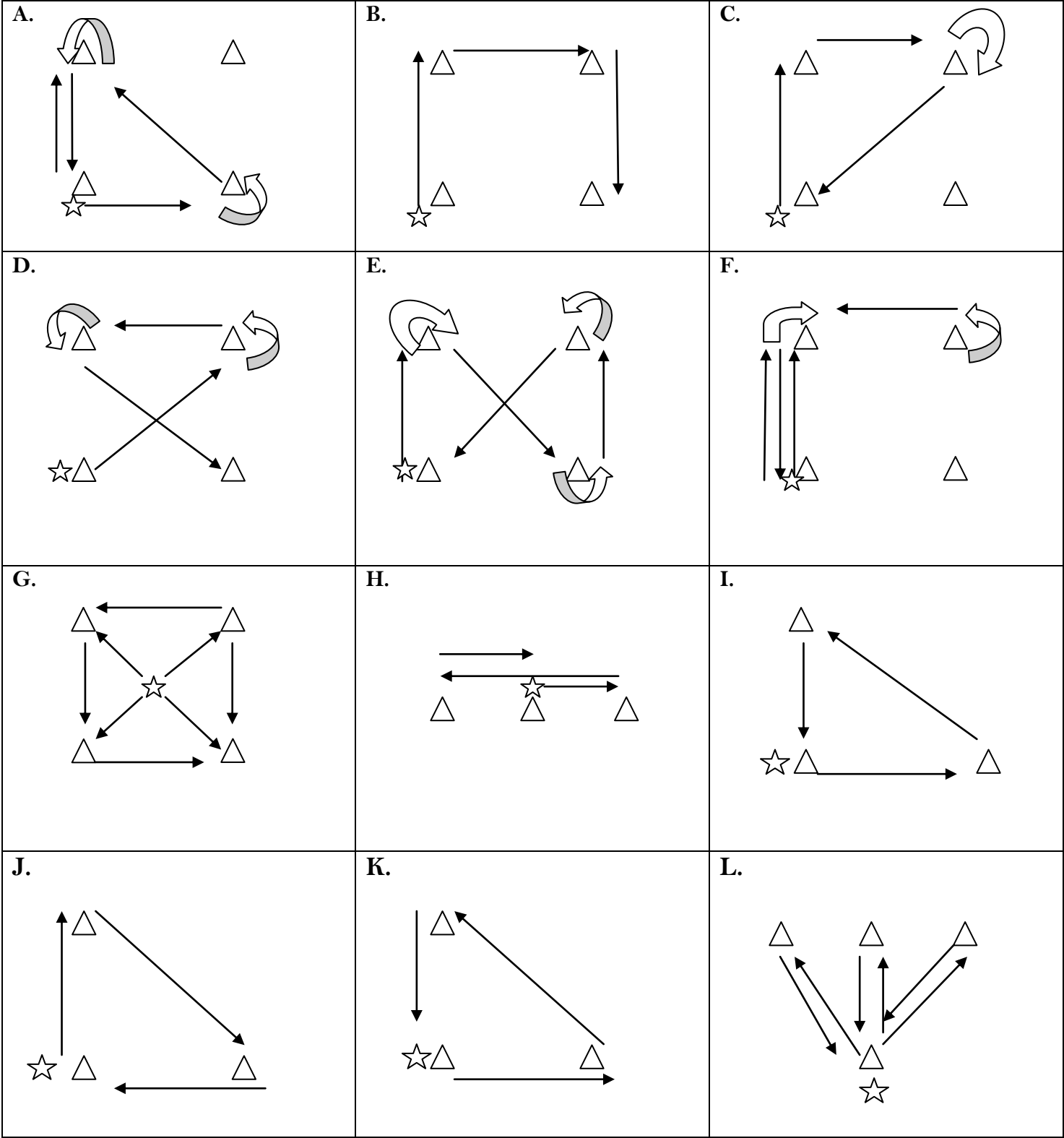
- Back Pedal to 2nd cone
- Shot gun feet and sprint to 3rd
- CTB and take a hard 90 degree cut to sprint through starting cone

K. Back Pedal-Sprint-Shuffle

- Back Pedal to 2nd cone
- Sprint diagonally to 3rd cone
- Shuffle through starting cone

L. 3 cone reaction drill

- You need a partner for the drill
- First do the drill with a shuffle in each direction, then a sprint, and finally and back pedal sprint
- Have your partner call out middle, right, or left
- Whichever direction you hear you will either shuffle, sprint or back pedal to that cone

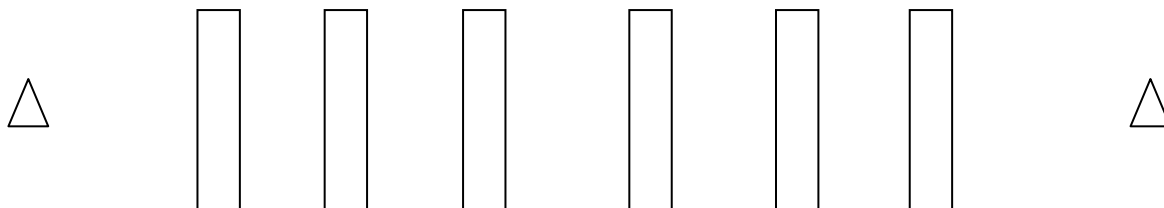


Bag Drills

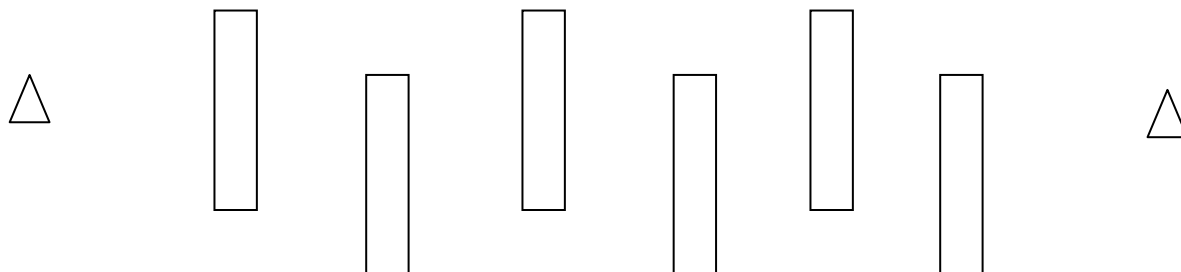
All bag drills should begin with a sprint (from near cone to bag) and end with a hard finish (from last bag to far cone). Throughout the drill, you should maintain a good athletic posture (bent knees, low hips, chest, and eyes up).

- Sprint
- High Knee Run
- Crossover Run (far leg over)
- 2 in a hole (near leg over)
- 2 in a hole with a stutter step (near leg over)
- Lateral zig zag cross over run
- Lateral zig zag shuffle
- Up and Back run
- Up and Back shuffle
- Lateral shuffle with two hand tap
- Double leg hops through
- Double leg hops over single bag
- Single leg hops over single bag

A.



B.



C.



What are Plyometrics

Plyometric training is defined as a quick, powerful movement involving an eccentric contraction, followed immediately by an explosive concentric contraction. Simply put, plyometrics are a way of training to absorb and transfer energy explosively. When you are running full speed and you must stop as fast as possible and change direction your body has to absorb tremendous amount energy and then immediately transfer that energy in a new direction. The following drills are designed to train your body to do just as describe above.

Medicine Ball Throws

Each throw described below should be performed as violent and explosive as possible. These drills are meant to be performed at 100% of your energy level, meaning do not do these drills if you are already fatigued.

Fig A. Over head throw down

Fig E. Over head chop

Fig B. Hip Rotation throw

Fig F. Under hand chop

Fig C. Baseball Swing Throw

Fig D. Squat Jump Throw



Fig A



Fig B



Fig C



Fig D



Fig E

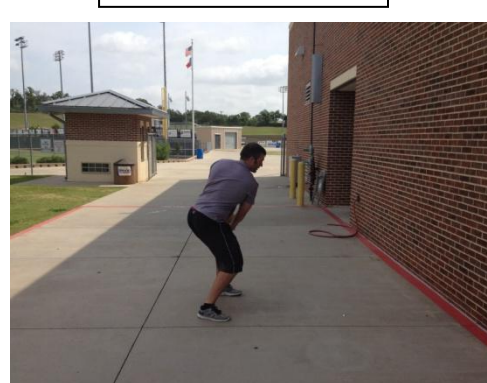


Fig F

Hurdle & Short Hurdle Jumps

As you progress through these jumps be sure to perform each jump under control. If at any time you feel as though you will not be able to jump all the way over the hurdle step to the side of the hurdle and jump as high as you can as you pretend to be jumping over the hurdles.

- A. Two foot Jump “pause after each jump”
- B. Two foot lateral jump with pause
- C. Two foot jump w/ quarter turn on each jump
- D. Two foot jump “no pause”
- E. Two foot lateral “no pause”
- F. Two foot quarter turn “no pause”
- G. Single leg hop “only if capable”
- H. Single leg lateral hop “only if able”
- I. Running start hurdle jumps



Flipped Hurdles



Short Hurdles

Box Jumps

Box Jumps are to be performed by jumping onto the box and then stepping down. When you are doing these jumps we are working on your ability to produce power in that single moment. Therefore, do not simply jump up and then jump down and then immediately jump right back up. You should always, when doing box jumps, jump up and then step and prepare yourself for the next jump.

- A. Two foot Jump
- B. Two foot lateral jump
- C. Two foot jump w/ quarter turn on each jump
- D. Single leg jump
- E. Single leg lateral jump
- F. Single leg w/quarter turn



Jump Variation

Once again these drills are designed to develop your power and ability to develop power. Do not perform these drills as fast as you can. Perform these drills as best you can. Jump as high as you can each time. Jump as far as you can each time!

Fig A. Squat Jump

Fig B. Single Leg Squat Jump

Fig C. Lateral Jumps

Fig D. Broad Jumps 15yds

Fig E. Single Leg Broad Jump

Fig F. Single Leg Slalom Jumps



Fig A



Fig B



Fig C



Fig D

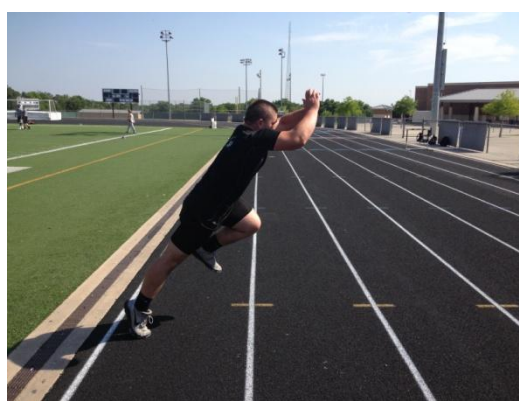


Fig E

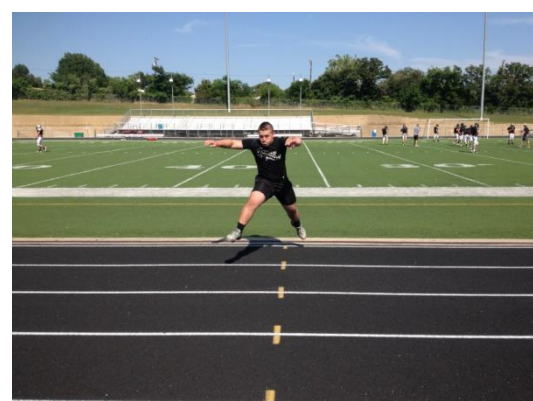


Fig F