



## CONDITIONING WORKOUTS, FALL 2015

### DAILY

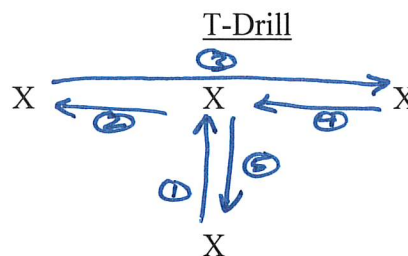
Ladder Drills (PUMP ARMS!!!) → End each set with a ball catch (tennis/basketball/football)

- A. 2 Step High Knee → Both feet in box at same time
- B. 1 Step High Knee → One foot in box; natural stride with high knees
- C. Double Foot Shuffle (Karaoke) → Stress outside foot on cuts; both feet touch outside
- D. Single Foot Shuffle (Karaoke) → Inside foot outside of ladder does NOT touch ground
- E. One Foot Hops → Both feet
- F. Hopscotch → "X" feet and alternate each box
- G. 2 Feet in/ 2 Feet out → Hit every box
- H. 2 Feet Bunny Hop
- I. 2 Foot Lateral Shuffle
- J. 2 Foot Lateral Shuffle Suicide → 3 sets of cones to return
- K. Lateral Boxer Shuffle → Forward and back

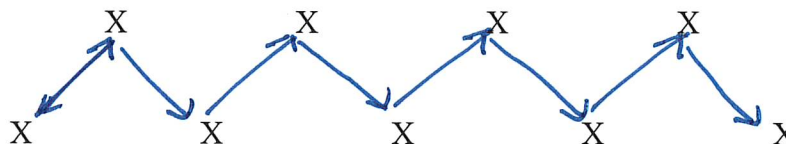
1. Hills

2. Stations in Gym

- Line Jumps
- Wall Sits
- Jump Rope
- Plyo's → Series of 3 Boxes
- Wall Jumps (One Foot/ Both Feet)
- T-Drill (illustrated)
- Low Box Lateral Shuffle w/ medicine ball
- Planks
- X Out Lay-ups
- Clock Walk with Hands in Push Up position
- 9 Cone Drill w/ basketball (illustrated)



9-Cone Drill



3. Ladder Work on either football or soccer field

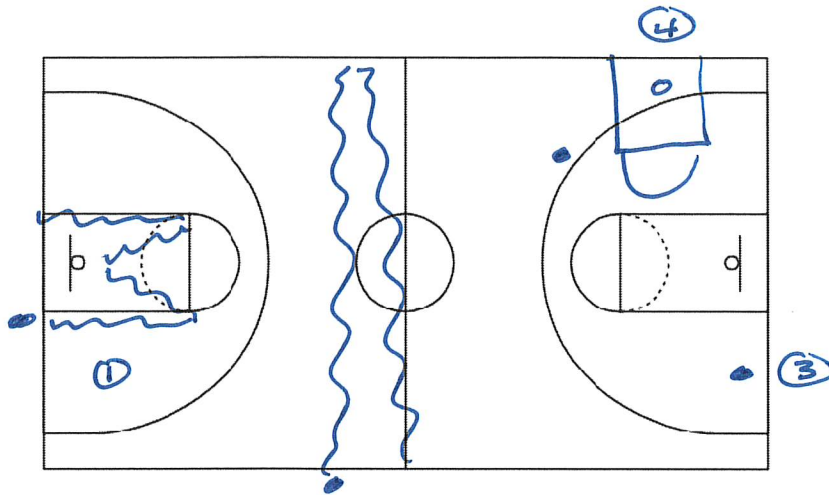
- Sprint to the line/ Back pedal three steps/ Turn and sprint/ Point and Talk
- Sprint to the line/ Smother the ball off a miss/ spring back on whistle/ Point and Talk

4. Stadium Steps

5. Scavenger Hunt

6. 3 on 3 Full Court → Rules in the coaches manual

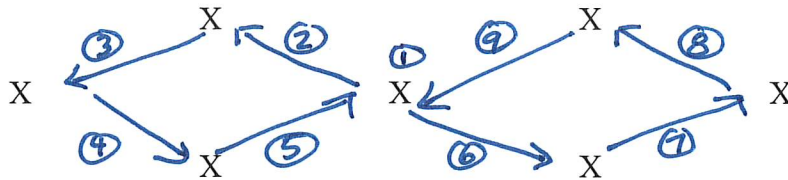
7. Football Day



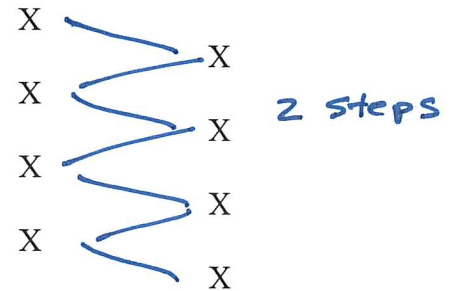
Stations

- 1) 17 Reps in :45
- 2) 12 Reps in :45
- 3) Ball Taps for :45
- 4) Rapid Fire Shooting for :45

7 Cone Drill



Soccer Shuffles



Hops with soccer hurdles

Line/ 3 Step Sprint/ Point and Talk Transition (10 yd/ 15 yd/ 20 yd)

Shuffle 15 ft/ Jump/ Shuffle 15 ft/ Jump, etc . . . (6 times)

Box Shuffle; forward/back shuffle

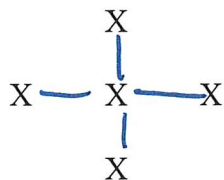
Back peddle 15'/ Sprint/ Slap backboard/ back peddle/ Sprint to baseline

Shuffle around FT line circle (both directions)

Plyo Boxes → Power dribble then jump and finish

Plyo Boxes → Start with back to box, then turn in air

One and Two Foot Hops

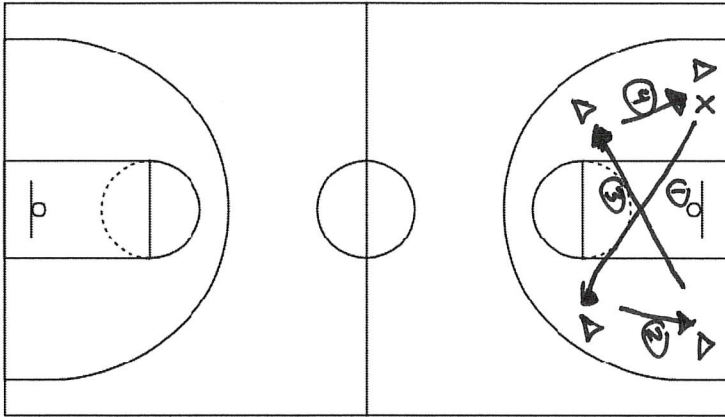


### 150 Yard Team Shuttle

Teams of 3 players; 15:00 on clock

Each player sprints to 25 yard line and back 3x's; once done, relay to the next player

Goal for each team is to get each player to do 10 150 yard sprints in 15:00



1 and 3: Sprint and Chop

2 and 4: Push Slides

### Beach Workout

Standing Jumps

Shuffles (Left to right, front to back)/ Jump

T-Shuffle and Sprint/ Jump

Hips/ Hops (Line drills in gym)

Long Jump/ Vertical Jump/ 3 Step Chop Drill into stance

Box Shuffles

Defensive Zigzags

### Plyo Workouts

Struve Boards

Jump Rope

T-Shuffle

9 Cone Shuffle

Crunches

Planks

Long Jump/ Vertical Jump/ 3 Step Chop Drill into stance

Plyo Boxes → Power dribble then jump and finish

Plyo Boxes → Start with back to box, then turn in air