

CONCORDIA UNIVERSITY

FALCON FOOTBALL

STRENGTH & CONDITIONING

PRE-SEASON

**Weightlifting & Conditioning
Summer Program**

Specific

Explosive

Power

Development

PHASE III

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8 Ways to Sound Nutrition

These recommendations aren't the newest techniques from the latest cutting-edge research or gimmicky diet plans from fancy magazines in the grocery store check-out lane. The ideas listed are simple, time-tested, no-nonsense habits that responsible individuals should consider implementing into daily routine to ensure proper balance between health & athletic performance.

1. Eat every 2-3 hours, no matter what. Try to consume quality food items in similar portions 5 times per day.
2. Eat complete (containing essential amino acids) lean protein with each meal. (Ex. fish, chicken, lean cuts of red meat.)
3. Eat colorful vegetables with each meal and consume with meals containing your lean meats.
4. Ensure that the majority of carbohydrate intake comes from fruits and vegetables. Avoid eating large servings of breads (white), pastas, pizza and buns.
5. Ensure that 15-25% of your energy intake comes from fat. Fat intake should be split equally. Saturated (e.g. animal fat), Mono-unsaturated (e.g., olive oil), and Poly-unsaturated (e.g. flax oil, fish oil).
6. Drink low-calorie / sugar beverages. Best choices being water, low sugar sports drinks and juices that are 100% natural.
7. Ingest as much whole food as possible avoiding processed, canned, frozen, fried, greasy & fatty foods. Avoid drowning your foods with dressings, syrups, ketchup, and other condiments.
8. Eat foods for what they are & you'll learn to appreciate what they can do for you physically & mentally!

**If you aren't already practicing the above-mentioned habits, and by practicing them I mean putting them to use over 90% of the time, training and physical development will be compromised!*

Falcon Dynamic Warm-ups

Warm-up Overview

*The *warm-up* will serve to elevate the athlete's tissue temperature, thus producing optimal contractile functioning with-in musculature which will contract more rapidly and more intensively when a higher than resting temperature is reached.

**General* warm-ups will include light exercise such as jogging, biking, jumping rope & calisthenic type movements to be performed for about 5-8 minutes or until the onset of perspiration. This part of the warm-up provides the athlete with an increase in the functional potential of the body as a whole and protects from possible injury.

**Specific* warm-ups will include movements that are similar to that of the particular sports skill the athlete will be taking part in. These movements are generally more intensive and dynamic and may include sprint form running, balance, and stabilization. It is recommended that these drills be done for 10-20 minutes prior to engaging in high intensity sprinting, plyometric or agility drills. This final stage of the warm-up enhances the optimal relationship between the upcoming movement and the activities of the central nervous system which are associated with movement patterns with-in the activity.

**Static Stretching* is beneficial for lengthening & relieving tension in tight musculature and should be done after weightlifting, conditioning or athletic events.

Static Stretches should be held for 30-60 seconds for a lengthening effect to occur. Recent research suggests that static stretching for a >1 minute hold per stretch prior to explosive movements such as sprinting, weightlifting & jumping events seems to have a 5-7% decrease in performance. A dynamic stretching protocol is suggested prior to exercises or performances that require high speed, velocity, power, & strength.

*It is recommended that *multiple dynamic exercises* that stress the joints of an athlete through their full range of motion are performed and are important to an athlete preparing for increased intensity in sports requiring dynamic components. Static Stretching should be done at the conclusion of exercise performing each stretch for 30-60 seconds.

Falcon Dynamic Warm-ups

General Warm-ups (Low to High Intensity)

*Athletes should supplement various methods of aerobic exercise in addition to light jogging or running. Aerobic methods can consist of biking, rowing, swimming, jumping rope for 5-10 min.

Warm-up "A" Dynamics + Cals

1. Jog / Run 400 meters
2. Front & Back Leg Swings x10 each
3. Front Lunge - alt. legs x20
4. Bouncing Toe Touches x15
5. Toe Raise to Heel Raise x15
6. Windmills x5 each side
7. Push-ups x10-20
8. Crunches x20
9. Supermans (arms by side) x10
10. Supine Leg Crosses x5 each

Warm-up "B" Dynamics + Cals

1. Jog / Run 800 meters
2. Rock Bottom Squat to Toe Raise x10
3. Lateral Leg Swings x10 each
4. Lateral Lunge & Twist - alt. legs x20
5. Torso Rotations x5 each way
6. Single Leg Push-up x5-10 each leg
7. Single Leg Jackknives x10 each leg
8. Superman (arms extended) x10
9. Prone Leg Crosses x5 each
10. Side Leg Raises (inner & outer) x10 each

Warm-up "C" Dynamics + Cals

1. Jog / Run 1200 meters
2. Retro Lunge - alt. legs x20
3. Cherry Pickers x10
4. Ankle Hops (toe to heel) x15
5. Bird Dogs (on hands & knees) x10 each
6. Fire Hydrants (on hands & knees) x10 each
7. Extenders (on hands & knees) x10 each
8. Rotational Push-up x5-10 each arm
9. Supermans (opposite arm & leg) x5 each
10. Basket Curls x15

Warm-up "D" Dynamics + Cals

1. Jog / Run 1600 meters
2. Lateral Skater Bound x10 each
3. High Knee + Lower Leg Swing x10 each
4. Mountain Climbers x40
5. Inverted Scissors x10
6. Inverted Wideouts x10
7. Inverted Bicycles x20
8. Seated Single Leg Hip Raise x10 each
9. Roll Back & Reach x10
10. Prone Leg Crosses x5 each

Warm-up "E" Med Ball Dynamics

1. 800m Progressive Run (slow to fast)
2. MB Squat to Press x10
3. Push-up - 1 hand on MB x5-10 each
4. MB Crunch x15
5. Spinal Twists (straight arms) x10
6. MB Wood Chopper x10 each
7. MB Lunge & Twist x20
8. MB Overhead (side to side) x10 each
9. Superman - MB x10
10. MB Jump & Pass x10

Warm-up "F" Med Ball Dynamics

1. Jog / Run 1600 meters
2. MB Squat to Chest Pass x10
3. MB Side Toss x10 each
4. Single Leg Chest Pass x10 each
5. Seated Chest Pass x15
6. Superman Pass x10
7. Standing Shot Put x10 each
8. Supine SL Hip Raise off MB x10 each
9. MB Jump & Throw Down x10
10. Between the Leg Forward Toss x10

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #1
Position:	Skill / Line	Explosive Development		Specific Conditioning		Base

Day 1

Training Theme:	Straight Line Sprinting / Speed Endurance
Dynamic Warm-up:	Jog 400 meters + Dynamic A
Sprint Drilling:	Speed Trainer + jog back rest b/w or Speedladder
Sprinting:	5x40yds *Walk back rest b/w reps
Speed Endurance:	300 yd shuttle (25yds 6 round trips) 2x *5min. rest b/w sets
Post Workout:	Cool down 800m + Hurdle Mobility 1x6 hurdles + Static Stretching

Day 2

Training Theme:	Pure Acceleration
Dynamic Warm-up:	800 meter progressive run + Dynamic B
Sprint Drilling:	Level-III + Sprint 10yds after every other drill
Acceleration:	3x20 yds *Jog back rest b/w reps
	3x30 yds
	3x40 yds
Skill Running:	Position route running or 7on7
Post Workout:	Cool down Jog 5min. + Static Stretching

Day 3

Training Theme:	Agility / Plyometric
Dynamic Warm-up:	Jog 400 meters + Dynamic C
Sprint Drilling:	Level-IV + Jog back after each drill
Agility:	Pro-Agility, Nebraska Agility, L-Agility 4xea. *Rest 45sec. b/w reps
Plyo's:	Ankle Hops, Squat to Vertical J. Tuck J. Box J. (speed) 2x10ea.
	Power Skip, Speed Bound, Power Bound 2x20yds ea.
Post Workout:	Cool down 400m + Static Stretching

Day 4

Training Theme:	Speed Endurance
Dynamic Warm-up:	Jog 800 meters + Dynamic D
Sprint Drilling:	Level-I + Sprint 10yds after each drill
Speed Endurance:	Skill: 5x100yds *1min. Rest b/w
	Line: 5x60yds
Skill Running:	Position route running or 7on7
Post Workout:	Cool down 800m + Hurdle Mobility 1x8 hurdles + Static Stretching

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #2
Position:	Skill / Line	Explosive Development		Specific Conditioning		Build

Day 1

Training Theme:	<i>Acceleration / Agility</i>					
Dynamic Warm-up:	Jog 400 meters + Dynamic E					
Sprint Drilling:	Speed Trainer + Jog back after each drill					
Acceleration:	Throw & Sprint: Rocket Throw, Between leg forward toss, Overhead backward toss 3xea. *Rest 30sec. b/w reps					
Agility:	Off-Set Weave, 4-Corners, X-Box 6xea. *Rest 45sec. b/w reps					
Post Workout:	Cool down 800m + Static Stretching					

Day 2

Training Theme:	<i>1st Step Quickness / Plyometric</i>					
Dynamic Warm-up:	800 meter progressive run + Dynamic F					
Sprint Drilling:	Level-III + Sprint 10yds after every other drill					
1st Step Quickness:	Multi-positional starts 10x15yds / *walk back rest b/w					
Plyo's:	Ankle Hops (stairs), Cycled Split J. Sq. to Tuck J. SL Hops 2x15ea Broad J to Tuck J, SL Run, Depth J.+ 6 Power Skips 2x20yds *Rest 45sec. b/w reps					
Post Workout:	Cool down Jog 5min. + Hurdle Mobility 1x8 hurdles + Static Stretching					

Day 3

Training Theme:	<i>Agility / Straight line Sprinting</i>					
Dynamic Warm-up:	Jog 400 meters + Dynamic A					
Sprint Drilling:	Level-IV + Jog back after each drill					
Agility:	Route Running or 7 on 7					
Sprinting:	5x40yds race modeling *Jog back rest b/w reps					
Post Workout:	Cool down 400m + Static Stretching					

Day 4

Training Theme:	<i>Speed Endurance</i>					
Dynamic Warm-up:	Jog 800 meters + Dynamic B					
Sprint Drilling:	Level-I + Sprint 10yds after each drill					
Speed Endurance:	Skill: 5x100yds *Jog back rest b/w reps Line: 5x60yds					
Skill Running:	Position route running or 7 on 7					
Post Workout:	Cool down 800m + Static Stretching					

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #3
Position:	Skill / Line		Explosive Development		Specific Conditioning	Recovery

Day 1

Training Theme:	<i>Acceleration / Agility</i>
Dynamic Warm-up:	Jog 400 meters + Dynamic C
Sprint Drilling:	Level-I + jog back after each drill or Speedladder
Acceleration:	Resisted harness runs resist 10yds sprint 20yds 5x
	*Rest 45sec. b/w reps
Agility:	Pro-Agility, X-Box, Off-set weave 2xea.
	*Rest 30sec. b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 2

Training Theme:	<i>Plyometric</i>
Dynamic Warm-up:	800 meter progressive run + Dynamic D
Sprint Drilling:	Speed Trainer + jog back rest b/w
Plyo's:	Tuck J. 2x10, Speed Bounds 2x20yds, Power Skip 2x20yds
	Side to Side hop over barrier 2x20, Continuous Broad J. 2x10
	*Rest 45sec. b/w sets
Post Workout:	Cool down jog 5min. + Static Stretching

Day 3

Training Theme:	<i>Acceleration / Speed Endurance</i>
Dynamic Warm-up:	Jog 400 meters + Dynamic E
Sprint Drilling:	Level-V + Jog back b/w
Acceleration:	Resisted Sled Towing (light) 5x30yds
	*Rest 1min. b/w reps
Speed Endurance:	300yd Shuttle (25yds 6 round trips)1x
Post Workout:	Cool down 400m + Hurdle Mobility 1x6 hurdles + Static Stretching

Day 4

Training Theme:	<i>Straight line Sprinting</i>
Dynamic Warm-up:	Jog 800 meters + Dynamic F
Sprint Drilling:	Level-III + Sprint 10 meters after each drill or Speedladder
Speed Training:	3x15yds *Walk back rest b/w
	3x30yds
	3x40yds
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #4
Position:	Skill / Line		Explosive Development		Specific Conditioning	Base

Day 1

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 400 meters + Dynamic A
Sprint Drilling:	Level-IV + jog back after each drill
Acceleration:	Face to Face resist 10yds sprint 15yds 3x *Rest 45sec. b/w reps
	Face & Chase resist 10yds sprint 20yds 3x
Overspeed:	Downhill sprinting 5 degree slop 5x30yds
	*Full rest b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 2

Training Theme:	Plyometric / Agility
Dynamic Warm-up:	800 meter progressive run + Dynamic B
Sprint Drilling:	Level-V + sprint after each drill
Agility:	4-Corners, Nebraska, Ladders, 4-Cone Reaction Drill 3xea
	*Rest 30sec. b/w reps
Plyo's:	Vertical J. Box J. Tuck J. Pike J. Lateral Box J. 2x15ea.
*Rest 45sec. b/w reps	SL Bounds 2x20yds, Hurdle Hops 2x6, SL Run 2x20yds
Post Workout:	Cool down Bike 5min. + Static Stretching

Day 3

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 400 meters + Dynamic C
Sprint Drilling:	Level-II + Sprint after every other drill
Acceleration:	Resisted runs w/ harness resist 15yds sprint 20yds 5x
	*Rest 45sec. b/w reps
Overspeed:	Bungee Cord Runs 3x40yds
	*Full rest b/w reps
Post Workout:	Cool down 400m + Static Stretching

Day 4

Training Theme:	Speed Endurance
Dynamic Warm-up:	Jog 800 meters + Dynamic D
Sprint Drilling:	Level-VI + jog back after every drill or Speedladder
Speed Endurance:	6x150yds skill *1min. Rest b/w reps
	6x100yds line
Skill Running:	Position route running or 7on7
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #5
Position:	Skill / Line	Explosive Development		Specific Conditioning		Build

Day 1

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 400 meters + Dynamic A
Sprint Drilling:	Level-II + jog back after each drill
Acceleration:	Face to Face resist 10yds sprint 15yds 3x *Rest 35sec. b/w reps Face & Chase resist 10yds sprint 20yds 3x
Overspeed:	Downhill sprinting 5 degree slop 5x30yds *Full recovery b/w reps
Post Workout:	Cool down 800m + Hurdle Mobility 1x8 hurdles + Static Stretching

Day 2

Training Theme:	Plyometric / Agility
Dynamic Warm-up:	800 meter progressive run + Dynamic B
Sprint Drilling:	Level-IV + sprint after each drill
Agility:	4-Corners, Nebraska, Ladders, 5-Cone Drill 3xea *Rest 35sec. b/w reps
Plyo's:	Vertical J. Box J. Tuck J. Alt Lateral Box J. SL Tuck J. 2x15ea. *Rest 45sec. b/w reps
Post Workout:	Diagonal Hurdle Hops 2x6, SL Bounds, Speed Bounds 2x30yds Cool down jog 5min. + Static Stretching

Day 3

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 400 meters + Dynamic C
Sprint Drilling:	Level-II + Sprint after every other drill or Speedladder
Acceleration:	Resisted harness runs resist 15yds sprint 20yds 5x *Rest 45sec. b/w reps
Overspeed:	Bungee Cord Runs 3x40yds *Full recovery b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 4

Training Theme:	Speed Endurance
Dynamic Warm-up:	Jog 800 meters + Dynamic D
Sprint Drilling:	Level-VI + jog back after every drill
Speed Endurance:	6x150yds skill *Jog back rest b/w reps 6x100yds line
Skill Running:	Position route running or 7on7
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #6
Position:	Skill / Line	Explosive Development		Specific Conditioning		Recovery

Day 1

Training Theme:	1st Step Quickness / Plyometric
Dynamic Warm-up:	Progressive 400 meter Run + Dynamic E
Sprint Drilling:	Level-V + jog back after each drill or Speedladder
1st Step Quickness:	Multi-Positional Starts 8x20yds *Walk back rest b/w reps
	Before start do the following jumps 1x: Tuck, Vertical, Pike, Broad J.
Plyo's:	(Plyos barefoot in sand) Ankle Hop, Tuck J. Star J. 2x15ea
	Side to Side Hops, Broad J. SL Tuck J. 2x15ea. *Rest 45sec. b/w sets
Post Workout:	Cool down 800m + Hurdle Mobility 2x8 hurdles + Static Stretching

Day 2

Training Theme:	Specific Agility
Dynamic Warm-up:	400 meter run + Dynamic F
Sprint Drilling:	Level I + sprint after each drill
Agility:	Pro-Agility (multiple starting positions) Off-Set Weave 2xea.
	X-Box, 4-Corners, Ladders 2xea. *Rest 45sec. b/w reps
Skill Running:	Position route running or 7on7
Post Workout:	Cool down Bike 5min. + Static Stretching

Day 3

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 800 meters + Dynamic A
Sprint Drilling:	Level III + Sprint after every other drill
Acceleration:	Resisted Sled Towing (alt. heavy / light pulls) 6x30yds
	*Rest 1min. b/w reps
Overspeed:	Downhill sprinting 5 degree slop 5x40yds
	*Full recovery b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 4

Training Theme:	Plyometric / Agility
Dynamic Warm-up:	Jog 400 meters + Dynamic B
Sprint Drilling:	Level IV + jog back after every drill or Speedladder
Plyo's:	Speed Bounds, Power Skips, Power Bounds 2x40yds ea.
	SL Runs, Combo Bound LLR, RRL 2x40yds ea. *Rest 45sec. b/w sets
Agility:	T-Agility, Fast Foot Drill, L-Agility 2xea. *Rest 30sec. b/w reps
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #7
Position:	Skill / Line		Explosive Development		Specific Conditioning	Perform

Day 1

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Progressive 400 meter Run + Dynamic D
Sprint Drilling:	Level-II + jog back after each drill or Speedladder
Acceleration:	Face to Face resist 10yds / sprint 20yds 3x *Rest 45sec. b/w reps
	Face & Chase resist 15yds / sprint 40yds 3x
Overspeed:	Bungee Runs 3x40yds *Full recovery b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 2

Training Theme:	Agility / Plyometric
Dynamic Warm-up:	800 meter progressive run + Dynamic E
Sprint Drilling:	Level-I + sprint after each drill
Agility:	4-Cone Reaction Drill w/ ball 5x(3,4,5,6,7) cones
	Tennis Ball Reaction Drill 5x10balls *Rest 45sec. b/w reps
Plyo's:	2 footed Stair J. Lateral 2 footed Stair J. SL Stair J. 2x20ea.
	Lateral Box J. Cycled Box J. (speed) 2x20 Depth J. + 5 Broad J. 2x3
Post Workout:	Cool down Bike 5min. + Static Stretching

Day 3

Training Theme:	Acceleration / Overspeed
Dynamic Warm-up:	Jog 400 meters + Dynamic F
Sprint Drilling:	Speed Trainer
Acceleration:	Harness Resisted Runs resist 15yds / sprint 15yds & back 5x
	Uphill Sprinting 5-10 degree slop 3x20yds *Rest 1min. b/w reps
Overspeed:	Downhill sprinting 5 degree slop 3x20yds *Full Recovery b/w reps
Post Workout:	Cool down 800m + Hurdle Mobility 2x8 hurdles + Static Stretching

Day 4

Training Theme:	1st Step Quickness / Agility
Dynamic Warm-up:	Progressive 800 meter run + Dynamic A
Sprint Drilling:	Level-V + jog back after every drill
1st Step Quickness:	Med Ball Throw & Sprint: Rocket, Between Leg Forward Toss, Overhead Backward Toss 3xea. *Rest 30sec. b/w reps
Skill Running:	Position route running or 7on7
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #8
Position:	Skill / Line	Explosive Development		Specific Conditioning		Base

Day 1

Training Theme:	Plyometric / Acceleration
Dynamic Warm-up:	Jog 800 meters+ Dynamic B
Sprint Drilling:	Level-III + jog back after each drill or Speedladder
Plyo's:	Horizontal Ankle hops, Power Skips, Vertical J. 2x30yds ea. Broad J. to Tuck J. SL Run, Speed Bounds 2x30yds ea.
Acceleration:	Resisted Sled Towing 3x30yds heavy / 3x40yds light
	*Rest 1min. b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 2

Training Theme:	Agility / Straight line Sprinting
Dynamic Warm-up:	400 meter progressive run + Dynamic C
Sprint Drilling:	Level II + sprint after each drill
Agility:	4-Cone Reaction Drill w/ ball 7x10sec. *Rest 45sec. b/w reps Tennis Ball Reaction Drill 7x10sec.
Skill Running:	Position route running or 7on7
Post Workout:	Cool down Bike 5min. + Static Stretching

Day 3

Training Theme:	Plyometric / Overspeed
Dynamic Warm-up:	Jog 800 meters + Dynamic D
Sprint Drilling:	Level-V + jog back after every drill
Plyo's:	(Done barefoot in sand) Ankle hops, Sq. to Vertical J. 2x10ea. Pike J. Side to Side J. SL Tuck J. 2x10ea. *Rest 45sec. b/w sets
Overspeed:	Bungee Cord Runs 5x40yds *Full recovery b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 4

Training Theme:	Acceleration / Agility
Dynamic Warm-up:	400 meter progressive run + Dynamic E
Sprint Drilling:	Speed Trainer
Acceleration:	Harness Resisted runs resist 15yds / sprint 20yds 5x *Rest 45sec. b/w sets
Skill Running:	Position route running or 7on7
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #9
Position:	Skill / Line	Explosive Development		Specific Conditioning		Build

Day 1

Training Theme:	Agility / Straight line Sprinting					
Dynamic Warm-up:	Jog 400 meters+ Dynamic F					
Sprint Drilling:	Level-II + jog back after each drill					
Agility:	4-Cone Reaction Drill 5x5cones *Rest 30sec. b/w reps					
	L-Agility, Nebraska Agility 3xea.					
Skill Running:	Position route running or 7on7					
Post Workout:	Cool down 800m + Hurdle Mobility 2x8 hurdles + Static Stretching					

Day 2

Training Theme:	Acceleration / Overspeed					
Dynamic Warm-up:	800 meter progressive run + Dynamic A					
Sprint Drilling:	Speed Trainer					
Acceleration:	Resisted Harness runs resist 20yds no sprint 5x20yds					
*Rest 45sec. b/w reps	Resisted Harness runs resist partner laterally 10yds / sprint 15yds 2xea.					
Overspeed:	Downhill Sprinting 5 degree slop 5x30yds *Full Recovery b/w reps					
Post Workout:	Cool down Bike 5min. + Static Stretching					

Day 3

Training Theme:	Plyometric / Agility					
Dynamic Warm-up:	Jog 400 meters + Dynamic B					
Sprint Drilling:	Level-I + jog back after every drill					
Plyo's:	(Uphill Plyos) Ankle hops 2x15, Speed Bounds 2x20yds, Broad J. 2x10					
	Power Skip 2x20, Vertical J. 2x10 *35sec. Rest b/w sets					
Skill Running:	Position route running or 7on7					
Post Workout:	Cool down 800m + Hurdle Mobility 1x6 + Static Stretching					

Day 4

Training Theme:	Acceleration / Overspeed					
Dynamic Warm-up:	800 meter progressive run + Dynamic C					
Sprint Drilling:	Level-III + Sprint after every other drill or Speedladder					
Acceleration:	Resisted Sled Towing light 5x40yds *Rest 1min. b/w reps					
Overspeed:	Bungee Cord Runs 7x40yds *Full Recovery b/w reps					
Post Workout:	Cool down 800m + Static Stretching					

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #10
Position:	Skill / Line		Explosive Development		Specific Conditioning	Recovery

Day 1

Training Theme:	Plyometric / 1st Step Quickness					
Dynamic Warm-up:	Jog 800 meters+ Dynamic B					
Sprint Drilling:	Level-I + jog back after each drill					
Plyo's:	Speed Bounds, Power Bounds, Power Skips 3x30yds ea. SL Vertical J. Broad J. 3x15 SL Bounds 3x20yds *Rest 45sec. b/w reps					
1st Quickness:	Multi-positional starts 10x20yds *Walk back rest b/w reps					
Post Workout:	Cool down 800m + Static Stretching					

Day 2

Training Theme:	Agility / Acceleration					
Dynamic Warm-up:	400 meter progressive run + Dynamic C					
Sprint Drilling:	Level-II + sprint after each drill					
Agility:	4-Cone Reaction Drill w/ ball 7x10sec. *Rest 30sec. b/w reps Tennis Ball Reaction Drill 7x10sec.					
Acceleration:	Face to Face resist 15yds sprint 30yds 3x *Rest 1min. b/w reps Face, Chase & Race resist 10yds sprint 20yds & back 3x					
Post Workout:	Cool down Bike 5min. + Static Stretching					

Day 3

Training Theme:	Plyometric / Overspeed					
Dynamic Warm-up:	Jog 800 meters + Dynamic D					
Sprint Drilling:	Level-V + jog back after every drill or Speedladder					
Plyo's:	Box J. (speed), Alt. Lateral Box J. Cycled Box J. 2x20ea. SL Stair J. SL Box Push-Off, Alt. Lateral Box J. 2x10ea.					
*Rest 45sec. b/w reps						
Overspeed:	Down Hill Sprinting 5 degree slop 7x30yds *Full recovery b/w reps					
Post Workout:	Cool down 800m + Hurdle Mobility 2x8 hurdles + Static Stretching					

Day 4

Training Theme:	Speed Endurance					
Dynamic Warm-up:	400 meter progressive run + Dynamic E					
Sprint Drilling:	Speed Trainer					
Speed Endurance:	Line: 3x100yds *Jog back rest b/w reps Skill: 3x150yds					
Skill Running:	Position route running or 7on7					
Post Workout:	Cool down 800m + Static Stretching					

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #11
Position:	Skill / Line	Explosive Development		Specific Conditioning		Perform

Day 1

Training Theme:	Plyometric / Acceleration
Dynamic Warm-up:	Jog 800 meters+ Dynamic B
Sprint Drilling:	Level-III + jog back after each drill
Plyo's:	Horizontal Ankle hops, Tuck J. Side to Side Hop 1x20ea.
Rest 30sec. b/w sets	Speed Bounds, SL Run, Combo Bound 1x30yds ea.
Acceleration:	8x40yd race model
Rest 45sec. b/w sets	
Post Workout:	Cool down 800m + Static Stretching

Day 2

Training Theme:	Agility / Specific Conditioning
Dynamic Warm-up:	400 meter progressive run + Dynamic C
Sprint Drilling:	Level-II + sprint after each drill
Agility:	Pro-Agility, X-Box, Tennis ball Reaction, Off-Set Weave 3xea.
	*Rest 30sec. b/w sets
Skill Running:	Position route running or 7on7
Post Workout:	Cool down Bike 5min. + Static Stretching

Day 3

Training Theme:	Plyometric / Overspeed
Dynamic Warm-up:	Jog 800 meters + Dynamic D
Sprint Drilling:	Level-V + jog back after every drill or Speedladder
Plyo's:	(On Stairs) 2-footed hops every step, SL hops every step 2x20ea.
*Rest 45sec. b/w sets	Power Bound, 2-footed Broad J. SL Bounds 2x20yds ea.
Overspeed:	Bungee Cord Runs 6x40yds *Full recovery b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 4

Training Theme:	Acceleration / Agility
Dynamic Warm-up:	400 meter progressive run + Dynamic E
Sprint Drilling:	Speed Trainer
Acceleration:	Resisted Sled Towing heavy 3x20yds light 3x30yds
	*Rest 1min. b/w reps
Agility:	4-cone reaction w/ ball 5x10sec. Tennis ball reaction 5x10sec.
	Pro-Agility 3xea *Rest 30sec. b/w reps
Post Workout:	Cool down 800m + Static Stretching

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Phase 3:	Pre-Season	Week #12
Position:	Skill / Line	Explosive Development		Specific Conditioning		Base

Day 1

Training Theme:	Acceleration / Agility
Dynamic Warm-up:	Jog 400 meters + Dynamic C
Sprint Drilling:	Level-I + jog back after each drill or Speedladder
Acceleration:	Resisted harness runs resist 10yds sprint 20yds 5x
	*Rest 45sec. b/w reps
Agility:	Pro-Agility, X-Box, Off-set weave 2xea.
	*Rest 30sec. b/w reps
Post Workout:	Cool down 800m + Static Stretching

Day 2

Training Theme:	Plyometric
Dynamic Warm-up:	800 meter progressive run + Dynamic D
Sprint Drilling:	Speed Trainer + jog back rest b/w
Plyo's:	Tuck J. 2x10, Speed Bounds 2x20yds, Power Skip 2x20yds
*Rest 45sec. b/w sets	Side to Side hop over barrier 2x20, Continuous Broad J. 2x10
Post Workout:	Cool down jog 5min. + Static Stretching

Day 3

Training Theme:	Acceleration / Speed Endurance
Dynamic Warm-up:	Jog 400 meters + Dynamic E
Sprint Drilling:	Level-V + Jog back b/w
Acceleration:	Resisted Sled Towing (light) 5x30yds
	*Rest 1min. b/w reps
Speed Endurance:	300yd Shuttle (25yds 6 round trips)1x
Post Workout:	Cool down 400m + Hurdle Mobility 1x6 hurdles + Static Stretching

Day 4

Training Theme:	Start Technique Training
Dynamic Warm-up:	Jog 800 meters + Dynamic F
Sprint Drilling:	Level-III + Sprint 10 meters after each drill or Speedladder
Speed Training:	40yd starts: x 5-10 at 15yds *Walk back rest b/w
Post Workout:	Cool down 800m + Static Stretching

Falcon Sprint Drilling Techniques

- *These drills are intended to be done after a thorough warm-up and are designed to enhance mechanical aspects of sprinting.
- *Athletes must perform drills slowly at first to gain proficiency then increase speed of movement with-in the drill.
- *When performing drills athletes should complete them with the goal of taking as many foot contacts or steps between the beginning and end of each drill.
- *Once proficiency is gained in drills, athletes must develop the intent to move quickly with-in each drill.

Level - I Sprinting Drills

**The following drills should be done over a distance of 10-20 meters*

Sprinting Drills (done for time, reps & distance)	
1. Paw & Claw (1x20 sec. continuous)	
2. Seated Toe Taps (1x20 sec. Continuous)	
3. Seated Arm Swings(1x20 sec. Continuous)	
4. Wall Runs (1x10 sec. Continuous)	
5. "A" March	
6. Walking Lunges	
7. "A" Skip	
8. Ankling	
9. Straight Leg Shuffle	
10. Low Knee Butt Kicks	
11. Straight Leg Toe Touches	
12. "B" March	
13. Carioca (left & right sides)	
14. "B" Skip	

- *At the conclusion of each or every other drill a sprint of 10-20 meters may be added to increase intensity.
- *A jog back to the start should be done for rest between each drill and acceleration.

Level - I Weekly Progressions

Week #1: Drill 10 meters + jog back
Week #2: Drill 15 meters + sprint 10 meters after every other drill
Week #3: Drill 20 meters + sprint 15 meters after every other drill
Week #4: Drill 20 meters + sprint 20 meters after each drill

- *Skillfull execution of these drills should be emphasized prior to introducing the following Level II series.

Falcon Sprint Drilling Techniques

Level - II Sprinting Drills

**The following drills should be done over a distance of 15-25 meters*

Sprinting Drills (done for time, reps & distance)
1. Paw & Claw (1x30 sec. + arm cycle + cue)
2. Seated Toe Taps (1x30 sec. continuous)
3. Weighted Seated Arm Swings (1-2lbs.) 2x20 sec. continuous
4. Wall Runs + Cue Sequence (3,5,7,9,11,13 foot strikes)
5. Change of Support
6. Ball of Foot Skip (alternating legs)
7. "A" Side "A" Front
8. Double "A" Skip
9. Straight Leg Run
10. High Knee Carioca (left & right sides)
11. Retro Walking Lunge
12. High Knee Butt Kicks
13. Retro Run
14. Alternate Leg Foot Touch
15. Horizontal Wideouts

**At the conclusion of each or every other drill a sprint of 10-20 meters may be added to increase intensity.*

**A jog back to the start should be done for rest between each drill and acceleration.*

Level - II Weekly Progressions

Week #1: Drill 15 meters + jog back
Week #2: Drill 20 meters + sprint 10 meters after every other drill
Week #3: Drill 25 meters + sprint 15 meters after every other drill
Week #4: Drill 25 meters + sprint 20 meters after each drill

**Skillfull execution of these drills should be emphasized prior to introducing the following Level III series.*

Falcon Sprint Drilling Techniques

Level - III Sprinting Drills

**The following drills should be done over a distance of 20-25 meters*

Sprinting Drills (done for time, reps & distance)	
1. Weighted Paw & Claw (ankle weights) 1x20 sec. + arm cycle + cue	
2. Seated Toe Taps (2x20 sec. continuous)	
3. Weighted Seated Arm Swings (2-3lbs.) 2x20 sec. continuous	
4. Wall Runs + Cue Sequence (3,5,7,9,11,13 foot strikes)	
5. Skater Bound + pause	
6. Fast Foot Carioca (left & right sides)	
7. Skater Bound (speed)	
8. Fast Leg Singles (left then right)	
9. "A" Run	
10. Fast Leg Doubles (left then right)	
11. "B" Run	
12. Continuous Fast Leg (left then right)	
13. Retro Skater Bound + pause	
14. Continuous Non Alternate Leg "B" Skip	
15. Retro Skater Bound (speed)	

**At the conclusion of each or every other drill a sprint of 10-20 meters may be added to increase intensity.*

**A jog back to the start should be done for rest between each drill and acceleration.*

Level - III Weekly Progressions

Week #1: Drill 20 meters + jog back
Week #2: Drill 25 meters + sprint 10 meters after every other drill
Week #3: Drill 30 meters + sprint 15 meters after every other drill
Week #4: Drill 30 meters + sprint 20 meters after each drill

**Skillfull execution of these drills should be emphasized prior to introducing the following Level IV series.*

Falcon Sprint Drilling Techniques

Level - IV Sprinting Drills

**The following drills should be done over a distance of 15-25 meters*

Sprinting Drills (done for time, reps & distance)
1. Resisted Paw & Claw (ankle tubing) 1x25 sec. + arm cycle (1-2lbs) + cue
2. Seated Toe Taps 2x30 sec. continuous
3. Weighted Seated Arm Swings (4-5lbs.) 2x15 sec. continuous
4. Resisted Wall Runs (ankle tubing) 2x10 sec. continuous

**The following drills are done with 2.5 - 5 lb. ankle weights or ankle tubing of varying resistance.*

5. Change of Support
6. "A" Skip
7. Straight Leg Toe Touch
8. "A" Side "A" Front
9. Straight Leg Shuffle
10. Double "A" Skip
11. Lateral Shuffle (left & right)
12. High Knee Butt Kicks
13. Horizontal Wideouts
14. "B" Skip
15. Fast Leg Alt. Singles (1x left then 1x right, 1x right then 1x left)
16. Retro Run
17. Fast Leg Alt. Doubles (2x left then 2x right, 2x right then 2x left)
18. High Knee Carioca
19. Continuous Fast Leg (left & right)

**At the conclusion of each or every other drill a sprint of 10-20 meters may be added to increase intensity.*

**A jog back to the start should be done for rest between each drill and acceleration.*

Level - IV Weekly Progressions

Week #1: Drill 10 meters + jog back
Week #2: Drill 15 meters + sprint 10 meters after every other drill
Week #3: Drill 20 meters + sprint 15 meters after every other drill
Week #4: Drill 20 meters + sprint 20 meters after each drill

**Skillfull execution of these drills should be emphasized prior to introducing the following Level V series.*

Falcon Sprint Drilling Techniques

Level - V Sprinting Drills

**The following combination drills should be done in segments of 10-15 meters*

Sprinting Drills (done for time, reps & distance)
1. Paw & Claw (ankle tubing or ankle weights) 1x30 sec. + arm cycle + cue
2. Seated Toe Taps 3x20 sec. continuous
3. Weighted Seated Arm Swings (4-5lbs.) 3x10 sec. continuous
4. Wall Runs (ankle tubing or ankle weights) 3x10 sec. continuous

**The following drills should be mastered before they are attempted with 2.5 - 5 lb. ankle weights or ankle tubing of varying resistance.*

Sprint Drill "Doubles"

5. Ankling + Straight Leg Shuffle
6. Low Knee Butt Kicks + High Knee Butt Kicks
7. Change of Support + "A" Skip
8. "A" Side "A" Front + Double "A" Skip
9. "B" March + "B" Skip
10. Lateral Shuffle + High Knee Carioca (left then right sides)
11. Horizontal Wideouts + Alternate Leg Foot Touches
12. Retro Skip + Retro Run
13. Alt. Fast Leg Singles + Alt. Fast Leg Doubles
14. Continuous Fast Leg Right + Continuous Fast Leg Left

**At the conclusion of each or every other drill a sprint of 10-20 meters may be added to increase intensity.*

**A jog back to the start should be done for rest between each drill and acceleration.*

Level - V Weekly Progressions

Week #1: Drills done for 10 meter segments + jog back
Week #2: Drills done for 15 meter segments + sprint 10 meters after every other drill
Week #3: Drills done for 20 meter segments + sprint 15 meters after every other drill
Week #4: Drills done for 20 meter segments + sprint 20 meters after each drill

**Skillfull execution of these drills should be emphasized prior to introducing the following Level VI series.*

Falcon Sprint Drilling Techniques

Level - VI Sprinting Drills

**The following combination drills should be done in segments of 10-15 meters*

Sprinting Drills (done for time, reps & distance)
1. Paw & Claw (ankle tubing or ankle weights) 1x30 sec. + arm cycle + cue
2. Seated Toe Taps 3x20 sec. continuous
3. Weighted Seated Arm Swings (4-5lbs.) 3x10 sec. continuous
4. Wall Runs (ankle tubing or ankle weights) 3x10 sec. continuous

**The following drills should be mastered before they are attempted with 2.5 - 5 lb. ankle weights or ankle tubing of varying resistance.*

Sprint Drill "Triples"

5. Ankling + Alternate Ball of Foot Skip + Straight Leg Shuffle
6. Low Knee Butt Kicks + Straight Leg Run + High Knee Butt Kicks
7. Change of Support + "A" Skip + Double "A" Skip
8. "A" March + "A" Side "A" Front + "A" Run
9. "B" March + "B" Skip + Continuous Non Alt. "B" Skip (5 meters each leg)
10. Lateral Shuffle + High Knee Carioca (left then right sides)
11. Horizontal Wideouts + Alternate Leg Foot Touches + Straight Leg Run
12. Retro Walking Lunge + Retro Skip + Retro Run
13. Alt. Fast Leg Singles + Alt. Fast Leg Doubles + Ball of Foot Skip
14. Continuous Fast Leg Right + Continuous Fast Leg Left + Single Leg Run L/R

**At the conclusion of each or every other drill a sprint of 10-20 meters may be added to increase intensity.*

**A jog back to the start should be done for rest between each drill and acceleration.*

Level - VI Weekly Progressions

Week #1: Drills done for 10 meter segments + jog back
Week #2: Drills done for 15 meter segments + sprint 10 meters after every other drill
Week #3: Drills done for 20 meter segments + sprint 15 meters after every other drill
Week #4: Drills done for 20 meter segments + sprint 20 meters after each drill

Falcon Sprint Drilling Techniques

Level - VII Sprinting Drills

**The following drills should be done over a distance of 15-30 meters with a jog back to the start for rest in between each drill.*

Speed Trainer

1. Walking Lunge
2. Ankle Hops
3. Sprint 15 meters from 3 pt. stance
4. Change of Support
5. Alternate Ball of Foot Skip
6. Sprint 20 meters - Tall & Fall
7. "A" Skip
8. Speed Bound
9. Sprint 25 meters - Push-up & Go
10. "B" Skip
11. Power Bound
12. Sprint 30 meters - Bow, Touch & Go
13. High Knee Butt Kicks
14. Continuous Broad Jumps
15. Sprint 15 meters - Push-up, Vertical J. & Go
16. Fast Leg Alternating Singles
17. Single Leg Bound (switch half way)
18. Tuck Jump x5 + Sprint 20 meters
19. Double "A" Skip
20. Power Skip (height & distance)
21. Side to Side Tuck Jump x6 + Sprint 25 meters
22. "A" Side "A" Front
23. Combo Bound: Left, Left, Right - Right, Right, Left
24. Sprint 30 meters - 4 pt. stance

Falcon Speed Training Methods

*As a part of each athlete's speed development it is critical that great attention is given to the selected sprint technique drills (levels I-VII). These drills will serve as the basis for proper enhancement and correction of mechanical errors.

Sprinting Methods: "The Start"

- *When starting in a 3-point stance, the athlete's front foot should be a foot's length away from the starting line. The back foot should be a half to whole foot's length behind the front foot's heel. The feet should be about hip width apart.
- *The opposite hand of the front foot should be down just behind the starting line and the other arm should be cocked back ready to swing through at the start.
- *In this position the athlete's front leg (strong side) should have a 90 degree angle and the back leg (quick side) should be around 120 degrees.
- *A glance from the side of the athlete should show that the hips are raised slightly higher than the shoulders.
- *The athlete must maintain a forward body lean and equal weight displacement on both feet in the starting position for an efficient take off.
- *In the starting position the athlete should lift the hips into the "get set position" and inhale to about 80% of max consumption. Athlete must also maintain tension in legs or constant pressure prior to taking off.
- *In the first step of the start, the athlete should forcefully swing the cocked arm through, step forward with the opposite leg and keep the breath held.
- *When the athlete takes off, they should have a good amount of forward lean so that they feel as if they were falling forward and trying to get their feet underneath their hips.
- *This phase of the race is referred to as the "acceleration phase" and to develop maximum velocity an athlete should try to maintain this phase for up to 15-25 meters.
- *Athletes who "pop-up" immediately need to be corrected because they are not developing proper acceleration mechanics and may lose large amounts of time racing in this manner.
- *In the acceleration phase the athlete should focus the eyes downward and gradually bring the head up as they accelerate through 15-25 meters.

Falcon Speed Training Methods

Sprinting Methods: "Race Modeling"

*For an athlete to compete in high level situations, there must be a sound plan or technical preparation for achievement. Therefore, when racing in short sprints (i.e.) the 20, 40 yard and 100 meters a coach must devise a plan for optimum performance if an athlete is to be successful. Race Modeling is a formulated game plan for an athlete to utilize during a race and should be repeated many times to ensure that it fits the athlete's skill level and promotes improvement.

1. Athlete must establish a consistant starting position that is practiced the same way each time they start and be able to replicate it without much thought during competition.
2. Acceleration mechanics must be worked on by utilizing the following drills seen in the later portion of this training section. *Ex. Resisted Running, Wall Runs, Towing ect.*
3. Once proper development in speed strength, flexibility and acceleration technique is achieved, the athlete should then move on to specific breathing patterns for their race.

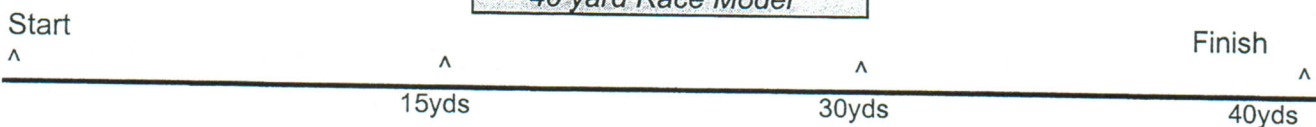
20 yard Race Model



-Inhale 80% max capacity and hold in "get set position"

-Hold to 10 yards then exhale, inhale and hold to finish (some athletes may hold breath to finish)

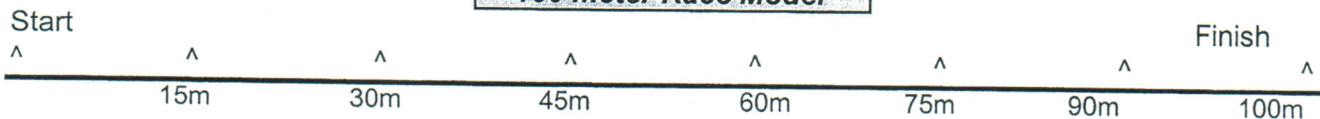
40 yard Race Model



-Inhale 80% max capacity and hold in "get set position"

-Hold to 15 yards, exhale & inhale. Hold to 30 yards repeat previous technique and hold to finish

100 meter Race Model



-Inhale 80% max capacity and hold in "get set position"

-Hold to 15 yards then exhale, inhale and hold to 30 yards

-Repeat breathing pattern at: 45, 60, 75, 90 hold to finish then exhale

Falcon Speed Training Methods

Straight Line Sprinting

*With the start of any speed training program it is critical that an athlete establish a solid foundation prior to engaging in resisted, overspeed, and plyometric training protocols. It is suggested that athletes complete 4-6 weeks of straight line sprinting, sprint technique drills I-VII and agility drills. Completing basic sprint training will allow an athlete to develop proper strength in tendons, ligaments and control through enhanced intra-muscular coordination. This will decrease the risk of injury and increasing the likelihood an athlete will progress properly without over training.

Acceleration

*This type of sprinting method is done primarily to increase an athlete's stride frequency or turnover. When beginning this type of training it is important that each athlete learns how to take-off from multiple starting positions with correct mechanics. (see "the start" above)

Resisted Running

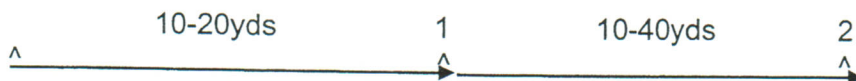
Partner Face to Face



*Athlete A starts in crouch position with athlete B resisting A's shoulders

1. At the start "A" leans forward (45 degrees) and drives into "B" with arms & knees driving forward
2. When athletes reach cone #1 "B" moves to side and lets "A" sprint to cone #2

Partner Face & Chase



"A" gets resisted by "B" at shoulders.

"A" then gets released & sprints to tag "B" on back before getting to cone

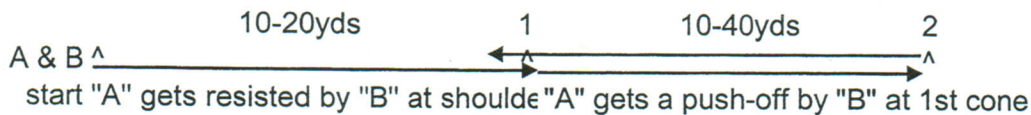
*Athlete "A" starts in crouch position with athlete "B" resisting A's shoulders

1. Start is the same as the Face to Face drill
2. When athletes reach cone #1, "B" will push off slightly on "A".
3. "A" must try to catch "B" before reaching cone #2

Falcon Speed Training Methods

Resisted Running

Face, Chase & Race

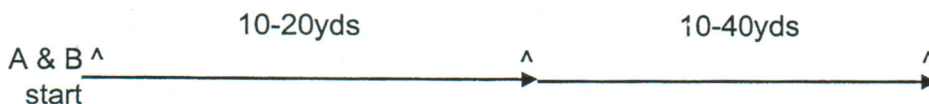


*Athlete "A" starts in crouch position with athlete "B" resisting A's shoulders

1. Start is the same as the Face to Face drill
2. When athletes reach cone #1, "B" will slightly push off "A's" shoulders
3. "A" & "B" will sprint down to cone #2 and back through cone #1

Harness Resisted Runs

*Athletes can get a great acceleration workout from utilizing simple equipment that is easily accessible to them. Examples: athletes may use their own shirt, sweat pants, towel, rope, or strape for a harness that is used to resist another athletes forward momentum while sprinting



*Athlete "A" starts in various positions - athlete "B" resists using a harness around "A's" waist

1. Athlete "A" starts on command with "B" providing a considerable amount of resistance
2. "A" should focus on staying low and falling forward with arms and knees driving quickly
3. Athletes that are being resisted should not try to power through the resistance but rather be smooth and quick through the resistance
4. The forward movement speed in the resisted zone is to be slow, focusing on as many foot contacts as possible. A cue for this drill is to get as many foot touches as possible between the two cones
5. In this drill series an athlete can be resisted laterally or shuffling in the resisted zone
6. Another variation of this drill can be done by being resisted backpeddling

Towing

*Towing can be done by using a sled or parachute for added resistance. Various methods can be implemented when using towing apparatuses to enhance acceleration. 1st athletes can utilize a light resistance which allows them to work at near sport specific velocity's. 2nd athletes can use a heavily weighted sled or larger parachute that develops speed strength. For maximal development of accelerative abilities athletes should utilize both methods with in the weekly conditioning plan.

Technical Keys:

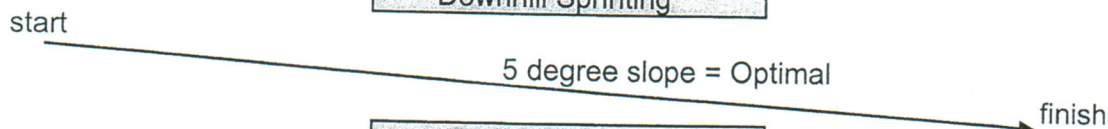
1. Towing is generally done over short distances ranging from 10-50yds.
2. Athletes should start in sport specific positions they are in on the playing field.
3. When performing towing drills quick forward & backward arm swing at 90 degrees along with explosive knee drive in which the athlete is leaning forward at 45-65 degrees.

Falcon Speed Training Methods

Overspeed Running

*Overspeed training requires that an athlete has a substantial amount of leg strength & flexibility prior to engaging in this method of training. Athletes that don't have adequate strength & flexibility maybe prone to injury in hamstring, quad, & hip musculature. It is suggested that athletes start with the easiest method of Overspeed training which would be considered the Downhill Sprint. When athletes have reached a competent level of proficiency in this drill they could progress to more intensive training with bungees & speed assisters.

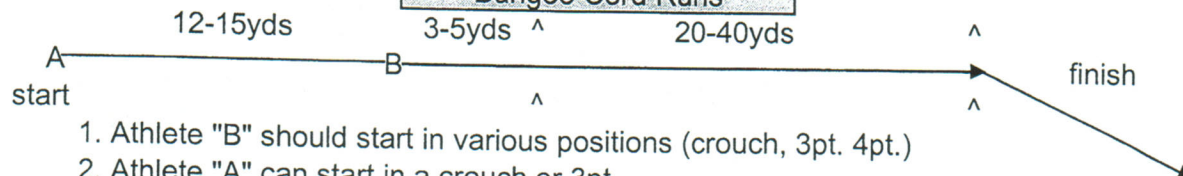
Downhill Sprinting



Technical Keys:

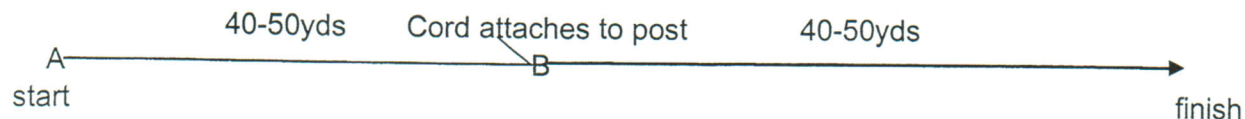
1. Athletes should feel relaxed not straining as they perform an overspeed run
2. Ground contact with foot should be directly under the hip not extended and reaching
3. Proper arm action should be maintained & no noticeable slowing down during rep
4. Athletes should increase their 40yd time by at least .2 sec. in a 100% rep
5. Full recovery should be given when performing these runs
6. The steeper the slope over 5 degrees = slower time / breakdown of mechanics

Bungee Cord Runs



1. Athlete "B" should start in various positions (crouch, 3pt. 4pt.)
2. Athlete "A" can start in a crouch or 3pt.
3. "B" should sprint as fast as possible maintaining good forward lean driving knees & pumping arms forcefully. This should look similar to a resisted harness run.
4. When "B" reaches the first set of cones (3-5yds) "A" will take off and sprint at 100% through the last set of cones.
5. It is important that when "B" reaches the last set of cones or when he/she feels the tension on the cord dissipate they sprint on a sharp angle so that tension is maintained

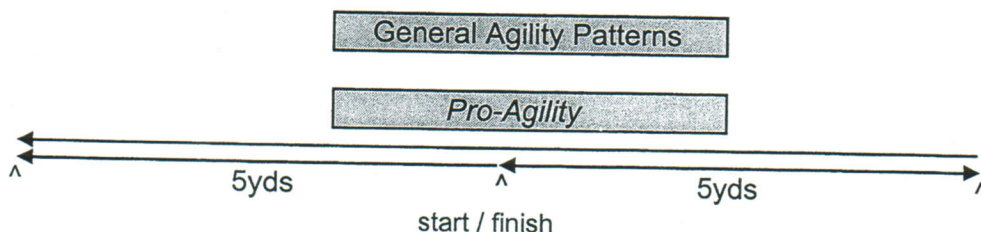
Pulley Runs



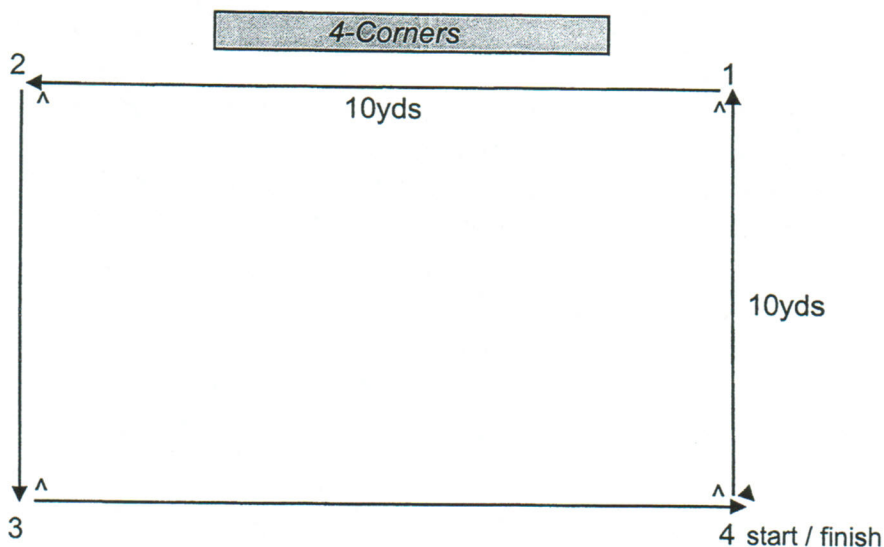
1. Athlete "B" should start in various positions (crouch, 3pt. 4pt.)
2. Athlete "A" can start in a crouch
3. "B" should start gradually not trying to accelerate at 100%. "B" should sprint at 70-85%
4. "A" starts when "B" starts so there is constant tension on the cord
5. "A" should maintain proper technique & max speed for approximately 60-80yds

Falcon Cone Agility Drills

*Agility is the ability to rapidly change directions without the loss of speed, balance or body control. Training methods for developing specific agility as it pertains to an athletes sport must encompass similar patterns of movement that an athlete will mimic with-in a given play, approach, or response to another competitor. A progressive implementation of agility training should go from general to specific to maximize performance results. General agility patterns should include pre-determined courses that challenge an athletes awariness, bodycontrol and accelerative ability. Specific drills should include patterns that are not pre-determined so an athlete is forced to react to change of direction that they would encounter in a competitive situation



- *Athlete starts in various positions (3pt., 4pt., ready position)
- *Two athletes should compete across from each other
- *Start by going toward right or left cone (5yds)
- *Quickly turn facing cone sprint (10yds) to other cone
- *Turn facing cone and sprint (5yds) through middle cone

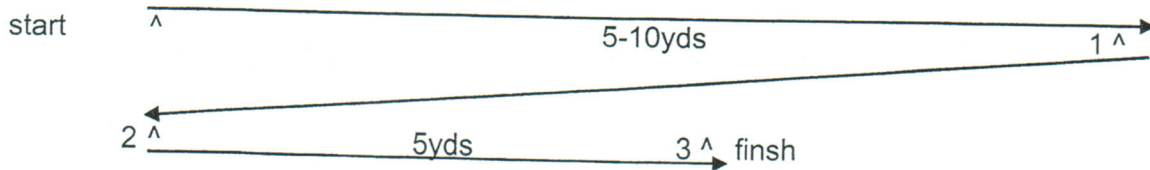


- *Athlete starts in various positions (3pt., 4pt., ready position)
 - *Once athlete gets to 1st cone the next athlete goes
 - *Patterns for drill may vary
1. Back peddle to #1, shuffle to #2, sprint to #3, carioca to #4
 2. Sprint to #1 (turn facing cone), carioca to #2, back peddle to #3, shuffle to #4
 3. Sprint through all cones (sharp change of direction at each cone)
 4. Shuffle/carioca to #1, sprint to #2, shuffle/carioca to #3, sprint to #4

Falcon Cone Agility Drills

General Agility Patterns

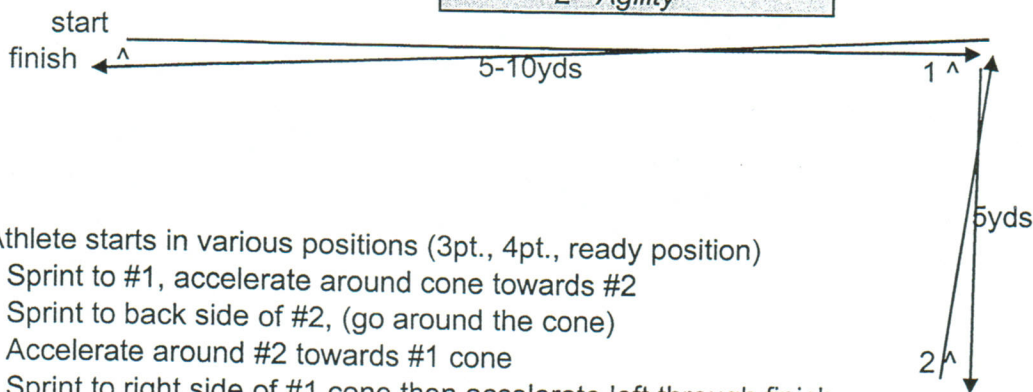
Nebraska Agility



*Athlete starts in various positions (3pt., 4pt., ready position)

1. Sprint to #1, accelerate around cone in the direction of #2 cone
2. Sprint to back side of #2, (go around the cone) then backpeddle through #3

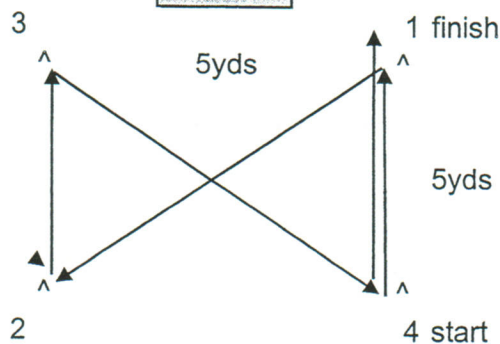
L - Agility



*Athlete starts in various positions (3pt., 4pt., ready position)

1. Sprint to #1, accelerate around cone towards #2
2. Sprint to back side of #2, (go around the cone)
3. Accelerate around #2 towards #1 cone
4. Sprint to right side of #1 cone then accelerate left through finish

X - Box



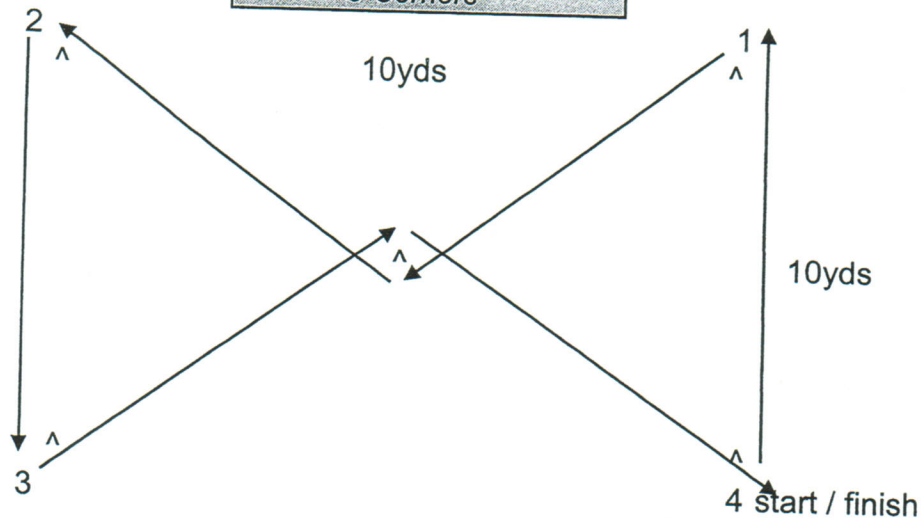
*Athlete starts in various positions (3pt., 4pt., ready position)

1. Sprint to #1, touch cone, quickly turn and sprint diagonally towards #2
2. Touch #2, then sprint to #3, quickly turning and sprinting diagonally towards #4
3. Touch #4, then sprint through #1

Falcon Cone Agility Drills

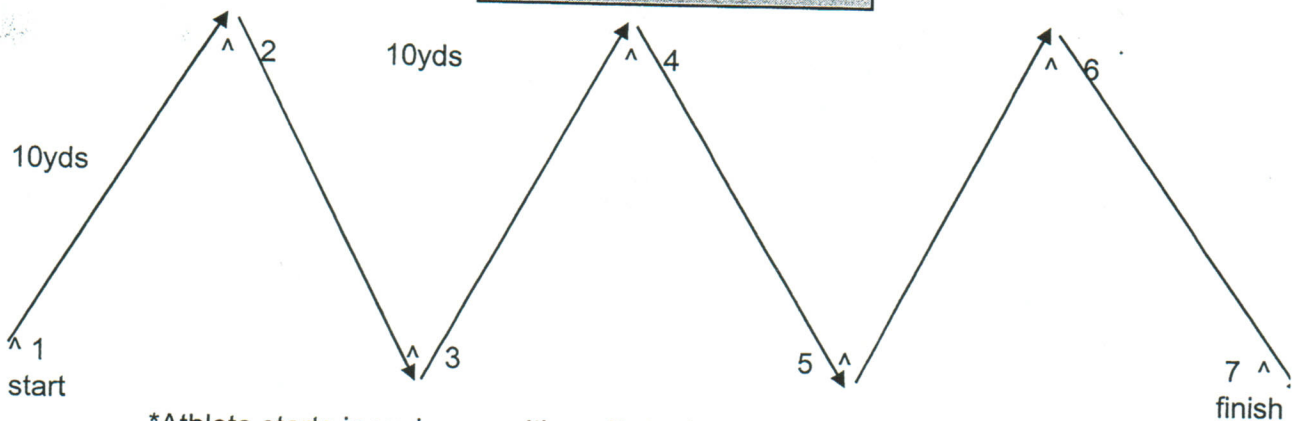
General Agility Patterns

5-Corners



- *Athlete starts in various positions (3pt., 4pt., ready position)
1. Sprint to #1, (going around cone) accelerate to middle cone
 2. Go around middle cone and sprint to #2, then towards #3, back to middle
 3. Turn diagonally and sprint through finish

Off - Set Weave

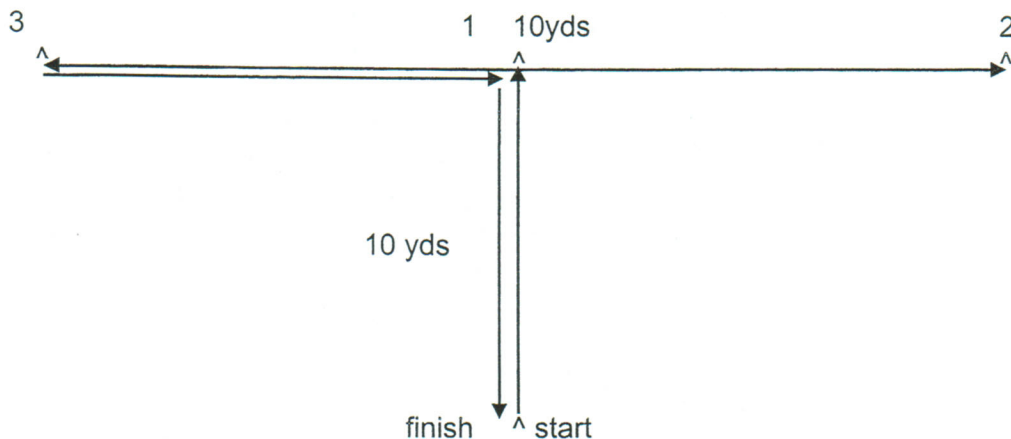


- *Athlete starts in various positions (3pt., 4pt., ready position)
1. Sprint to #1, shuffle to #2, (repeat the following patterns to finish)
 2. Shuffle to #1, sprint to #2
 3. Sprint to #1, carioca to #2
 4. Carioca to #1, sprint to #2
 5. Sprint to #1, backpeddle to #2
 6. Backpeddle to #1, sprint to #2

Falcon Cone Agility Drills

General Agility Patterns

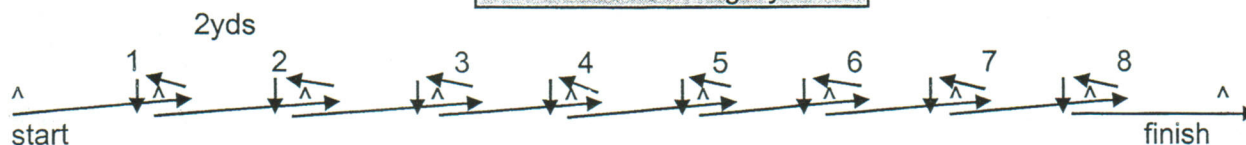
T - Agility



*Athlete starts in various positions (3pt., 4pt., ready position)

1. Sprint to #1, shuffle to #2 or #3 cone
2. Sprint back to #1
3. Turn and backpeddle through finish

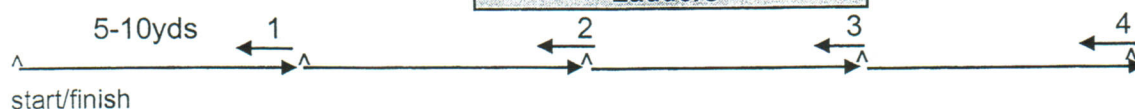
Fast Foot - Agility



*Athlete starts in various positions (3pt., 4pt., ready position)

1. Sprint to right or left of #1 cone
2. Complete a circle around the cone
3. Accelerate to the same side of the next cone
4. Athlete should continue same pattern for entire length of course
5. Athlete can also alternate sides each cone

Ladders



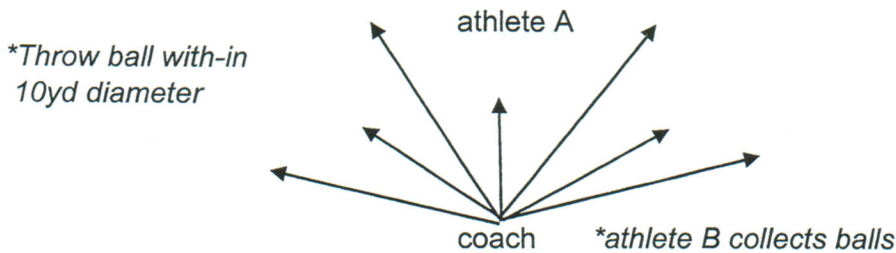
*Athlete starts in various positions (3pt., 4pt., ready position)

1. Athlete can sprint, shuffle, carioca to #1 cone then back to starting cone
2. Repeat until athlete finishes working through all cones.
3. Use a variety of movement patterns: sprint to #1, backpeddle to starting cone
Shuffle to #1, sprint back to start. Sprint to #1, Vertical Jump at cone & carioca back

Falcon Cone Agility Drills

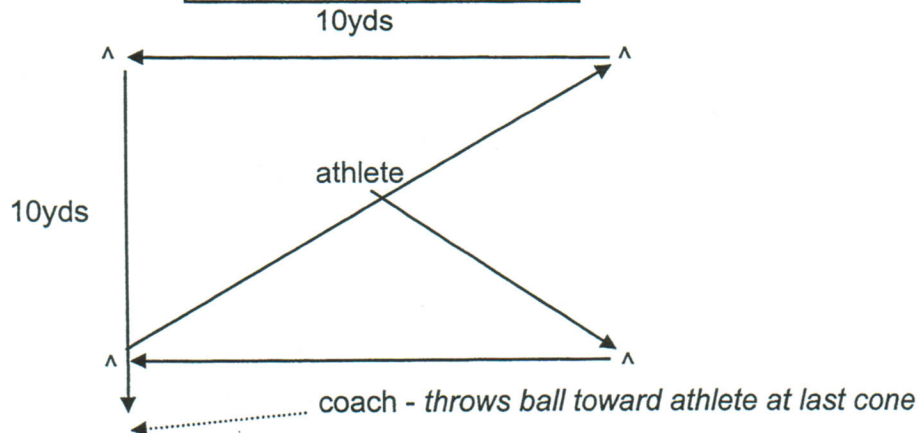
Specific Agility Patterns

Tennis Ball Reaction Drill



- *Athlete starts in ready position (facing coach or away)*
1. Athlete stands 5-10yds away from coach
 2. Coach bounces ball off ground in pre-determined spot
 3. Athlete must react to ball and catch it in one bounce
 4. Coach throws another ball when athlete reaches 1st ball
 5. Athlete should toss ball back to another athlete who gathers the balls and places them into a bucket
 6. Use time limit 10-45sec. Or 3-15 balls or until athlete fails to secure the ball

4-Cone Reaction Drill



- *Athlete starts in ready position (facing coach)*
1. Athlete stands in the center of the 10x10yd box
 2. Coach will indicate by pointing with ball to cone the athlete should sprint to
 3. Athlete should use specific defensive technique for dropping into coverage
 4. Coach can start with directing athlete to 3 cones, 4, 5, 6 etc. or timed method
 5. Above is an example of a 5 cone rep that is done in random order

Falcon Football Strength & Conditioning

Sport:	Schmidt	Duration: May - August	Pre-Season Phase	Week #1
Name:	Schmidt	Collegiate Ballistic Development	Meso #1: Explosive Reload	Olympics: 70%

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

[illegible]

CORE: PARTNER MB: SIT-UP & PASS, SUPERMAN PASS, KICK-UPS, SIDE PASS, JUMP & PASS 1X15EA

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

[illegible]

CORE: MULTI-POSITIONAL ABS 6X15EA

DAY 3: Accelerate load with efficiency & control!

DAY 3: Accelerate load with efficiency & control:													
Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Snatch Pull / F	140	4	x3	115	115	115	115						
Front Squat / BB + BJ 3x10	190	4	x5	105	125	145	145						
Pull-up & Dip Combo		3	x8ea										
Retro Lunge / BB / alt + CBJ 3x20	215	3	x8ea	65	65	65							
Leg Curl / M / 2-up 2-down		3	x8ea										
CORE: PARTNER MB: KICK-UPS, JUMP & PASS, SUPERMAN PASS, SEATED CHEST, PUTS, SIDE 1X15EA													

CORE: PARTNER MB: KICK-UPS, JUMP & PASS, SUPERMAN PASS, SEATED CHEST, PUTS, SIDE 1X15EA

DAY 4

*Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.

[illegible]

CORE: 4-Way Incline Plane 45sec. ea.

Falcon Football Strength & Conditioning

Sport: Football	Duration: May - August	Pre-Season Phase	Week #2
Name: Schmidt	Collegiate Ballistic Development	Meso #1: Explosive Reload	Olympics: 75%

*Rest b/w Sets = 1 1/2 - 2min

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

[illegible]

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

[illegible]

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Power Snatch / F	140	4	x3	70	85	100	105						
Back Squat / BB + PJ 3x8	215	5	x5	120	140	165	175	175					
Snatch Pull / F	140	3	x3	120	120	120							
Single Leg Squat / BB	215	3	x5ea	90	90	90							
Clean RDL / BB	165	3	x5	175	175	175							
CORE: SEATED PARTNER MB: CHEST PASS, PUTS, SIDE, CRUNCH & THROW, SUPERMAN 1X12EA													

DAY 4

*Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.

[illegible]

Falcon Football Strength & Conditioning

Sport:	Football	Duration:	May - August	Pre-Season Phase	Week #3
Name:	Schmidt		Collegiate Ballistic Development	Meso #1: Explosive Reload	Olympics: 60%

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Push Jerk / BB	165	4	x3	85	95	100	100						
Back Squat + VJ 2X8	215	4	x5	120	140	165	165						
Power Clean / F + TJ 2X8	165	4	x3	85	95	100	100						
Cycled Squat Jump / BB	215	2	x10	45	45								
Clean RDL / BB	165	3	x5	125	125	125							
CORE: BB ROTATOR, HAMMER HIP TOSS, STRAIGHT LEG ROTATORS, BASKETCURLS 1X15EA													

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

[illegible]

DAY 3: Accelerate load with efficiency & control!

[illegible]

DAY 4

*Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.

[illegible]

Falcon Football Strength & Conditioning

Sport: <i>Football</i>	Duration: May - August	Pre-Season Phase	Week #4
Name: <i>Schmidt</i>	<i>Collegiate Ballistic Development</i>	Meso #1: Explosive Reload	Olympics: 75%

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

[illegible]

DAY 2

**Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.*

[illegible]

DAY 3: Accelerate load with efficiency & control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Power Snatch / F / alt legs	140	5	x2	70	85	100	105	105					
Snatch Pull / H + LBJ 3x10	140	3	x3	120	120	120							
Front Squat + SL BJ 3x8ea	190	5	x5	115	135	145	145	145					
Snatch RDL / BB	140	3	x5	140	140	140							
Pull-up & Dip Combo		4	x8ea										
CORE: KICK-UPS, JUMP&PASS, SUPERMAN PASS, PUTS, CHEST, OVERHEAD 1X12EA													

DAY 4

**Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.*

[illegible]

Falcon Football Strength & Conditioning

Sport: Football	Duration: May - August	Pre-Season Phase	Week #5
Name: Schmidt	<i>Collegiate Ballistic Development</i>	Meso #2: Explosive Reload	Olympics: 80%

*Rest b/w Sets = 1 1/2 - 2min

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

[illegible]

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

[illegible]

DAY 3: Accelerate load with efficiency & control!

[illegible]

DAY 4

*Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.

[illegible]

Falcon Football Strength & Conditioning

Sport: Football	Duration: May - August	Pre-Season Phase	Week #6
Name: Schmidt	Collegiate Ballistic Development	Meso #2: Explosive Reload	Olympics: 70%

*Rest b/w Sets = 1 1/2 - 2min

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Split Clean / F / alt legs	165	4	x3	85	100	120	120						
Front Squat + DB VJ 3x8	190	4	x8	115	135	135	135						
Sploit Jerk / DB / alt. legs		4	x3ea										
Retro Lunge / BB / alt. legs	215	2	x8ea	80	80								
Leg Curl / Balance Ball		3	x8										
Bicep & Tricep Choice		3	x8ea										

CORE: SEATED PARTNER MB: CHEST PASS, OVERHEAD, PUTS, SIDE PASS, SUPERMAN, SIT-UP & THROW 1X12EA

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

[illegible]

DAY 3: Accelerate load with efficiency & control!

[illegible]

DAY 4

*Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.

Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.													
Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Bench Press / BB + Plyo P-up 3x5	180	4	x8	110	130	130	130						
Seated Row / .M		3	x8										
Staggered Shoulder Press / BB	115	3	x8	60	70	70	70						
Horizontal Pull-up / BB		3	x8										
SL Upright Row / DB / alt. arms		3	x8										
Shrugs / BB		3	x8										
CORE: SL JACKKNIFES, REACH THROWS, BASKETCURLS, SEATED TWISTS + MB, SUPERMAN + MB 1X12EA													

Sport: Football	Duration: May - August	Pre-Season Phase	Week #7
Name: Schmidt	Collegiate Ballistic Development	Meso #2: Explosive Reload	Olympics: 85%

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Squat Clean / F	165	6	x2	85	100	120	135	145	145				
Front Squat + VJ 3x8	190	6	x3	115	135	155	165	175	175				
Jump Squat / BB	215	3	x5	80	80	80							
Clean RDL / BB	165	3	x5	190	190	190							
Skull Crusher / BB & Bicep Curl / BB		4	8,8,6,6										
CORE: BB ROTATORS, HAMMER HIP TOSS, STRAIGHT LEG ROTATORS, SL JACKKNIFE + MB 1X12EA													

Rotator Curl Band warm-up: (3-positions) Internal / External Rotation 1x12ea.														
Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10	
Inc Bench / BB	165	6	x3	100	120	135	145	150	150					
SL Bent Over Row / alt. arm / DB		3	8,8,6,6											
Staggered Shoulder Press / DB	115	3	6,5,4,3	70	85	90	95							
Straight Arm Lat Pulldown / C		3	8,8,6,6											
Inc Flyes / DB		4	8,8,6,6											
Frontal Raise / DB		4	8,8,6,6											
CORE: PLATE CRUNCH, SIDE UPS + MB, BASKETCURL, SUPERMAN + MB 1X12EA														

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Split Snatch / F	140	6	x2	70	85	100	115	120	120				
Back Squat + DB VJ 3x8	215	6	x3	130	155	175	185	195	195				
Cycled Jump Squat / BB + LBJ 3x8	215	3	x5	65	65	65							
Kneeling Leg Curl / Partner		3	x8										
Bicep & Tricep Combo		3	8,8,6,6										
CORE: PARTNER MB: KICK-UPS, JUMP & PASS, SIT-UP & THROW, SEATED PUTS 1X12EA													

[illegible]

Falcon Football Strength & Conditioning

Sport:	Football	Duration: May - August	Pre-Season Phase	Week #8
Name:	Schmidt	Collegiate Ballistic Development	Meso #3: Velocity Specific	Olympics: 85-55%

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

[illegible]

CORE: SEATED PARTNER MB: CRUNCH & THROW, SUPERMAN PASS, SEATED TWISTS, SIT-UP & PASS 1X10EA

DAY 2

**Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.*

[illegible]

DAY 3: Weight = Light / Intent to move weight with speed while maintaining control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Squat Snatch / F	140	6	x1	70	80	80	80	80	80				
Jump Squat / BB + VJ 3x8	215	4	x5	55	55	55	55						
Snatch pull / F + VJ 3x8	140	3	x4	95	95	95							
Leg Curl (2up - 1 down) alt. legs		3	x5ea										
Bicep & Tricep Combo		4	8,8,6,6										
CORE: SEATED PARTNER MB: CHEST PASS, OVERHEAD, SIDE, SUPERMAN PASS 2X12EA													

DAY 4

**Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.*

[illegible]

Falcon Football Strength & Conditioning

Sport: Football	Duration: May - August	Pre-Season Phase	Week #9
Name: Schmidt	<i>Collegiate Ballistic Development</i>	Meso #3: Velocity Specific	Olympics: 80-50%

*Rest b/w Sets = 1 1/2 - 2min

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

[illegible]

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

[illegible]

DAY 3: Weight = Light / Intent to move weight with speed while maintaining control!

[illegible]

DAY 4

*Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.

[illegible]

Sport: Football	Duration: May - August	Pre-Season Phase	Week #10
Name: Schmidt	Collegiate Ballistic Development	Meso #3: Velocity Specific	Olympics: 55%

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

<i>Exercise & Description</i>	<i>Max</i>	<i>Sets</i>	<i>Reps</i>	<i>Wt 1</i>	<i>Wt 2</i>	<i>Wt 3</i>	<i>Wt 4</i>	<i>Wt 5</i>	<i>Wt 6</i>	<i>Wt 7</i>	<i>Wt 8</i>	<i>Wt 9</i>	<i>Wt 10</i>
Squat Clean / F	165	4	x5	85	95	95	95						
Front Squat + DB VJ 3x5	190	4	x8	115	135	135	135						
Split Jerk / BB + CSJ 3x10	165	4	x5	85	95	95	95						
SL RDL / DB		3	x8ea										
Bicep & Tricep Choice		4	x8ea										

CORE: SEATED PARTNER MB: CHEST PASS, OVERHEAD, PUTS, SIDE PASS, SUPERMAN, SIT-UP & THROW 1X12EA

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

[illegible]

DAY 3: Weight = Light / Intent to move weight with speed while maintaining control!

[illegible]

**Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.*

[illegible]

Sport: Football	Duration: May - August	Pre-Season Phase	Week #11
Name: Schmidt	<i>Collegiate Ballistic Development</i>	Meso #3: Velocity Specific	Olympics: 75-45%

*Rest b/w Sets = 1 1/2 - 2min

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

[illegible]

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.														
Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10	
Inc Bench / BB + Plyo P-up 3x5	165	5	x3	100	120	135	145	145						
Horizontal Pull-up		3	6,6,5											
Seated Shoulder Press / BB	115	4	5,5,3,3	85	95	100	100							
Bent Over Straight Arm Pull-back		3	6,6,5											
Inc Flies / DB		3	6,6,5											
Bent Over Lateral Raise / DB / on bench		3	6,6,5											
CORE: PLATE CRUNCH, SIDE UPS + MB, BASKETCURL, SUPERMAN + MB 1X12EA														

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Squat Snatch / F	140	4	x2	65	65	65	65						
Jump Squat / BB + VJ 3x5	215	3	x5	80	80	80							
Kneeling Leg Curl / Partner		3	x5										
Front Lunge / BB / alt legs	215	3	x5ea	80	80	80							
CORE: PARTNER MB: KICK-UPS, JUMP & PASS, SIT-UP & THROW, SEATED PUTS 1X12EA													

*Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.

[illegible]

Falcon Football Strength & Conditioning

Sport: <i>Football</i>	Duration: May - August	Pre-Season Phase	Week #12
Name: <i>Schmidt</i>	<i>Collegiate Ballistic Development</i>	Meso #3: Velocity Specific	Olympics: 75-45%

*Rest b/w Sets = 1 1/2 - 2min.

*Warm-up sets for Bench, Shoulder Press & Squat = Set #1 = 8x & Set #2 = 6x

DAY 1: Move weight as fast as possible through upward movement phase!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Squat Clean / F	165	3	x2	85	100	120							
Front Squat	190	3	x5	115	135	155							
Cycled Jump Squat / DB	215	3	x8	80	80	80							
Clean RDL / BB	165	3	x5	145	145	145							
Bicep & Tricep Choice		3	x6ea										
CORE: BB ROTATORS, HAMMER HIP TOSS, STRAIGHT LEG ROTATORS, SL JACKKNIFE + MB 1X12EA													

DAY 2

*Rotator Cuff Band Warm-up: (3-positions) Internal / External Rotation 1x12ea.

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Inc Bench / BB + Plyo P-up 3x5	165	4	x6	100	120	125	135						
Horizontal Pull-up		3	6,6,5										
Seated Shoulder Press / BB	115	3	x6	70	75	90							
Bent Over Straight Arm Pull-back		3	6,6,5										
Inc Flyes / DB		3	6,6,5										
Bent Over Lateral Raise / DB / on bench		3	6,6,5										
CORE: PLATE CRUNCH, SIDE UPS + MB, BASKETCURL, SUPERMAN + MB 1X12EA													

DAY 3: Weight = Light / Intent to move weight with speed while maintaining control!

Exercise & Description	Max	Sets	Reps	Wt 1	Wt 2	Wt 3	Wt 4	Wt 5	Wt 6	Wt 7	Wt 8	Wt 9	Wt 10
Squat Snatch / F	140	3	x2	65	65	65							
Snatch Pull / Hang	140	3	x5	95	95	95							
Kneeling Leg Curl / Partner		3	x5										
Front Lunge / BB / alt legs	215	3	x5ea	80	80	80							
CORE: PARTNER MB: KICK-UPS, JUMP & PASS, SIT-UP & THROW, SEATED PUTS 1X12EA													

DAY 4

**Multi-Hip Machine Warm-up: Hip Flexion-Extension-Abduction-Adduction 1x12ea.*

[illegible]