

# EUREKA COLLEGE FOOTBALL

# RED DEVIL

# IRON

## 2006 SUMMER STRENGTH & CONDITIONING MANUAL



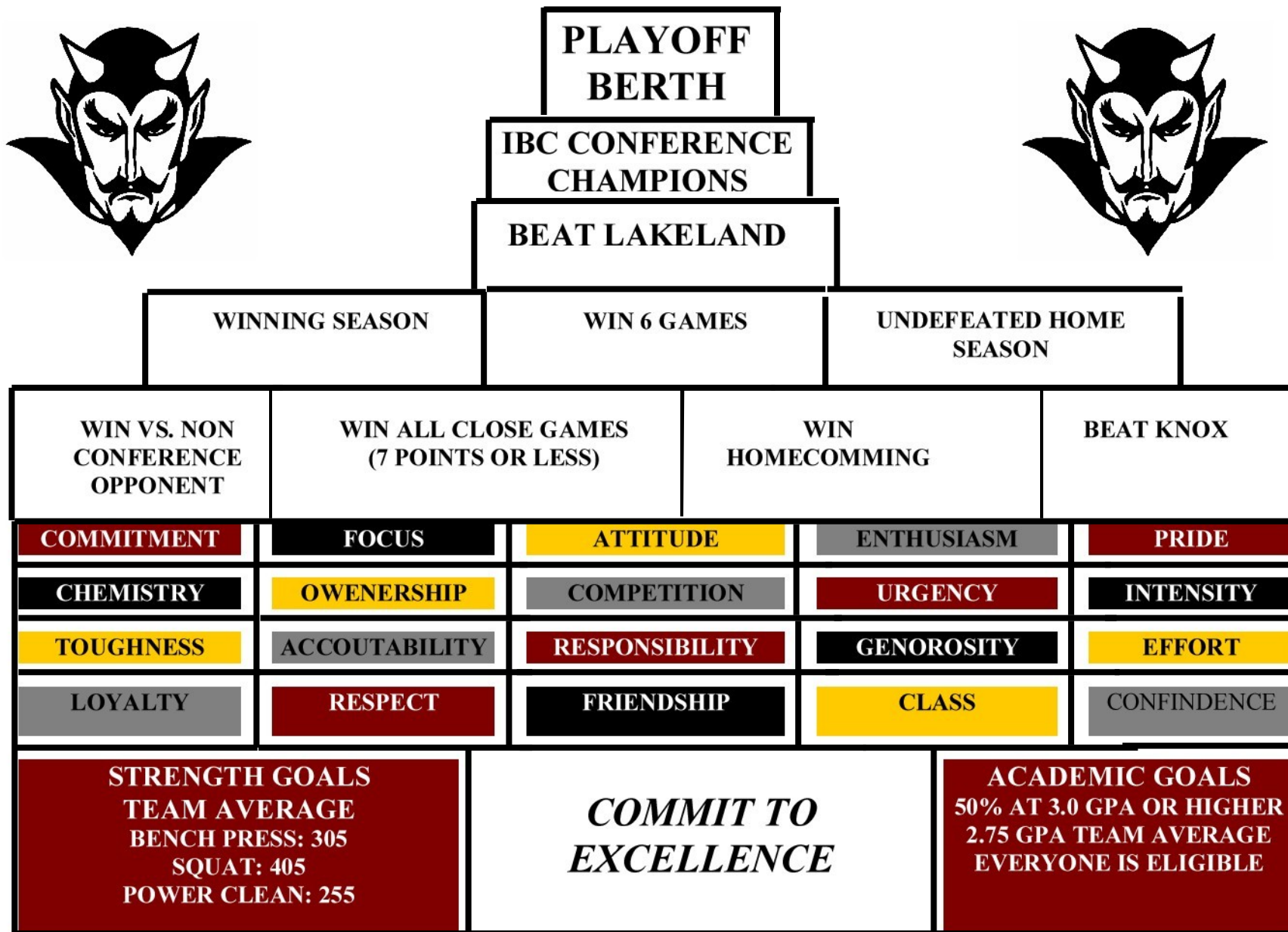
***You have better raise your standards – Because I am not going to Lower MINE!***



**IF YOU'RE GOING THROUGH HELL, KEEP GOING.**

*Winston Churchill*

# Red Devil Football 200



**Priming the Pump**

I grew up on an old farm and one day my two brothers and I were out in the fields working with our father. My Dad sent my middle brother to get some water from the old pump that sat at the entrance to the fields. As we continued to pick up rock, I glanced over to see my brother struggling to move the handle up and down to pump the water. We stopped the tractor near the pump and there stood my exhausted brother with no water. My Dad pointed out that this is a pump that you have to prime. He told me to run over to the nearby stream and fill a can up with water. When I came back he slowly filled the pipe full of water and instructed me to begin to pump. So I pumped the handle over and over and sure enough water began to flow.

As my other brothers began to fill our water coolers, I slowed down my pumping and even stopped. My Dad hollered at me to continue to keep pumping, he made it clear that all of the work that I have done running to get the water from the stream and all the pumping that I had done would be for nothing. If you quit pumping before the job is done it will be all for nothing. The goal is right on the edge pouring out for us but if we quit now the goal will go right back down from to were it started.

**MAY 15 – AUGUST 12  
13 WEEKS  
91 DAYS  
2,184 HOURS  
131,040 MINUTES  
7,862,400 SECONDS**

**HOW MUCH ARE YOU WILLING TO INVEST TO  
REACH OUR GOALS?**

**TEAMMATES TO CALL AND ENCOURAGE:**

- 1 \_\_\_\_\_ ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_
- 2 \_\_\_\_\_ ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_
- 3 \_\_\_\_\_ ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

***I HAVE MADE THE COMMITMENT TO CALL THESE  
TEAMMATES.***

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Men –

Summer 2006 is a critical time for us as a program. We need to **DO THE WORK**. What we have experienced in the past few months has given us new strength. We have set several new strength records. We have achieved in the classroom. We have committed to community service and fund-raising. Our team competition continues throughout the summer. We have truly become accountable to each other and to ourselves.

At the end-of-the year meeting I shared that – I, myself, as a player took summers lightly. I would do the weight workouts, but slacked on the speed school aspect. As a result, I would spend the first two weeks of camp getting into football shape and competing for a position I should have already had won. **DO THE WORK**. Do not waste a moment over the summer!! **Find a way or make a way** to get your workouts done.

We need each and every one of you. We all need to **DO THE WORK**. Games are won and lost right now and throughout the summer. Be committed, make good decisions, and choose right!!

*Seniors it is your responsibility to teach the younger players how to prepare. Younger players you have a debt to pay to the seniors, you must workout as if you were a senior.*

Coach Sullivan

## Red Devil Football Summer Calendar MAY

May 1 - 14 - Mile Run 3 times a week						
15	16	17	18	19	20	21
<b>Lifting=</b> Day #1 <b>Speed School=</b> Flexibility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> Pattern Running Grid Iron Great- 1 Set Position Specific- 1 Set	<b>Lifting=</b> Day #3 <b>Speed School=</b> Rest	<b>Lifting=</b> Day #4 <b>Speed School=</b> 1 Mile Run	Rest	Rest
22	23	24	25	26	27	28
<b>Lifting=</b> Day #1 <b>Speed School=</b> Flexibility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> Pattern Running Grid Iron Great- 1 Sets Position Specific- 2 Sets	<b>Lifting=</b> Day #3 <b>Speed School=</b> Rest	<b>Lifting=</b> Day #4 <b>Speed School=</b> 1 Mile Run	Rest	Rest
29	30	31				
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> Pattern Running Grid Iron Great- 2 Sets Position Specific- 2 Sets				

## Red Devil Football Summer Calendar JUNE

			1	2	3	4
			<b>Lifting=</b> Day #3 <b>Speed School=</b> Rest	<b>Lifting=</b> Day #4 <b>Speed School=</b> Flexibility Workout	Rest	Rest
5	6	7	8	9	10	11
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> Pattern Running Grid Iron Great- 2 Sets Position Specific- 2 Sets	<b>Lifting=</b> Day #3 <b>Speed School=</b> Rest	<b>Lifting=</b> Day #4 <b>Speed School=</b> Flexibility Workout	Rest	Rest

## Red Devil Football Summer Calendar JUNE continued

12	13	14	15	16	17	18
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> <b>Pattern Running</b> Grid Iron Great- 2 Sets Position Specific- 3 Sets	<b>Lifting=</b> Day #3 <b>Speed School=</b> Rest	<b>Lifting=</b> Day #4 <b>Speed School=</b> Flexibility Workout	Rest	Rest
19	20	21	22	23	24	25
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> <b>Pattern Running</b> Grid Iron Great- 3 Sets Position Specific- 3 Sets	<b>Lifting=</b> Day #3 <b>Speed School=</b> Rest	<b>Lifting=</b> Day #4 <b>Speed School=</b> Flexibility Workout	Rest	Rest
26	27	28	29	30	1	2
<b>Lifting=</b> Rest <b>Speed School=</b> 1 Mile Run	<b>Lifting=</b> Max BENCH <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> Rest	<b>Lifting=</b> Max Squat      Power Clean <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> 1 Mile Run	Rest Send - Results To: Coach Taylor	Rest

## Red Devil Football Summer Calendar July

3	4	5	6	7	8	9
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout Flexibility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> <b>Pattern Running</b> Grid Iron Great- 3 Sets Position Specific- 3 Sets	<b>Lifting=</b> Rest <b>Speed School=</b> Rest	<b>Lifting=</b> Day #3 <b>Speed School=</b> Shuttle Training	<b>Lifting=</b> Day #4 <b>Speed School=</b> Sprint Workout	Rest	Rest
10	11	12	13	14	15	16
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout Flexibility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> <b>Pattern Running</b> Grid Iron Great- 3 Quarters Position Specific- 4 Quarters	<b>Lifting=</b> Rest <b>Speed School=</b> Rest	<b>Lifting=</b> Day #3 <b>Speed School=</b> Shuttle Training	<b>Lifting=</b> Day #4 <b>Speed School=</b> Sprint Workout	Rest Pig Skin Pot-Luck 12:00 pm Eureka Lake Upper Pavilion	Rest

## Red Devil Football Summer Calendar JULY Continued

17	18	19	20	21	22	23
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout Flexibility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> Shuttle Training	<b>Lifting=</b> Rest <b>Speed School=</b> Rest	<b>Lifting=</b> Day #3 <b>Speed School=</b> Shuttle Training	<b>Lifting=</b> Day #4 <b>Speed School=</b> Sprint Workout	Rest	Rest
24	25	26	27	28	29	30
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout Flexibility Workout	<b>Lifting=</b> Day #2 <b>Speed School=</b> Shuttle Training	<b>Lifting=</b> Rest <b>Speed School=</b> Rest	<b>Lifting=</b> Day #3 <b>Speed School=</b> Shuttle Training	<b>Lifting=</b> Day #4 <b>Speed School=</b> Sprint Workout	Rest	Rest
31						
<b>Lifting=</b> Day #1 <b>Speed School=</b> Speed & Agility Workout Flexibility Workout						

## Red Devil Football Summer Calendar AUGUST

	1	2	3	4	5	6
	<b>Lifting=</b> Day #2 <b>Speed School</b> Shuttle Training	<b>Lifting=</b> Rest <b>Speed School</b> Sprint Work Out	<b>Lifting=</b> Day #3 <b>Speed School</b> Shuttle Training	<b>Lifting=</b> Day #4 <b>Speed School</b> Sprint Workout	Rest	Rest
7	8	9	10	11	12	13
<b>Lifting=</b> Day #1 <b>Speed School=</b> Shuttle Training	<b>Lifting=</b> Day #2 <b>Speed School=</b> Flexibility Workout	<b>Lifting=</b> Rest <b>Speed School=</b> 1 Mile Run	<b>Lifting=</b> Rest <b>Speed School=</b> Rest	<b>Lifting=</b> Rest <b>Speed School=</b> Rest	<b>Report Date</b> <b>Cerf Center</b>  TESTING DAY	See Camp Calendar



### Contact Information to Remember

HEAD COACH  
 Dan Sullivan 1-309-467-6369  
 Home 1-309-467-3914  
 dsullivan@eureka.edu

OFFENSIVE COORDINATOR / STRENGTH AND CONDITIONING COORDINATOR  
 Nick Taylor 1-309-467-6376  
 Cell – 1-309-222-0811  
 ntaylor@eureka.edu

### Red Devil Spring Competition

<b>MAROON</b>	<b>GOLD</b>	<b>BLACK</b>	<b>GREY</b>
<i>C- Chris Carr</i>	<i>Hopeton Daubon</i>	<i>C- Luke Hermes</i>	<i>C- Shawn Manning</i>
<i>Johnny Shelton</i>	<i>Wallace Taylor</i>	<i>Joe Arnold</i>	<i>S- Lavar Morris</i>
<i>Dave O'Donal</i>	<i>S- Mike Axelson</i>	<i>S- Tony Martin</i>	<i>Nick Easley</i>
<i>Zach McDade</i>	<i>C- Raul Mendoza</i>	<i>Josh Schnauber</i>	<i>Jacob Wall</i>
<i>Mike Duncan</i>	<i>Aaron Smith</i>	<i>Tyler Cobler</i>	<i>Tim Dombrowski</i>
<i>Justin Dempsey</i>	<i>Jake Leake</i>	<i>Sean Smith</i>	<i>Wyane O'Harrow</i>
<i>Tommy Butler</i>	<i>James Albers</i>	<i>Andy Fjelde</i>	<i>Jacob Moody</i>
	<i>Jacob Foor</i>	<i>Brian Carver</i>	<i>Joe Fish</i>
		<i>Brad Polanian</i>	<i>Jared Lindenmeyer</i>

### Red Devil Spring Competition Summer Point Standings

<b>MAROON</b>	<b>GOLD</b>	<b>BLACK</b>	<b>GREY</b>
<b>2025</b>	<b>1911</b>	<b>1850</b>	<b>2195</b>

*These points are as of May 8<sup>th</sup> prior to grade points and additional summer point.*

# *Eureka College Red Devil Football Weight Room Records*

	<b>Bench Press</b>	<b>Squat</b>	<b>Power Clean</b>	<b>Devil Index</b>	<b>Vertical Jump</b>	<b>3 Cone Drill</b>	<b>20</b>
<b>Offensive Line</b>	Mike Axelson 300 Spring 06'	Brian Carver 395 EOY 06'	Mike Axelson 260 EOY 06'	Mike Axelson 496.616 Spring 06'	Mike Axelson 24 Fall 05'	Mike Axelson 4.88 Spring 06'	Mike Axelson 2.78 Spring 06'
<b>Defensive Line</b>	Mike Duncan Raul Mendoza 375 Spring 06'	Raul Mendoza 500 EOY 06'	Mike Duncan 260 EOY 06'	Mike Duncan 583.02 EOY 06'	Joe Arnold 21 Fall 05'	Joe Arnold 4.84 Spring 06'	Joe Arnold 2.84 Spring 06'
<b>HB / FB QB / TE</b>	Shaun Manning 300 EOY 06'	Daubon/Dempsey 400 EOY 06'	Justin Dempsey 270 EOY 06'	Hopeton Daubon 524.48 EOY 06'	Shaun Manning 24 Fall 05'	Shaun Manning 4.53 Spring 06'	Justin Dempsey 2.75 Spring 06'
<b>S / M / W</b>	Luke Hermes 345 EOY 06'	Tommy Butler 415 EOY 06'	Luke Hermes 270 Spring 06'	Tommy Butler 521.63 EOY 06'	Luke Hermes 27 Fall 05'	Tommy Butler 4.65 Spring 06'	Brad Polanan 2.65 Spring 06'
<b>F / H</b>	Tim Dombrowski 295 EOY 06'	Tyler Cobler 330 Spring 06'	Tim Dombrowski 215 Winter 06'	Tim Dombrowski 525.43 EOY 06'	Tim Dombrowski 24 Fall 05'	Tyler Cobler 4.75 Spring 06'	Tyler Cobler 2.91 Spring 06'
<b>WR</b>	Nick Easley 350 EOY 06'	Dave O'Donal 400 EOY 06'	Dave O'Donal 250 EOY 06'	Dave O'Donal 592.61 EOY 06'	Nick Easley 34 Fall 05'	Dave O'Donal 4.2 Spring 06'	Dave O'Donal 2.55 Spring 06'
<b>DB / K / P</b>	Jacob Wall 265 EOY 06'	Tony Martin 350 EOY 06'	Tony Martin 220 Spring 06'	Lavar Morris 500.11 EOY 06'	Lavar Morris 32 Fall 05'	Zach McDade 4.3 Spring 06'	Lavar Morris 2.65 Fall 05'

## 2006 Eureka College Final Strength and Conditioning Testing Results

	Last Name	First Name	Wght #1	Wght #2	Wght #3	Sq #1	Sq #2	Sq #3	Bch #1	Bch #2	Bch #3	PC #1	PC #2	PC #3	Tot #1	Tot #2	Tot #3	DI #1	DI #2	DI #3	VJ - Fall	SR #1	PA #1	20 #1
1	Albers	James	276	276	283	315	355	335	205	215	215	235	240	240	755	810	790	392.449	421.038	407.877	18	15	5.28	3.21
2	Arnold	Joseph	196		197	275		260	240		235	210		215	725	0	710	427.5325	417.409		21	22.5	4.84	2.84
3	Axelsson	Mike	235	237	232	350	365	350	285	300	290	240	255	260	875	920	900	473.4625	496.616	488.97	20	19.25	4.88	2.78
5	Butler	Tommy	200	195	198	340	405	415	235	235	225	230	230	250	805	870	890	468.993	514.692	521.629		16	4.65	2.81
6	Carr	Chris	187		197	275	330	315	225	245	245	235	245		735	820	560	446.6595	498.314	329.224	27	20.5	5.09	2.72
7	Carver	Brian			282			395			210			185	0	0	790		470.288		19	14.5	5.84	3.31
8	Cobler	Tyler	180	180	176	300	330	325	165	210	210		185	195	465	725	730	290.067	452.255	462.747		24	4.75	2.91
9	Daubon	Hopeton	190	200	203	330	400	400	225	260	260	215	235	235	770	895	895	463.6794	521.427	516.952	20	18.25	4.91	2.78
10	Dempsey	Justin	211	221	212	310	345	400	240	240	260	245	250	270	795	835	930	449.7315	462.1725	524.799		19.5	4.84	2.75
11	Dombrowski	Tim	174		172	300	300	320	290	290	295	215	215	200	805	805	815	482.596	482.596	525.431	24	16.5	4.88	2.96
12	Duncan	Michael	209	204	205	355	390	400	355	375	355	240	240	260	950	1005	1015	540.075	578.88	583.016	17	19	5.1	3
13	Easley	Nicholas	194	189	191	340	325	355	340	345	350	225	215	235	905	885	940	537.1175	534.186	563.436	34			
14	Fish	Joe	201	210	204	275	315	330	185	195	215	195	195	195	655	705	740	380.4895	399.735	427.424	27	21.25	4.62	2.85
15	Fjelde	Andy	266	264	275	315	300	350	240	245	260	225	240	250	780	785	860	409.344	411.968	424.045		22.25	5.22	3.22
16	Foor	Jacob	232	245	240	405	425	430	295	305	295	205	235	250	905	965	975	491.6865	524.2845	524.453	22	20	5.21	3.03
17	Hermes	Luke	249	247	244		250	260	315	320	345	235	270	250	550	840	855	293.315	447.972	458.024	26	15.75	4.72	2.87
18	Leake	Jacob	184		BB				200			180			380	0	0	233.472						
19	Lindenmeyer	Jared	190		BB				230						230	0	0	138.322						
20	Manning	Shaun	202	207	207	315	370	375	255	290	300	225	230	235	795	890	910	460.464	508.546	519.974	24	21.25	4.53	2.91
21	Martin	Tony	173	181	170	290	315	350	225	235	225	215	220	195	730	770	770	485.888	478.478	494.304	26	16.5	4.38	2.7
22	McDade	Zach	162	165	169	300	315	315	215	215	205	190	185	205	705	715	725	469.248	468.754	493.242		17	4.3	2.69
23	Mendoza	Raul	327	324	326		420	500	345	375			245		345	1040	500	174.3285	525.512	252.65	18			
24	Moody	Jacob	229	239	252	300	260	345	270	280	285	240	250	245	810	790	875	442.098	425.415	465.325	23	16.5	4.94	2.97
25	Morris	Lavarr	165	170	166	260	275	315	235	260	225	215	210	215	710	745	755	472.576	484.548	500.112	32	19	4.49	2.67
26	O'Donal	Dave	175	180	180	330	360	400	265	300	300	235	240	250	830	900	950	527.548	561.42	592.61			4.2	2.55
27	O'Harrow	Wayne	155	161	158	250	275	300	230	245	225	185	195	205	665	715	730	442.624	468.754	485.888	26	23	4.69	2.75
28	Polanin	Brad		192	196	325		345	185	205	210	240	245	260	750	450	815		269.01	480.606		20	4.75	2.65
29	Schnauber	Josh	181	188	181	225	260	290	200	215	210	155	180	180	580	655	680	360.412	396.668	422.552	27	20.5	4.85	2.89
30	Shelton	Johnny	236	246	243	315	325	360	205	230	215	175	170	185	695	725	760	375.6475	387.6575	407.512	16	16	5	3.1
31	Smith	Aaron	162	168		240	360		185	210		195	205		620	775	0	419.328	447.645		23			
32	Smith	Sean	223	233	238	310	325	375	240	260	270	210	185	235	760	770	880	419.064	406.906	474.408	23	20	5.19	2.91
33	Taylor	Wallace	246			225			235			175			635	0	0	339.5345			19			
34	Wall	Jacob	188	183	185	310	315	340	250	260	265	200	215	205	760	790	810	460.256	487.193	490.536	23	19	4.5	2.89
		Team				302.857	346.5	366.07	244.1	262.9	257.143	213.28	222.32	226.11	702.34	806.9642857	812.241	411.87	466.52	473.291	23.1	18.3	4.84	2.88

# ***RED DEVIL FOOTBALL STRENGTH AND CONDITIONING PHILOSOPHY***

This manual has been provided for all 2006 Eureka Football Players whom have made a commitment, and have become accountable to their Red Devil Brothers. This level of accountability will be put to the test this summer, what you do in the dark will come out in the light. **DO THE WORK!!**

## **BASIC GOALS OF THIS PROGRAM**

- A. INCREASE SPEED & QUICKNESS**
- B. INCREASE STRENGTH & POWER & EXPLOSION**
- C. INCREASE FLEXIBILITY**
- D. INCREASE OVERALL CONDITIONING**

## **SECTIONS DESIGNED TO REACH THESE GOALS**

- **TESTING PHILOSOPHY AND PROCEDURES**
- **DYNAMIC FLEXIBILITY**
- **STRENGTH & POWER**
- **SPEED, EXPLOSION & AGILITY**
- **CONDITIONING**
- **END OF WORKOUT STRETCH**

**"It is fatal to enter a war without the will to win it." Gen. Douglas MacArthur**

**RED DEVIL FOOTBALL**

**STRENGTH AND CONDITIONING  
PHILOSOPHY AND TESTING  
PROCEDURES**

"If life were measured by accomplishments, most of us would die in  
infancy."

- A.P Gouthey

## TESTING PHILOSOPHY

This Summer you will be tested twice, the first will come at the end of the first cycle and it is written into your daily schedule found on the calendar on the previous pages. The mid-summer testing is in to help you reevaluate your workouts and to refocus for the upcoming camp.

Summer Tests – June 27<sup>th</sup> and June 29<sup>th</sup>

1. Squat (parallel)
2. Power Clean
3. Bench Press

### Summer Lifting Tests

- BENCH PRESS

#### LIFTING REQUIREMENTS

- FEET MUST BE FLAT ON THE FLOOR
- HIPS MUST STAY ON THE BENCH
- BAR MUST TOUCH THE CHEST AND NOT BOUNCE
- SPOTTER MAY NOT TOUCH THE BAR
- 1-5 REP MAX (SEE CHART ON FOLLOWING PAGE)

- SQUAT

#### LIFTING REQUIREMENTS

- THIGHS MUST BE PARALLEL TO THE FLOOR AT THE BOTTOM OF THE MOTION
- THERE MAY BE A LIGHT SPOT BUT NO HELP FROM THE SPOTTER
- 1-5 REP MAX (SEE CHART ON FOLLOWING PAGE)

- POWER CLEAN

#### LIFTING REQUIREMENTS

- NO BOUNCING OR ROLLING THE WEIGHT FROM THE FLOOR
- A QUICK PAUSE IS ALLOWED WHEN WEIGHT IS BROUGHT BACK TO THE FLOOR. (HANDS MAY NOT BE ALLOWED TO LEAVE THE BAR)
- YOU MUST STAND COMPLETELY IN THE RACK POSITION FOR THE LIFT TO COUNT
- 1-5 REP MAX (SEE CHART ON FOLLOWING PAGE)

## HOW TO DETERMINE YOUR 1 REP MAX

After completing your test examine this chart. For example, if you complete the squat test and you do 300 pounds 5 times. Follow the reps column down to the 300 mark then find the column marked 5 follow it down until it crosses the 300 row. Where it intersects will give you your 1 rep max.

300 pound + 5 reps = 345 pound 1 rep max

WGT	2	3	4	5	WGT	2	3	4	5
135	140	145	150	155	340	360	370	380	390
140	145	150	155	160	345	365	375	385	400
145	155	160	160	165	350	370	380	390	405
150	160	165	165	175	355	375	385	400	410
155	165	170	175	180	360	380	390	405	415
160	170	175	180	185	365	390	390	410	420
165	175	180	185	190	370	395	400	415	425
170	180	185	190	195	375	400	410	420	430
175	185	190	195	200	380	410	415	425	430
180	190	195	205	210	385	410	420	430	445
185	195	200	210	215	390	415	425	435	450
190	200	210	215	220	395	420	430	440	455
195	210	215	220	225	400	425	435	450	460
200	210	220	225	230	405	430	440	455	465
205	215	225	230	235	410	435	445	460	475
210	220	230	235	240	415	440	450	465	480
215	230	235	240	250	420	445	455	470	485
220	235	240	245	255	425	450	460	475	490
225	240	245	250	260	430	455	465	480	495
230	245	250	255	265	435	460	475	490	500
235	250	255	260	270	440	465	480	495	505
240	255	260	265	275	445	470	485	500	510
245	260	260	275	280	450	470	490	505	515
250	265	270	280	285	455	475	495	510	525
255	270	280	285	290	460	475	500	515	530
260	275	285	290	300	465	480	500	520	535
265	280	290	300	305	470	485	510	525	540
270	285	295	305	310	475	490	515	530	545
275	290	300	310	315	480	495	520	535	550
280	295	300	315	320	485	500	525	540	560
285	300	310	320	330	490	505	530	545	565
290	305	315	325	335	495	510	535	550	570
295	315	320	330	340	500	515	540	560	575
300	320	325	340	345	505	525	545	565	580
305	325	330	340	350	510	530	550	570	590
310	330	340	345	355	515	535	555	575	590
315	335	345	350	360	520	540	560	580	595
320	340	350	355	365	525	545	570	585	605
325	345	355	365	370	530	550	570	590	610
330	350	360	370	375	535	555	580	600	615
335	355	365	375	385	540	560	585	600	620
					545	565	590	610	630

**RED DEVIL IRON MAN**

*We want to know pound for pound who the strongest man on our team is.*

**Add your 3 lift maxes up**

**Bench-**

**Squat-**

**Power Clean-**

**3 Lift Total-**

*Find your multiplier on the following page according to your weight \_\_\_\_\_*

*Multiply your total with you multiplier*

**\_\_\_\_\_ This is your Devil Iron Man Index**

Print this page out and send it back to -  
Completed after Mid Summer Testing

Coach Taylor  
Eureka College Football  
300 E College Ave.  
Eureka, IL 61530

Or e-mail [ntaylor@eureka.edu](mailto:ntaylor@eureka.edu)



Eureka College Conversion Chart						
Weight	Multiplier	Weight	Multiplier	Weight	Multiplier	
165	0.6656	218	0.5568	271	0.5223	
166	0.6624	219	0.5556	272	0.5218	
167	0.6593	220	0.5545	273	0.5213	
168	0.6563	221	0.5535	274	0.5208	
169	0.6533	222	0.5524	275	0.5203	
170	0.6504	223	0.5514	276	0.5198	
171	0.6475	224	0.5504	277	0.5193	
172	0.6447	225	0.5494	278	0.5188	
173	0.642	226	0.5485	279	0.5183	
174	0.6392	227	0.5476	280	0.5178	
175	0.6365	228	0.5467	281	0.5173	
176	0.6339	229	0.5458	282	0.5168	
177	0.6313	230	0.5449	283	0.5163	
178	0.6228	231	0.5441	284	0.5158	
179	0.6262	232	0.5433	285	0.5153	
180	0.6238	233	0.5426	286	0.5148	
181	0.6214	234	0.5418	287	0.5143	
182	0.619	235	0.5411	288	0.5138	
183	0.6167	236	0.5405	289	0.5133	
184	0.6144	237	0.5398	290	0.5128	
185	0.6121	238	0.5391	291	0.5123	
186	0.6099	239	0.5385	292	0.5118	
187	0.6077	240	0.5379	293	0.5113	
188	0.6056	241	0.5373	294	0.511	
189	0.6036	242	0.5367	295	0.5108	
190	0.6014	243	0.5362	296	0.5103	
191	0.5994	244	0.5357	297	0.5098	
192	0.5978	245	0.5352	298	0.5095	
193	0.5954	246	0.5347	299	0.5088	
194	0.5935	247	0.5342	300	0.5053	
195	0.5916	248	0.5337			
196	0.5897	249	0.5333			
197	0.5879	250	0.5328			
198	0.5861	251	0.5323			
199	0.5843	252	0.5318			
200	0.5826	253	0.5313			
201	0.5809	254	0.5308			
202	0.5792	255	0.5303			
203	0.5776	256	0.5298			
204	0.576	257	0.5293			
205	0.5744	258	0.5288			
206	0.5729	259	0.5283			
207	0.5714	260	0.5278			
208	0.57	261	0.5273			
209	0.5685	262	0.5268			
210	0.567	263	0.5263			
211	0.5657	264	0.5258			
212	0.5643	265	0.5253			
213	0.563	266	0.5248			
214	0.5617	267	0.5243			
215	0.5604	268	0.5238			
216	0.5592	269	0.5233			
217	0.558	270	0.5228			

Lifting Standards of a Eureka Red Devil						
Weight	235 Above	Bench Press		Squat		Power Clean
	Superior	400		500		330
	Excellent	380		480		310
	Very Good	355		455		290
	Good	330		430		270
	Average	300		400		250
	Marginal	260		360		230
Weight	215 Above	Bench Press		Squat		Power Clean
	Superior	350		460		310
	Excellent	330		440		290
	Very Good	310		415		270
	Good	290		390		250
	Average	270		360		230
	Marginal	240		320		210
Weight	190 Above	Bench Press		Squat		Power Clean
	Superior	330		430		280
	Excellent	310		410		260
	Very Good	290		385		240
	Good	270		360		220
	Average	250		330		200
	Marginal	220		290		180
Weight	189 Below	Bench Press		Squat		Power Clean
	Superior	305		405		260
	Excellent	285		390		240
	Very Good	265		370		220
	Good	245		350		200
	Average	225		315		190
	Marginal	185		290		170

Running Standards of a Eureka Red Devil					
20 Yard dash					
	Fast	Good		Average	Slow
Offensive Line	2.91	3.08		3.24	3.41
Defensive line	2.89	3.05		3.22	3.38
TE/ LB / K/P	2.57	2.82		3.08	3.33
QB / RB	2.55	2.72		2.9	3.19
WR / DB	2.43	2.88		3.04	3.07
3 Cone Drill - Pro Agility					
	Fast	Good		Average	Slow
Offensive Line	4.6	4.93		5.27	5.6
Defensive Line	4.5	4.83		5.17	5.5
TE/ LB / K/P	4.3	4.63		4.97	5.3
QB / RB	4.25	4.58		4.92	5.25
WR / DB	4.15	4.48		4.82	5.15

*All know the way; few actually walk it!!*

## TESTING CONTINUED

### Camp Testing

This fall you will be tested in a series of activities, to determine what gains that you have made over the summer.

Tests that will take place this fall:

1. 185 or 225 -Bench Press
2. Power Clean Max
3. 850 Yard Shuttle
4. Vertical Jump
5. Sit and Reach
6. 3 Cone (Pro Agility)
7. 20 – Yard Sprint

### Camp Testing

- BENCH PRESS

#### LIFTING REQUIREMENTS

- FEET MUST BE FLAT ON THE FLOOR
- HIPS MUST STAY ON THE BENCH
- BAR MUST TOUCH THE CHEST AND NOT BOUNCE
- SPOTTER MAY NOT TOUCH THE BAR
- REP MAX TO FALIURE
  - CHOOSE EITHER 225 OR 185

- POWER CLEAN

#### LIFTING REQUIREMENTS

- NO BOUNCING OR ROLLING THE WEIGHT FROM THE FLOOR.
- A QUICK PAUSE IS ALLOWED WHEN WEIGHT IS BROUGHT BACK TO THE FLOOR. (HANDS MAY NOT BE ALLOWED TO LEAVE THE BAR)
- YOU MUST STAND COMPLETELY IN THE RACK POSITION FOR THE LIFT TO COUNT.
- 1-5 REP MAX (SEE CHART ON PREVIOUS PAGE)

- 850 YARD SHUTTLE

#### TEST REQUIREMENTS

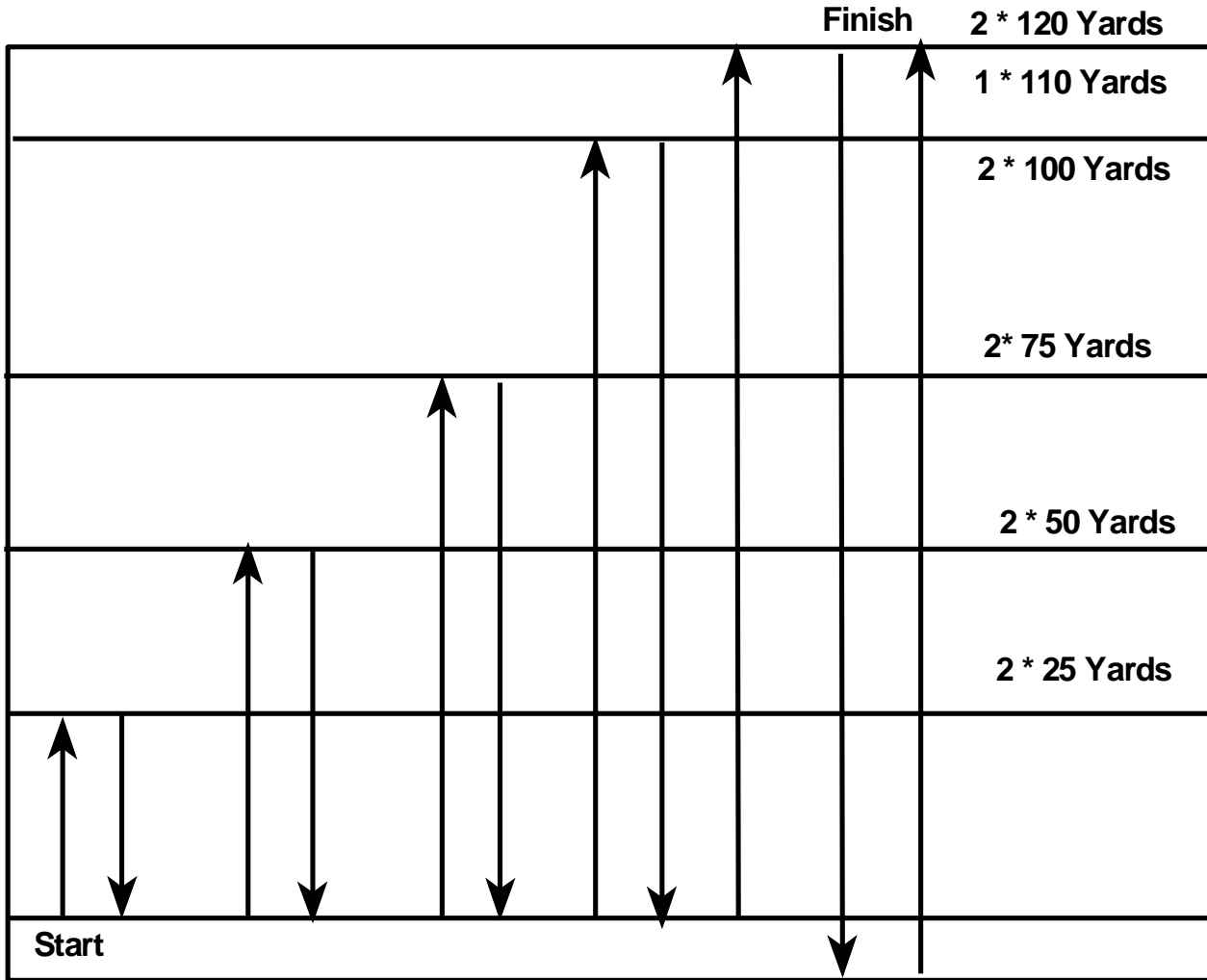
- FOLLOWING THE DIAGRAM ON THE NEXT PAGE.
- TOUCH THE LINE EVERY TIME OUR YOU WILL BE TOLD TO GO BACK AND TOUCH IT. THIS WILL TAKE FROM YOUR TIME THAT IS REQUIRED OF YOU.
- THE TEST IS PREFORMED AS FOLLOWS:
  - 2 X 25
  - 2 X 50
  - 2 X 75
  - 2 X 100
  - 1 X 110
  - 2 X 120

### REQUIRED TIMES:

OFFENSIVE LINEMEN - 3:20  
 DEFENSIVE LINEMEN- 3:10  
 TE / LB / KICKERS- 2:50

RB / SAFTIES / QB - 2:45  
 CORNERS / WIDE RECIEVERS- 2:40

**Devil Conditioning Test**



**REQUIRED TIMES:**

OFFENSIVE LINEMEN - 3:20  
 DEFENSIVE LINEMEN- 3:10  
 TE / LB / KICKERS- 2:50

RB / SAFTIES / QB - 2:45  
 CORNERS / WIDE RECIEVERS- 2:40

***RED DEVIL FOOTBALL***

***DYNAMIC WARM UP PROGRAM***

**"The man who can drive himself further once the effort gets painful is the man who will win."**

**Roger Bannister**

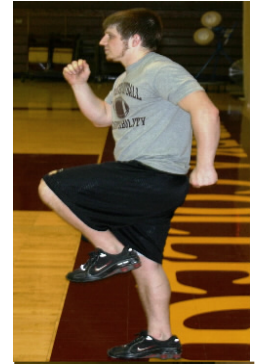
## Dynamic Warm Ups

To be done before every workout

MARK OUT A 30 YARD COURSE – USE THE LENGTH OF THE COURT IF INSIDE

### 1. WALKING HIGH KNEES

- TAKE AN EXAGGERATED HIGH STEP, DRIVING YOUR KNEE HIGH, AND SIMULTANEOUSLY PUSH UP ON THE TOES OF YOUR OPPOSITE FOOT.
- USE THE PROPER ARM SWING; 90° ANGLE AT THE ELBOWS, HANDS SWING UP TO CHIN LEVEL AND BACK BEYOND REAR POCKET.
- DRIVE YOUR KNEES UP AS HIGH AS POSSIBLE AND LIFT YOUR TOE.



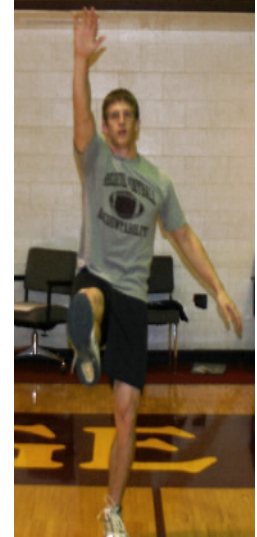
### 2. WALKING LUNGE

- STEP OUT WITH A LONG STRIDE, STRIKING THE HEEL OF YOUR FORWARD FOOT AND EXTENDING ONTO THE TOES OF YOUR BACK FOOT.
- COMPLETE THE CYCLE BY BRINGING YOUR TRAIL LEG THROUGH AND STANDING UPRIGHT.
- POSITION YOUR HANDS BEHIND YOUR HEAD WHILE KEEPING YOUR EYES FOCUSED FORWARD.
- FLEX YOUR FRONT KNEE TO 90° AND KEEP YOUR BACK KNEE FROM STRIKING THE GROUND.



### 3. WALKING STRAIGHT LEG KICKS

- WALK FORWARD KEEPING YOUR FRONT LEG STRAIGHT.
- KICK YOUR LEG UP AND TOUCH YOUR TOES TO THE FINGERS OF YOUR SAME HAND.
- REPEAT THE CYCLE WITH YOUR OPPOSITE LEG.
- KEEP YOUR ARM EXTENDED OUT PARALLEL WITH THE GROUND.
- ON YOUR FIRST SET OF THIS DRILL ONLY KICK TO 75% CAPACITY, AND THEN ON YOUR SECOND SET KICK TO FULL CAPACITY.



### 4. WALKING SIDE LUNGE

- KEEP YOUR TORSO UPRIGHT AND TAKE A LONG STRIDE OUT TO THE SIDE.
- LUNGE OUT BENDING YOUR FORWARD KNEE TO 90° WHILE KEEPING YOUR TRAIL LEG STRAIGHT.
- LOWER YOUR HIPS AND SHIFT YOUR BODY WEIGHT TO THE OPPOSITE LEG.
- RECOVER BY BRINGING YOUR FEET TOGETHER AND STANDING UPRIGHT.
- KEEP YOUR HEAD FOCUSED FORWARD WITH YOUR HANDS BEHIND YOUR HEAD.



## Dynamic Warm Ups Continued

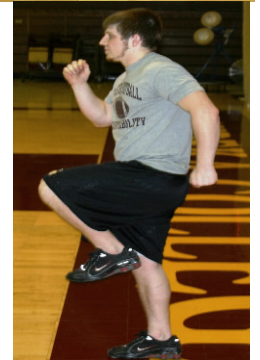
### 5. RUNNING BUTT KICKS

- BEGIN RUNNING BY FLEXING YOUR KNEE AND BRINGING YOUR HEEL BACK AND AROUND TO YOUR BUTTOCKS.
- MAINTAIN A SLIGHT FORWARD LEAN THROUGHOUT THE DRILL, AND STAY ON THE BALLS OF YOUR FEET.
- COMPLETE 20 KICKS WITHIN 10 YARDS.
- MAINTAIN A QUICK, YET SHALLOW ARM SWING, KEEP YOUR ELBOWS AT 90° AND DRIVE YOUR HANDS FROM CHEST TO FRONT HIP POCKET.



### 6. RUNNING HIGH KNEES

- EXECUTE PROPER RUNNING FORM; KEEP YOUR ELBOWS AT 90° AND DRIVE YOUR HANDS UP TO CHIN LEVEL AND BACK TO YOUR REAR POCKET. STAY ON THE BALLS OF YOUR FEET, AND DRIVE YOUR KNEES.



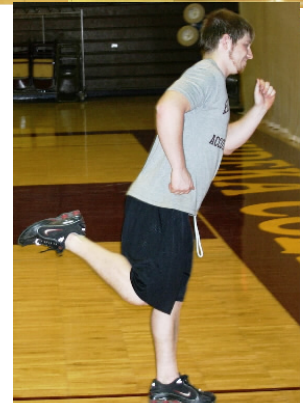
### 7. RUNNING CARIOCA

- STAY ON THE BALLS OF YOUR FEET WITH YOUR HIPS IN A LOW SEMI-SQUAT POSITION.
- BEGIN THE DRILL BY TWISTING YOUR HIPS AND CROSSING ONE LEG IN FRONT OF THE OTHER, BRING YOUR TRAIL LEG THROUGH, AND CROSS YOUR LEAD LEG BEHIND THE TRAIL LEG.
- YOUR SHOULDERS REMAIN SQUARE THROUGH THE ENTIRE DRILL.



### 8. BACKWARD RUN

- STANDING UP STRAIGHT, LEAN SLIGHTLY FORWARD.
- BRING HEEL UP TO BUTTOCKS AND THEN REACH BACK AS FAR AS POSSIBLE.
- REPEAT QUICKLY WITH OTHER LEG, CONTINUE ALTERNATING LEGS.



### 9. START & STRIDE

- UTILIZE A SPRINTER STANCE
- FIRE OUT, STAYING LOW, THEN OPEN UP YOUR STRIDE TO FULL LENGTH
- THIS IS NOT A FULL SPRINT – EXAGGERATE YOUR SPRINT FORM AND STRIDING OUT.



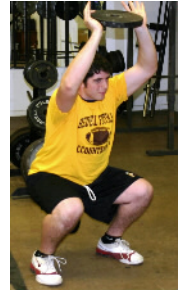
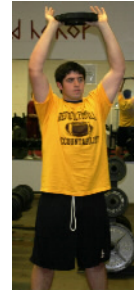


## Weight Room Warm Up Program

### Warm Up Routine- Option A

#### Overhead Squats:- 3\*10

- Use a 25 LB. weight – in a good athletic stance hold weight above head.
- From starting position squat down to a parallel position, hold for a count, and then push up to starting position.
  - Heels on the ground
  - Arch in the back
  - Big Chest
  - Eyes straight ahead



### Option B

#### Combat Training:

- 10 Dive Bombers
  - With hands on the ground, shoulder width apart. Your feet are on the ground and your legs are also shoulder width apart.
  - Your buttocks are in the air; your head is looking back towards your heels.
  - Bend your elbow and lower body in a circular arc, until your arms are straight. Your chest is up and your hips are almost touching the ground.
  - Look to the sky and exhale.
  - Return to the original position.
- 10 Jack Knives
  - Begin lying on your back with straight legs and arms extended over your head.
  - Simultaneously raise your arms and legs in the air above your mid-section touch your hands to your toes.
  - Return to original position lowering your arms and legs to the ground inhale up, exhale down.



#### ○ 50 Punch Ladder

- 5 Right Hand Jabs
- 5 Left Hand Jabs
- 10 two Hand Punches
- 5 Rt,Lt,Rt Combos
- 5 Lt,Rt,Lt Combo



Finish with the core/ab routine for the da

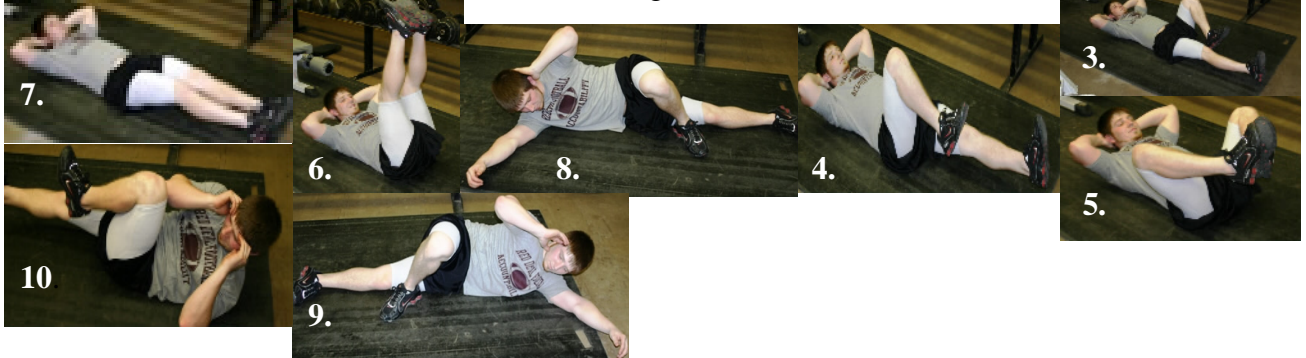
### **RED DEVIL CORE ROUTINE**

You should complete at the minimum of 300 reps of abdominal work each day at the beginning of your lifting workout.

- Place your hands to the side of your head
- Resting position between exercises – Knees to your chest no feet on the ground

#### ○ 25 reps of each (Option A)

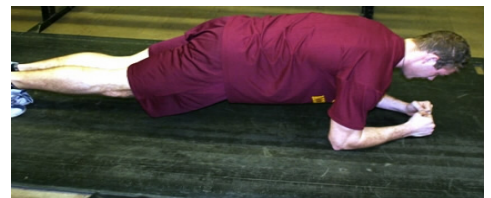
1. Feet Flat on the ground- Crunches
2. Feet Up in the air- Crunches (Your feet should not touch the ground after this)
3. Right Lg. straight at 6 inches, Left Lg. stays bent- Crunches
4. Left Lg. straight at 6 inches, Right Lg. stays bent- Crunches
5. Bring your heels together spread your knees- Crunches (Touch your toes)
6. Legs Straight Up in the air- Crunches (Touch your toes)
7. Legs Straight out at 6 inches- Crunches
8. Side Crunches Right side.
9. Side Crunches Left side.
10. 75 elbow to opposite knee crunches (Twisting Motion)



• Total 300

#### ○ Bridge Routine (Option B)

- Oblique Bridges
  - On your elbow, so your body is straight push upward.
  - Then on the way down make your bottom calf touch the floor.
  - Repeat the other side
  - 10 reps each side
- Stabilization Bridge
  - Draw Lower abdomen towards the spine.
  - Contract the glutes and lift your body onto your forearms.
  - Hold for 30 seconds for 3 sets.
- Supermans
  - Lying on your stomach with your arms straight in front of you.



### ○ Bridge Routine (Option B) Continued

- Supermans Continued
  - Thrust upward with both your legs and your arms.
  - Hold for 30 seconds for 10 reps
- Iron Cross
  - Sitting on your buttocks with your legs out straight in front of you.
  - As you lean backwards to a 45 degree angle your arms should come out to the side as if to form a cross. Your legs should raise up to a 45 degree angle. Creating a V in your body.
  - Hold for 30 seconds for 5 reps.



### EXTRAS OR SUBSTITUTE EXERCISES

- Straight Leg Crunches
  - Keeping your feet & legs straight at six inches we will perform crunches from this position.
- Knee Ups
  - From the same position as above you will bring your knees to your chest and back down.
- Up & Outs
  - You will bring your knees to your chest and then kick straight up into the air lifting your hips off the ground.
- Row Boats
  - Being in the same position as you were for Iron Crosses.
  - Begin to twist from side to side trying to place both hands to the ground.
  - To make the drill tougher reach further back, our grasp a weight or a medicine ball and do the exact same thing.

## Quick Stretch

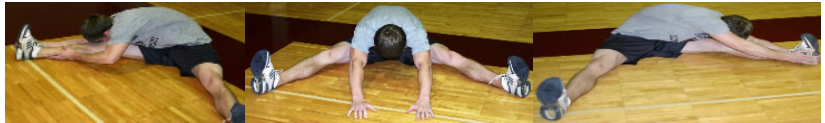
*To be done after the lift or after speed school*

### Things to Remember

- Don't bounce on the muscle to try and further the stretch
- Don't Jerk or Pull Hard – Do it Gradually
- Try to stretch further each day

### ○ Sitting V Stretch

- Reaching down the right leg with both hands, keeping a big chest, bend at waist.
- Repeat for the middle
- Repeat for the left



### ○ Side Quad Extension

- Lying on your right side – pull you left ankle to your butt.
- Repeat lying on your other side



### ○ Butterfly

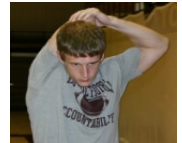
- Sitting on your butt. HANDS ON ANKLES NOT TOES
- Pull your heels together and slowly push your knees down and out with your elbows.



### ○ Arms

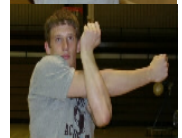
#### ○ Over the Top

- Reach your left arm over the top as if you were scratching your back.
- Take your opposite hand and gently push down on your elbow.
- Repeat with your other arm.



#### ○ Across

- Reach your left arm across your chest.
- Take your opposite hand and gently push against it.
- Repeat with your other arm.



#### ○ Partner

- 1 man will try to intertwine their fingers behind them.
- Their partner will slowly push together and up.
- The partners will now switch.



***RED DEVIL FOOTBALL***  
***STRENGTH AND EXPLOSION***  
***WORK OUT***

**“The important thing is not to stop questioning.”  
-Albert Einstein**

**RED DEVIL  
OFF-SEASON  
STRENGTH AND EXPLOSION**

During the summer program the strength and explosion program will be centered on three main phases:

BASE PHASE: 1<sup>ST</sup> CYCLE - 2 WEEKS                      2<sup>ND</sup> CYCLE - 2 WEEKS

A. Build & Maintain Mass

B. Build & Maintain Strength

C. Develop a foundation of Explosiveness & Power

STRENGTH PHASE: 1<sup>ST</sup> CYCLE - 2 WEEKS                      2<sup>ND</sup> CYCLE - 2 WEEKS

A. Build & Maintain Strength

B. Build off of the foundation of Explosiveness & Power

C. Build & Maintain Mass

EXPLOSION PHASE: 1<sup>ST</sup> CYCLE - 2 WEEKS                      2<sup>ND</sup> CYCLE - 1 1/2 WEEKS

A. Continued Development of Explosiveness & Power

B. Build & Maintain Strength

C. Build & Maintain Mass

This past off season we have built on each of these phases, it is now time to continue to grow with intensity and desire. The question you need to ask yourself is how much more can I give? Everyone is giving something up this summer to continue to grow as a Red Devil. Some are sacrificing a lot: others not as much. Everyone's sacrifice will be different, **HOW MUCH MORE CAN YOU GIVE?**

Upper Classmen you have invested a lot of time and effort into this program during this past year **DO NOT LET YOUR INVESTMENT GO TO WASTE.** All of that work that you did will be for not if you decide not to follow through with this investment. **DO THE WORK.**

Freshmen welcome to the Red Devils. Understand this is your first level of investment, each one of you were recruited for a reason. Each one of you brings something special to the family; this workout will help you develop your skills further.



## Weight Room Procedures

- Check your off-season calendar for which workout to perform.
- Warm Up
  - Dynamic Warm Up
  - Option A or Option B – Designated on your cards
- AB Routine – Option A or Option B – Designated on your cards
- Football workout must be completed before any extra lifts.
- Quick Stretch at the end (See Warm-Up / Flexibility section).
- The work out is a 4 day split workout – get 4 workouts in.
- After your core lifts – Do your plyo routine before your auxiliary lifts.

## RED DEVIL FOOTBALL STRENGTH CHARTS

### • How to use the charts

- Know your 1 rep max and locate it on the left hand side.
- Know the set and reps of lifts (10, 10, 10 or 5, 5, 5)
- Follow that workout down to your 1 rep max line- you will find 3 or 4 weights that you are required to workout with.

Lifts that Use Charts (Core Lifts = MAIN lifts)

1. Bench
  - a. Incline Bench (70 %) Example- Bench Max of 200 Pounds –  $200 * .70 = 140$  Pound Incline Max.
2. Squat
  - a. Front Squat (50 %) Example- Squat Max of 200 Pounds -  $200 * .5 = 100$  Pound Front Squat Max
3. Power Clean
  - a. Push Jerk (80 %) Example- Power Clean Max of 200 Pounds –  $200 * .8 = 160$  Pound Push Jerk Max.
  - b. Power Row (90%) Example- Power Clean Max of 200 Pounds –  $200 * .9 = 180$  Pound Power Row Max

### Reminders-

- Write down your final weight and reps of each exercise daily.
- Use the charts when workout calls for it (Your Core Lifts).
- If you successfully complete the work out for that day, move up to the next max (up 5 pounds) the following week.
- On your auxiliary lifts (labeled on the card) – continue to move up 5 pounds every time you complete a required workout.









# Red Devil Summer Workout

NAME \_\_\_\_\_

**\*MAKE SURE THAT YOU ARE MOVING UP IN WEIGHT - RECORD YOUR FINAL WEIGHT**

Warm UP B	Ab Routine A	<u>Cycle #2</u> July 3 through August 11					Prime the Pump
Day #3		<u>6-Jul</u>	<u>13-Jul</u>	<u>20-Jul</u>	<u>27-Jul</u>	<u>3-Aug</u>	<u>August 10th</u>
Bench Press -Core-Max - _____		3*12	3*12	4* 8 DB	4*8 DB	4*5 DB	
Push Jerk - Core- Max- _____ 80% of Power Clean		3*5	3*5	5*3	5*3	4,3,2	
Dumbbell Incline Bench		3*12	3*12	4*8	4*8	4*5	
Narrow Grip Bench		3*12	3*12	3*10	3*10	4*5	
Lateral Pull Downs		3*12	3*12	3*10	3*10	4*8	
Hanging Shrugs		3*12	3*12	3*10	3*10	4*8	
Dumbbell Circuit #1		Weight	Weight	Weight	Weight	Weight	

Day #4							
Warm Up – A	Ab Routine - B	<u>7-Jul</u>	<u>14-Jul</u>	<u>21-Jul</u>	<u>28-Jul</u>	<u>4-Augl</u>	<u>August 11th</u>
Front Squat-Core-Max _____ 50% of Squat		3*10	3*10	4* 5	4*5	4,3,2	
Power Row-Core-Max _____ 90% of Power Clean Max		3*5	3*5	5*3	5*3	4,3,2	
Lateral Lunges		4*8	4*8	3*10	3*10	4*6	
Step Ups		3*10	3*10	4*8	4*8	3*10	
Roman Dead Lift		3*10	3*10	4*8	4*8	3*10	
Manual Leg Curls		3*10	3*10	4*8	4*8	4*5	
Dumbbell Circuit #2		Weight	Weight	Weight	Weight	Weight	

# Red Devil Iron Strength Cards

## Core Lifts Strength Card

Reps	12	12	12									
		10	10	10								
1RM		8	8	8	8							
				5	5	5						
				5	5	5	5					
						3	3	3	3	3		
										4	3	2
100	55	60	65	70	65	75	80	80	85	85	90	95
105	60	65	70	75	70	80	85	85	90	90	95	100
110	60	65	70	75	70	80	90	90	95	95	100	105
115	65	70	75	80	75	85	90	90	100	100	105	110
120	65	70	80	85	80	90	95	95	100	100	110	115
125	70	75	80	85	80	95	100	100	105	105	115	120
130	70	80	85	90	85	100	105	105	110	110	120	125
135	75	80	90	95	90	100	110	110	115	115	120	130
140	80	85	90	100	90	105	110	110	120	120	125	135
145	80	90	95	100	95	110	115	115	125	125	130	140
150	85	90	100	105	100	110	120	120	130	130	135	145
155	85	95	100	110	100	115	125	125	130	130	140	150
160	90	95	105	110	105	120	130	130	135	135	145	155
165	90	100	110	115	110	125	130	130	140	140	150	160
170	95	100	110	120	110	130	135	135	145	145	150	160
175	95	105	115	120	115	130	140	140	150	150	160	165
180	100	110	115	125	115	135	145	145	155	155	160	170
185	100	110	120	130	120	140	150	150	160	160	165	175
190	105	115	125	135	125	140	150	150	160	160	170	180
195	110	115	125	135	125	145	155	155	165	165	175	185
200	110	120	130	140	130	150	160	160	170	170	180	190
205	110	125	135	145	135	155	165	165	175	175	185	195
210	115	125	135	145	135	160	170	170	180	180	190	200
215	120	130	140	150	140	160	170	170	185	185	195	205
220	120	130	145	155	145	165	175	175	190	190	200	210
225	125	135	145	160	145	170	180	180	190	190	200	215
230	125	140	150	160	150	175	185	185	195	195	210	220
235	130	140	150	165	150	175	190	190	200	200	210	225
240	130	145	155	170	155	180	190	190	205	205	215	230
245	135	150	160	170	160	185	195	195	210	210	220	235
250	140	150	160	175	160	190	200	200	215	215	225	240
255	140	155	165	180	165	190	205	205	215	215	230	245
260	145	155	170	180	170	195	210	210	220	220	235	250
265	145	160	170	185	170	200	210	210	225	230	240	255
270	150	160	175	190	175	200	215	215	230	230	245	255
275	150	165	180	190	180	205	220	220	235	235	245	260
280	155	170	180	195	180	210	225	225	240	240	250	265
285	155	170	185	200	185	215	230	230	240	240	255	270
290	160	175	190	205	190	220	230	230	245	245	260	275
295	160	180	190	205	190	220	235	235	250	250	265	280

# Red Devil Iron Strength Cards

## Core Lifts Strength Card

Reps	12	12	12									
		10	10	10								
		8	8	8	8							
					5	5	5					
					5	5	5	5				
							3	3	3	3	3	
1RM										4	3	2
300	165	180	195	210	195	225	240	240	255	255	270	285
305	165	185	200	215	200	230	245	245	260	260	275	290
310	170	185	200	215	200	230	250	250	260	260	280	295
315	175	190	205	220	205	235	250	250	265	265	285	300
320	175	190	210	225	210	240	255	255	270	270	290	305
325	180	195	210	230	210	245	260	260	275	275	295	310
330	180	200	215	235	215	250	265	265	280	280	300	315
335	185	200	215	240	215	250	270	270	285	285	300	320
340	185	205	220	240	220	255	270	270	290	290	305	325
345	190	210	225	240	225	260	275	275	295	295	310	330
350	190	210	230	245	230	260	280	280	300	300	315	335
355	195	215	230	250	230	265	285	285	300	300	320	340
360	195	215	235	250	235	270	290	290	305	305	325	345
365	200	220	235	255	235	275	290	290	310	310	330	350
370	205	220	240	260	240	280	295	295	315	315	335	350
375	205	225	245	260	245	280	300	300	320	320	340	355
380	210	230	250	265	250	285	305	305	325	325	340	360
385	210	230	250	270	250	290	310	310	330	330	345	365
390	215	235	255	275	255	295	310	310	330	330	350	370
395	220	240	255	280	255	295	315	315	335	335	355	375
400	220	240	260	280	260	300	320	320	340	340	360	380
405	220	245	265	285	265	305	325	325	345	345	365	385
410	225	245	265	285	265	310	330	330	350	350	370	390
415	230	250	270	290	270	310	330	330	350	350	375	395
420	230	250	270	295	270	315	335	335	355	355	380	400
425	235	250	275	300	275	320	340	340	360	360	385	405
430	235	260	280	300	280	325	345	345	365	365	390	410
435	240	260	285	305	285	325	350	350	370	370	390	415
440	240	265	285	310	285	330	350	350	375	375	395	420
445	245	265	290	310	290	335	355	355	380	380	400	425
450	245	270	295	315	295	340	360	360	380	380	405	430
455	250	275	295	320	295	340	365	365	385	385	410	435
460	255	275	300	320	300	345	370	370	390	390	415	435
465	255	280	300	325	300	350	370	370	400	400	420	440
470	260	280	305	330	305	355	375	375	400	400	425	450
475	260	285	310	330	310	355	380	208	405	405	430	450
480	265	290	315	335	315	360	385	385	410	410	430	455
485	265	295	315	340	315	365	390	390	410	410	435	460
490	270	295	320	345	320	365	390	390	415	415	440	465
495	270	300	320	350	320	370	395	395	420	420	445	470

# Red Devil Iron Strength Cards

## Core Lifts Strength Card

Reps	12	12	12	10	10	8	8	5	5	3	3	3	3	3
1RM														
500	275	300	325	350	325	375	400	400	425	425	450	475		
505	275	305	330	355	330	375	405	405	430	430	455	480		
510	280	305	330	360	330	380	410	410	435	435	460	485		
515	285	310	335	360	335	385	410	410	435	435	465	490		
520	285	310	340	365	340	390	415	415	440	440	470	495		
525	290	315	340	370	340	390	420	420	445	445	470	500		
530	290	320	345	370	345	395	425	425	450	450	475	505		
535	295	320	350	375	350	400	430	430	455	455	480	510		
540	300	325	350	380	350	405	430	430	460	460	485	515		
545	300	325	355	380	355	410	435	435	460	460	490	520		
550	305	330	360	385	360	410	440	440	465	465	495	525		
555	305	330	360	390	360	415	445	445	470	470	500	530		
560	310	335	365	390	365	420	450	450	475	475	505	530		
565	310	340	365	395	365	425	450	450	480	480	510	535		
570	315	340	370	400	370	425	455	455	485	485	515	540		
575	315	345	375	405	375	430	460	460	490	490	520	545		
580	320	400	375	405	375	435	465	465	495	495	520	550		
585	320	350	380	410	380	440	470	470	500	500	525	555		
590	325	355	385	415	385	440	470	470	500	500	530	560		
595	325	355	385	415	385	445	475	475	505	505	535	565		
600	330	360	390	420	390	450	480	480	510	510	540	570		

**RED**  
**DEVIL FOOTBALL**

*Plyo Routines and Exercise Definitions*

**To Become Explosive You Must Train Explosively**

## Plyometric Work Out

In-between your core lifts and your auxiliary lifts you will be asked to perform on of the following routines. Routine A matches with the upper body day, Routine B matches with the lower body day.

### Routine A

Choose 2-3 of the following exercises and perform them 10-12 reps. for 3 sets, or the required distance 2 to 3 times

Exercises- See the following pages for exercise definitions.

- Power Push Ups
- Lateral Push Ups
- Medicine Ball Chest Passes
- Overhead Medicine Ball Passes
- Medicine Ball Drops
- Towel Pull Ups
- Forward Wheelbarrow 15 yards – 3 times
- Lateral Wheelbarrow 15 yards – 3 times
- Inch Worm 10 yards – 2 times

### Routine B

Choose 2-3 of the following exercises and perform them 10-12 reps. for 3 sets.

Exercises- See the following pages for exercise definitions.

- Box Jumps
- Depth Jumps
- Double Leg Bounds
- Lateral Bounds
- Knee Tucks

## Plyometric Definitions

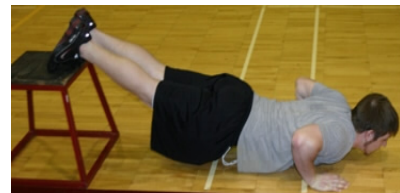
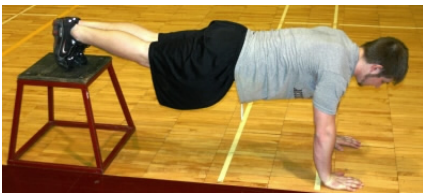
### Power Push Ups PLYO

#### Starting Position

- Top of a Push UP, arms extended.
- Feet will be elevated by the bench.

#### Movement

- Lower your body in a controlled manner, inhale as you lower.
- When reaching the down position and exploding upward, exhale with force as you drive upward.
- As you explode upward clap your hands & return to the starting position.
- Repeat for the number of repetitions needed.





## Lateral Push Ups

### Starting Position

- Starting in the up position. Place a 45 lbs. plate directly under your nose, smooth side up.
- Your hands should be starting off to one side of the plate.
- Feet planted in the ground

### Movement

- Lower your body in a controlled manner, inhale as you lower.
- Touching your chest and exploding upward, exhale with force as you drive upward.
- As you explode upward jump to the plate with your hands.
- Repeat as you explode upward from the center position jump to the opposite side of the plate.
- Repeat going back to the center.



## Medicine Ball Chest Pass

### Starting Position

- Facing your partner 5-7 yards away.
- Be in a good athletic stance, with your hands up ready to go.

### Movement

- Snap the ball as fast as you can to your partner- as if you were performing a chest pass with a basketball.
- When receiving the ball catch it with your hands and try to avoid letting it get to your body. Snap it back to your partner quickly (be in a hurry but do not be out of control).
- Repeat



## Overhead Throws

### Starting Position

- Facing your partner 5-7 yards away.
- Be in a good athletic stance, with your hands up ready to go.

### Movement

- Snap the ball as fast as you can to your partner- as if you were performing an overhead pass with a basketball.
- When receiving the ball catch it with your hands and try to avoid letting it get to your body. Snap it back to your partner quickly (Be in a hurry but do not be out of control)
- Repeat



## Medicine Ball Drops

### Starting Position

- Lying flat on the ground
- Legs laying flat on the ground
- Hands up and ready to receive the ball from your partner who is standing on a plyo. box above you

### Movement

- Your partner will drop the med. ball straight down.
- Catch the ball with your hands and quickly snap it straight up to your partner's hands.



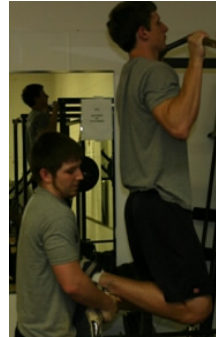
## Towel Pull Ups

### Starting Position

- Flip the rolled towel over the top of the squat rack.
- Grip either side of the towel.
- Bend your legs 90 degrees so your spotter can grab your ankles to assist.
- Your arms should be completely extended in this starting position.

### Movement

- Slowly pull yourself up as high as you possibly can go.
- As you relax your arms you should lower yourself back into the starting position.
- Your arms should be completely extended in the starting position.



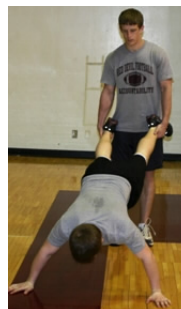
## Lateral Wheelbarrow

### Starting Position

- Starting in the up position.
- Your hands shoulder width apart.
- Feet will be held by your partner.

### Movement

- Begin to walk yourself laterally with your hands.
- Do this with very limited hand crossing.



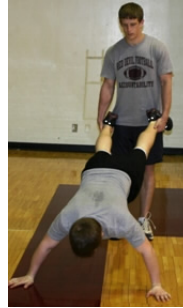
## Forward Wheelbarrow

### Starting Position

- Starting in the up position.
- Your hands shoulder width apart.
- Feet will be held by your partner.

### Movement

- Begin to walk yourself forward with your hands.



## Inch Worm

### Starting Position

- Starting in the up position.
- With your hands and feet on the ground.

### Movement

- Begin to walk yourself forward with your hands.
- Until you are in the extended position.
- Then begin to walk your feet forward.
- Repeat for 10 yards- Forward and backwards.



## Box Jumps

### Starting Position

- Place the plyo. box against the wall to avoid movement.
- Face the box in a good athletic position. Ankles, Knees and hips flexed ready to explode.

### Movement

- Explode up and onto the box. Concentrating on a soft landing, allowing your ankles, knees and hips to flex to cushion the landing so you have the ability to recoil quickly.
- Quickly jump off of the box back into the starting position. Concentrating on a soft landing, allowing your ankles, knees and hips to flex to cushion the landing so you have the ability to recoil quickly.
- Repeat.



## Depth Jumps

### Starting Position

- Place the plyo. box 5 feet from the wall.
- Start on the box facing the wall.

### Movement

- Step off the box.
- Allow your ankles, knees, and hips to flex so that you can recoil quickly jump straight up as high as you can.
- Repeat.



## Double Leg Bounds (For Distance)

### Starting Position

- Feet shoulder width apart on the baseline or at the starting line.
- Sink your hips. Allow your ankles knees and hips to flex.
- Swing your arms. Bring your arms back into the cocked position.

### Movement

- Swing your arms and explode out from the power angles created by sinking your hips.
- Allow your ankles, knees, and hips to flex so that you can recoil quickly explode out.
- Repeat for 10 reps.



## Lateral Bounds (For Distance)

### Starting Position

- Feet shoulder width apart on the baseline or at the starting line. Turn laterally at the line.
- Sink your hips. Allow your ankles knees and hips to flex.
- Swing your arms. Allow your arms to swing to assist in the jump.
- Mentally put all of your weight onto your trail leg

### Movement

- Drive hard up out with your trail leg while driving the lead leg up and out.
- Allow your ankles, knees, and hips to flex so that you can gather and recoil.
- Repeat 10 reps 5 times each leg.



## Knee Tucks (For Height)

### Starting Position

- Feet shoulder width apart on the baseline or at the starting line.
- Sink your hips. Allow your ankles knees and hips to flex.
- Swing your arms. Bring your arms back into the cocked position.

### Movement

- Swing your arms and explode up from the power angles created by sinking your hips.
- Bring your knees to your chest, not your chest to your knees.
- Allow your ankles, knees, and hips to flex so that you can recoil quickly, and explode up.
- Repeat for 10 reps.



**RED**  
**DEVIL FOOTBALL**  
**STRENGTH AND EXPLOSION**  
**EXERCISE DEFINITIONS**

“Fall seven times, stand up eight.”

Chinese Proverb

## Lift Explanations

### BENCH PRESS (DUMBBELL BENCH PRESS)

#### Starting Position

- Lying Flat on your back
- Feet planted in the ground
- Grip the bar slightly wider than shoulder width.
  - Either wrap the thumb around the bar
  - Keep the thumb open and wrap around the bar

#### Movement

- Lower the bar in a controlled manner, inhale as you lower the bar.
- Touching your chest and exploding upward, exhale with force as you drive upward.
- Keep hips pushed down to bench throughout movement.



### PUSH JERK

#### Starting Position

- Grip the bar as you would at the top of the clean.
- Feet hip width apart, toes pointed straight ahead
- Big Chest, Arched lower back
- Knees and hips “unlocked”
- Weight on your heels

#### Movement

- Quickly drop your hips downward.
- With no pause drive your hips upward, as if you were doing a vertical jump.
- At full extension. (Which will cause the bar to jump off of your chest)
- At the same time straighten your arms to help thrust the weight overhead.
- Drop directly underneath the bar catching it straight over the shoulders.
- Feet should be stay at parallel, and shoulder width apart.
- Lower the bar carefully to the start position, and reset your feet.



## INCLINE BENCH PRESS (DUMBBELL INCLINE PRESS)

### Starting Position

- Lying Flat on the bench
- Feet planted in the ground
- Grip the bar slightly wider than shoulder width.
  - Either wrap the thumb around the dumbbell
  - Keep the thumb open and wrapped around the dumbbell

### Movement

- Lower the bar in a controlled manner, inhale as you lower the bar.
- Touching your chest and exploding upward, exhale with force as you drive upward.



## OVERHEAD TRICEPS

### Starting Position

- Standing with the Dumbbell interlocked over your head.
- Your partner should be in front, with his hands on the outer parts of your elbows.

### Movement

- Slowly lower in a controlled manner the weight behind your head to about shoulder height.
- When you reach the bottom, in an explosive movement pull the weight back over your head to the starting position.
- Your partner should be continuing to put pressure on the outside parts of your elbows.





## NARROW GRIP BENCH

### Starting Position

- Lying Flat on your back
- Feet planted in the ground
- Grip the bar at the point were you.
  - Either wrap the thumb around the bar
  - Keep the thumb open and wrap around the bar

### Movement

- Lower the bar in a controlled manner, inhale as you lower the bar.
- Control the downward movement avoid bouncing the bar.
- Keep hips pushed down to bench throughout movement.



## LATERAL PULL DOWNS

### Starting Position

- Using a Lat Pull Down Machine
- Grip the Bar and get into a seated position. This will start to bring the weight down. Your arms should be fully extended above your head as you grip the bar.

### Movement

- Slowly pull down in a controlled manner.
- Pull down until the bar reaches mid chest.
- Control the weight as you move back into the starting position.



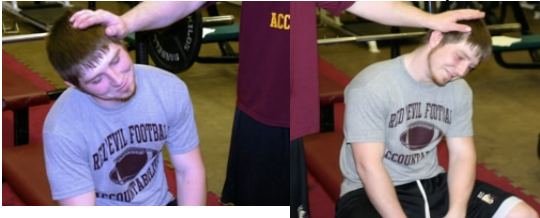
## MANUAL NECKS (Partner) NECK MACHINE IF AVAILABLE

### Starting Position

- Sit at the end of the bench facing forward with your hands on your thighs.
- Place your right ear to your right shoulder.
- Your partner should place stand to your left, and place his hand on your head applying light resistance.

### Movement

- As you try to touch your left ear to your left shoulder, your partner will resist you.
- As you move back to the starting position your partner will continue to apply pressure, you need to resist the pressure until you are back to the starting position. Repeat for the required # of reps.
- Your partner will now rotate to the front and perform the same action the movement will now be forward and back.
- He will rotate to the left and repeat and behind and repeat.



## SQUAT

### Starting Position

- Place bar on your shoulders as you stand erect in the rack
- Feet should be slightly wider than shoulder width and toes pointed out.

### Movement

- Kick your hips out creating an arch in the back and unlocking your hips.
- Lower yourself down as if you were sitting in a chair.
- To the point which the back part of your thigh is parallel to ground.
- Keep a big chest and your eyes on the horizon or looking up.
- Heels should be flat on the floor.
- Drive your hips up and through, pushing from the heels, returning to a standing position.



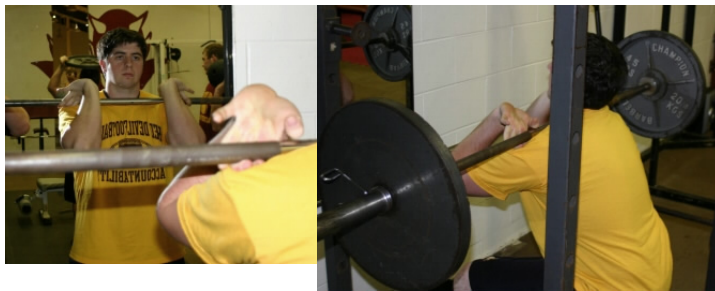
## FRONT SQUATS

### Starting Position

- Place bar across your chest and grip it as if you would be in the rack position of a power clean.
- Feet should be slightly wider than shoulder width and toes pointed out.

### Movement

- Kick your hips out creating an arch in the back and unlocking your hips.
- Lower yourself down as if you were sitting in a chair.
- To the point which the back part of your thigh is parallel to ground.
- Keep a big chest and your eyes on the horizon of looking up.
- Concentrating on keeping your high elbows so that you don't lose your balance forward.
- Heels should be flat on the floor.
- Drive your hips up, pushing from your heels, returning to a standing position.



## POWER CLEAN

### Starting Position

- Hands should grip the bar shoulder width apart using an over hand grip.
- Feet will be about as wide as your hips, toes slightly pointed outward.
- Back should be flat, Big chest, Hips slightly high then the knees

### Movement

- Drive your hips up and through in a straight line. Keep the bar as close to your body as possible.
- Continue into a powerful shrug extending you up onto the balls of your feet.
- Allow your arms to bend at the elbows from the acceleration of the bar.
- As it reaches chest height you should jump violently “Pound the Ground” and pull your self under the bar, snapping wrists.
- Catch the bar with your hips and legs; throw your elbows forward and upward.
- Allow it to rest across your shoulders and chest.



## HANGING SHRUGS

### Starting Position

- Hands should grip the bar shoulder width apart using an over hand grip.
- Feet will be about as wide as your hips, toes slightly pointed outward.
- Back should be flat, Big chest, Hips slightly high then the knees
- The bar should lie across the lower thigh slightly above the knee.

### Movement

- Drive your hips up and through in a straight line. Keep the bar as close to your body as possible.
- Continue into a powerful shrug extending you up onto the balls of your feet



## POWER ROWS

### Starting Position

- Hands should grip the bar shoulder width apart using an over hand grip.
- Feet will be about as wide as your hips, toes slightly pointed outward.
- Back should be flat, Big chest, Hips slightly high then the knees

### Movement

- Drive your hips up and through in a straight line. Keep the bar as close to your body as possible.
- Continue into a powerful shrug extending you up onto the balls of your feet.
- Allow your arms to bend at the elbows from the acceleration of the bar.
- As it reaches chest height you should jump violently "Pound the Ground"



## WALKING STRAIGHT LUNGES

### Starting Position

- Stand straight up with dumbbells at your side or your hands interlocked over your head.
- Feet should be hip width apart.

### Movement

- With your left foot step out straight ahead, exaggerate the knee drive.
- Lower your body so that your right knee touches the floor and that your left leg is at 90 degrees.
- Pull forward with your left leg back into the starting position.
- Repeat with your right leg. (You should be moving forward as if you were walking)



## LATERAL LUNGES

### Starting Position

- Stand straight up with dumbbells at your side or your hands interlocked over your head.
- Feet should be hip width apart.

### Movement

- With your left foot step out directly to the side.
- Lower your body keeping your right leg as straight as possible creating a stretch in your groin and that your left leg is at 90 degrees with your toe pointed straight ahead.
- Push back with your left leg back into the starting position.
- Repeat with your right leg.



## STEP UPS

Starting Position (Using a Plyo Box or a Bench)

- Face the box with dumbbells in both hands. Or as if you were running

Movement

- Step on to the box with your right foot.
- Drive up with your left knee to your chest.
- Slowly lower yourself back down to the position of having your right foot on the box and your left on the floor.
- Step off the box with your right foot and repeat the motion leading with your left leg.



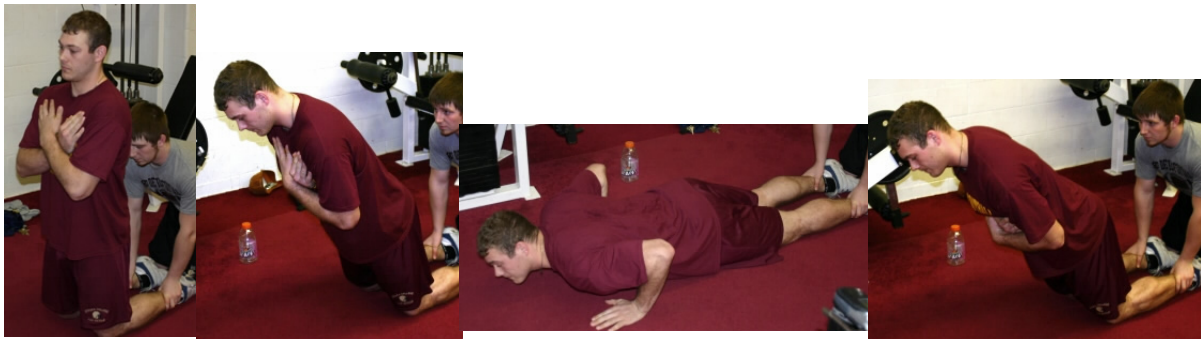
## MANUAL LEG CURLS

Starting Position

- In a kneeling position with your toes pointed straight back.
- Arm should be crossed in front of your body.
- Your partner will be holding your ankles.
- Keeping a big chest, arch in the lower back.

Movement

- Slowly begin to fall forward (control this motion by flexing you hamstrings).
- Your partner should be giving you a 4 count. As he reaches 4 allow yourself to fall forward.
- Push yourself back up to the starting position, flex your hamstring to assist you in pulling yourself up - keep a big chest and arch in the lower back.
- Repeat



## DUMBBELL COMPLEX #1 & #2

Process: Complete every exercise back to back for the required reps and rotations for 1 set.

Lifts:

1. Up Right Row
2. Snatch
3. Bent Over Row
4. Squat Jumps
5. Push Jerk

### Complex #1

5 Repetitions of each lift equals 1 set – Do 3 sets

### Complex #2

3 Repetitions of each lift 3 rotations equal 1 set – Do 3 sets

## ROMAN DEAD LIFT

Starting Position

- Stand straight up (use an elevated surface, if possible) holding the bar in front of you.
- **Be sure to have a slight bend in your knees. (Never lock your knees)**
- Hand Grip slightly outside of the thigh.
- Elbows locked.
- Feet pointing straight ahead, about hip width apart.

Movement

- Pop your hips backward, and allow your shoulder to roll in front of the bar.
- Let the bar slide down your body, keeping it close to you.
- Continue down until you feel a slight stretch in the hamstrings and can no longer keep an arch in your back.
- Flex your Glute/Hams as you drive your hips back into a standing position.





**RED DEVIL FOOTBALL**

***Speed School***

“The greatest weariness comes from work not done.”

— Eric Hoffer

## ***RED DEVIL FOOTBALL SPEED SCHOOL PHILOSOPHY***

For the first cycle of your summer program we have continued to dedicate ourselves to become **BIGGER, STRONGER & more EXPLOSIVE** in the weight room while adding sections of speed school to the program 3 days a week. For the second cycle we will add speed school to your workouts 4 days a week.

### **BASIC GOALS OF THIS PROGRAM**

- **INCREASE SPEED & QUICKNESS**
- **INCREASE FLEXIBILITY**
- **INCREASE POSITION SPECIFIC MOVEMENT**
- **INCREASE OVERALL CONDITIONING**

### **SECTIONS DESIGNED TO REACH THESE GOALS**

- **PATTERN RUNNING PROGRAM**
- **FLEXIBILITY WORK OUT**
- **SPEED & AGILITY WORKOUT**
- **SPRINT TRAINING**
- **SHUTTLE CONDITIONING**

"Never let your persistence and passion turn into stubbornness and ignorance."

-Anthony J. D'Angelo

## ***Speed School Procedures***

- To be done either in the gym or outside if weather permits
- Dynamic Warm Up Form Running Routine – If not already don for the day- See Flexibility section.
- Workout designated on calendar.
- Quick Stretch at the end (See Warm-Up / Flexibility section)

## NOTES ON SPEED

The speed required for football is specific to the demands of each position. Football speed and acceleration are the keys to your success, not straight-line track speed. Some athletes run fast in a straight line, but do not possess the abilities to quickly change direction. Your goal is to develop the specific speed and quickness needed to play your position.

Speed and quickness are abilities you inherit genetically. There are specific physical and neurological assets you must possess to run fast. These are factors you have no control over. You can't develop more speed than your genetic potential will allow. However, this should not stop you from developing your speed to meet your potential. Invest your training time wisely. We are not developing speed for a specific event - you are not a track athlete. Your level of conditioning to maintain football speed and quickness during a game is more important than your ability to run 40 yards in a straight line.

You can't alter your genetic pool or those characteristics you've inherited from your parents. However, you can develop the potential speed you do possess by exploiting those factors you can control.

Listed below are some of the items you can control that contribute to your ability to play fast:

- \* Eliminate excess body fat.
- \* Strengthen the muscles used to run, core strength – abs!!!
- \* Develop adequate flexibility.
- \* Refine stance/start techniques.
- \* Develop sound running techniques.
- \* Develop a level of fitness to maintain speed and quickness for an entire game.
- \* Practice running fast.

## SPEED STARTS WITH YOUR STANCE!

You will be using different starting techniques or stances in this program. However, when testing the 40 you should utilize a "sprinter stance". An adjustment in your stance may or may not help you. Review the guidelines we use. Experiment with one technique at a time. This will allow you to evaluate what influence (good or bad) a technique has on your time.

Listed below are the techniques we emphasize for the Sprinter Stance:

- \* Assume a three-point stance.
- \* Feet inside the hips.
- \* The distance from the front heel to the back toe is 6 inches.
- \* Toes should be pointing straight ahead.
- \* Place the ankle of the front leg directly under the hip.
- \* Adjust the head to a position that allows your eyes to focus on the ground approximately three feet ahead.
- \* Place the hand on the ground directly under your shoulder, positioned just outside of the rear leg (most of your weight is on the front hand and leg).
- \* The opposite arm should be bent at 90 degrees with the upper arm parallel to the ground.
- \* Hips should be higher than shoulders.



## START FAST!

The sprinter start will vary from your football start. It will require some practice to develop an effective start. **An explosive start requires several coordinated actions to occur rapidly and simultaneously.** You can save hundredths of a second by developing a good start.

Below are the techniques we emphasize to improve your start:

- \* Rapidly move the down arm rearward (scrape the ground hard and fast).
- \* Rapidly rotate the bent arm forward (throw fist in the direction you are running).
- \* Gain as much ground as possible on your first step.
- \* Step forward in a straight line (the first step many players take is away from the centerline of the body).
- \* Each succeeding step must be in a straight line.
- \* Keep chin down for the first three steps.
- \* Climb to the torso erect position as soon as possible (get up and out of your stance).

## RUN FAST!

There may be some techniques you can use to help you run fast in a straight line. However, there is minimal application of these techniques to the specific skills and techniques you use to play your position. Listed below are the key points we emphasize:

- \* Run tall with torso erect and shoulders back (forward lean can shorten stride).
- \* Keep head stationary with eyes focused straight ahead.
- \* Rotate arms forward and rearward close to the body.
- \* Be sure to land the plant foot directly under the hip.
- \* Increase your stride length by fully extending your hip and leg behind you, not by over striding (rear leg must be fully extended - do not prematurely pull your foot off the ground).
- \* During the recovery phase keep the lower leg relaxed and flexed at 90 degrees
- \* During recovery forcefully drive the knee in the direction you're running (do not lift knees upward).
- \* Drive the leg down and back (speed comes from the force you apply to the ground downward and backward). The most important variable to realizing your full speed potential is to practice running fast. It sounds simple, yet some athletes never practice running fast (all out). Once you've developed a requisite level of strength and conditioning, you must practice running as fast as you can.

## AGILITY & QUICKNESS

**Agility** has many connotations, as does **quickness**. The dictionary considers them synonyms, but they each have specific, though complimentary, meanings.

Being **agile** is the ability to move easily, almost instantaneously, in any direction from any position while maintaining body control, i.e. smooth.

**Quickness** is the ability to react to a given stimulus in a short time span.

**Agility and quickness** do share common ground in that most people who are agile are usually quick and vice versa. Both are necessary components for football.

### Pattern Running Program

One of the most effective means of preparing for camp is use our pattern running program. Two goals are being achieved when using this program. First, you begin to be familiarized with the position specific drills that will be used. Second it can be used as a conditioning tool.

We have organized a series of position specific patterns and one general pattern into sets of 10. From the starting point perform the first required run then jog back to the starting line, and execute the second run repeat this process until all ten movements in the set are completed.

You can run the patterns with a partner, have the partner announce the next pattern as you jog to the starting line. When all ten patterns are completed rotate positions. Your rest time is when your partner runs his patterns.

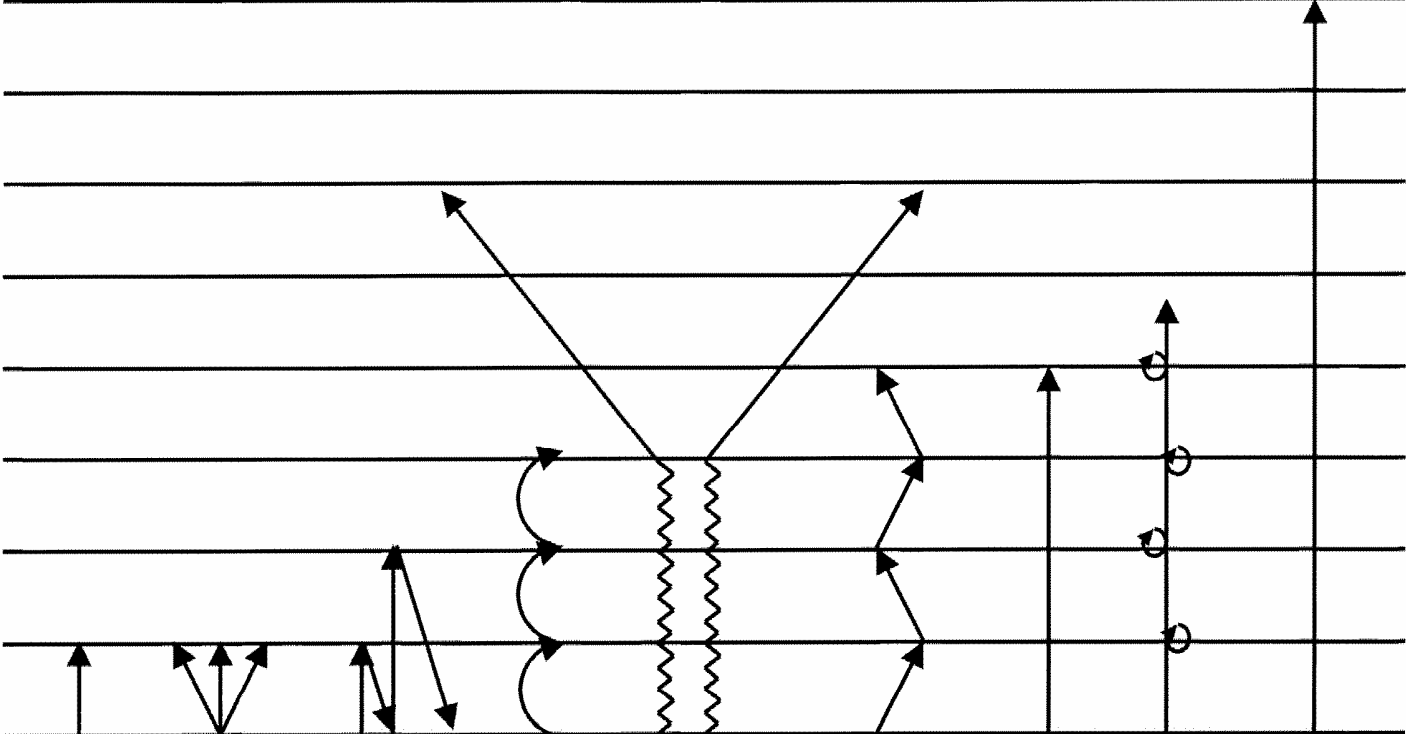
Complete the required sets as outlined below:

Date:	Workout:
May 17	Grid Iron Greats set 1 Position Specific set 1
May 24	Grid Iron Greats set 1 Position Specific sets 1, 2
May 31	Grid Iron Greats sets 1, 2 Position Specific sets 1, 2
June 7	Grid Iron Greats sets 1, 2 Position Specific sets 1, 2
June 14	Grid Iron Greats sets 1, 2 Position Specific sets 1, 2, and 3
June 21	Grid Iron Greats sets 1, 2 and 3 Position Specific sets 1, 2 and 3
July 4	Grid Iron Greats sets 1, 2 and 3 Position Specific sets 1, 2 and 3
July 11	Grid Iron Greats sets 1, 2 and 3 Position Specific sets 1, 2, 3 and 4
July 28	Grid Iron Greats sets 1, 2, 3 and 4 Position Specific sets 1, 2, 3 and 4

"In order to excel, you must be completely dedicated to your chosen sport. You must also be prepared to work hard and be willing to accept destructive criticism. Without 100% dedication, you won't be able to do this."

Wilson Mizner

# "GRIDIRON GREATS" METABOLIC WORKOUT

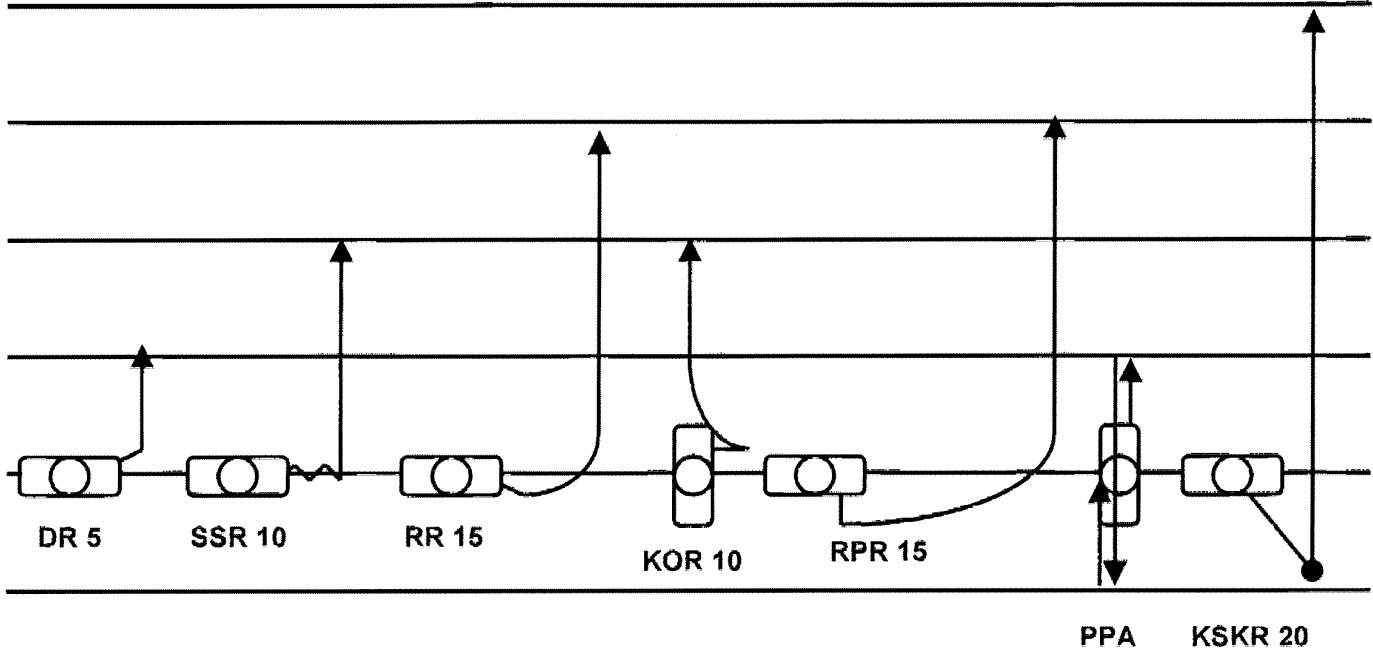


MOVEMENT	DESCRIPTION
5 S	5 YARD SPRINT
5 TS	5 YARD TRIANGLE SHUTTLE – SPRINT FORWARD & BACK PEDAL BACK – STRAIGHT / ANGLE RIGHT / ANGLE LEFT
30 SH	30 YARD SHUTTLE
15 BJ	BROAD JUMPS FOR 15 YARDS
15 BPR	BACKPEDAL FOR 15 YARDS – TURN AND SPRINT 15 YARDS TO THE RIGHT AT 45 DEGREE ANGLE
15 BPL	BACKPEDAL FOR 15 YARDS – TURN AND SPRINT 15 YARDS TO THE LEFT AT 45 DEGREE ANGLE
20 AS	20YARD ALTERNATING SHUFFLE (CHANGE EVERY 5 YARDS)
20 S	20 YARD SPRINT
25 SPRL	20 YARD SPRINT – SPIN ON RIGHT HAND – SPIN ON LEFT HAND (ALTERNATE EVERY 5 YARDS)
40 S	40 YARD SPRINT

SET 1	SET 2	SET 3	SET 4	SET 5
5 S	20 S	5 TS	REPEAT SET 1	REPEAT SET 2
5 TS	15 BJ	25 SPRL		
40 S	15 BPL	20 S		
15 BJ	20 AS	15 BPR		
15 BPR	40 S	15 BPL		
20 AS	5 TS	40 S		
20 S	30 SH	5 S		

# OFFENSIVE LINE

ALL PATHS ARE DRAWN TO THE RIGHT

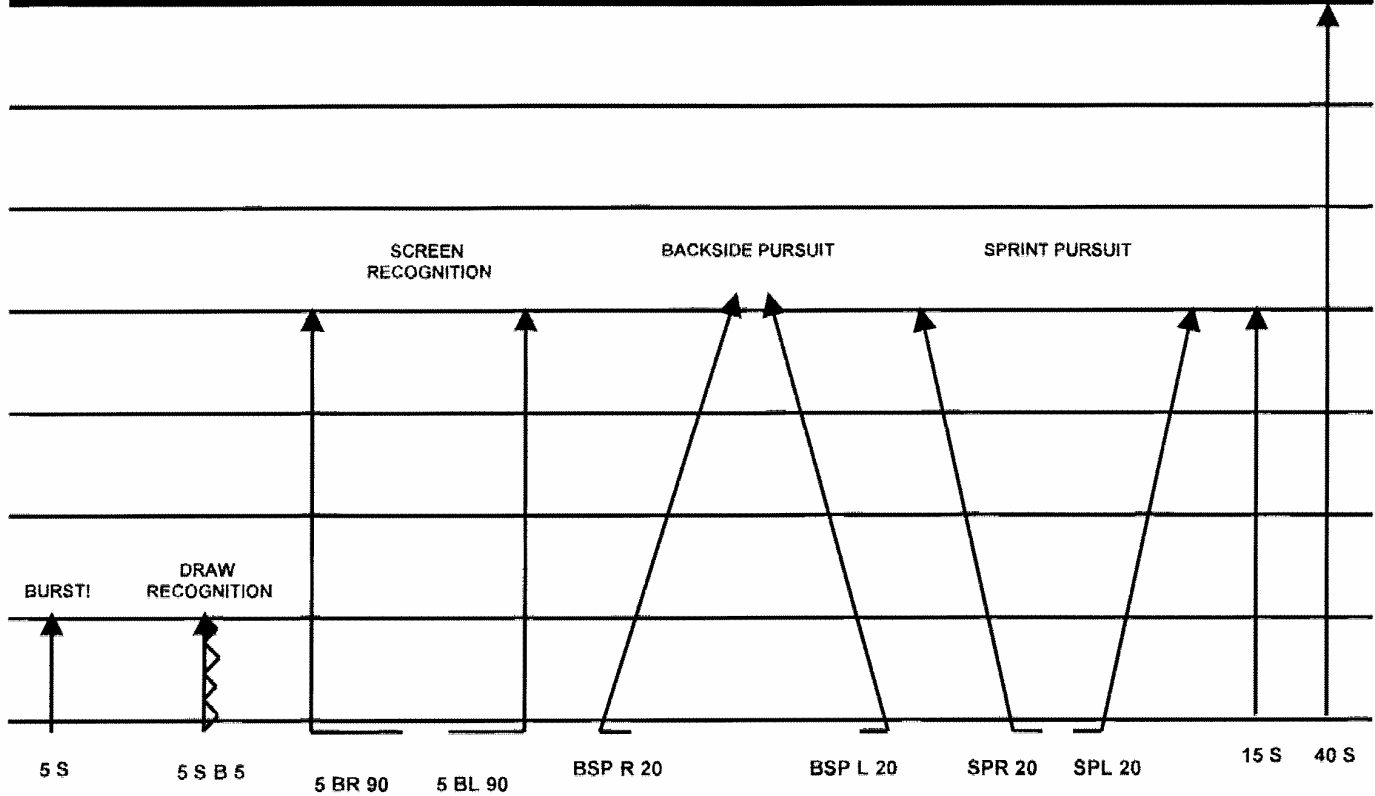


ASSIGNMENT	DESCRIPTION
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DRIVE	DR 5 / DL 5	DRIVE BLOCK STEPS - QUICK 1-2-3 - POUND GROUND WITH DEMEANOR FOR 5 YDS
SHUFFLE-SHUFFLE	SSR 10 / SSL 10	TAKE QUICK SHUFFLE-SHUFFLE FOOTWORK (THINK UNCOVERED MAN IN A PICK) - BURST UPFIELD 10 YDS
REACH	RR 15 / RL 15	BUCKET STEP, CROSSEVER & RIP. GET THIRD STEP THROUGH & UPFIELD - SPRINT 15 YARDS
KICK OUT	KOR 10 / KOL 10	PULL AND KICK OUT 10 YDS
READ PULL	RPR 15 / RPL 15	DROP STEP & SKATE 4 STEPS - BURST THROUGH THE HOLE AND SPRINT 15 YDS - THINK POWER/COUNTER/SWEEP
PASS PRO AGILITY	PPA	IN YOUR PASS SET SLIDE 5 - 10 - 5 - KEEP YOUR SET, MOVE YOUR HANDS, AND TAKE SHORT STEPS
KICK-SLIDE-KICK	KSKR 20 / KSK 20	PASS SET ON AN ANGLE FOR WIDE RUSHER - KICK-SLIDE-KICK & SPRINT 20 YDS

SET 1	SET 2	SET 3	SET 4	SET 5
DR 5	KSKL 20	RL 15	DR 5	KSKR 20
KSKL 20	RR 15	KSKL 20	KSKR 20	RPR 15
RPR 15	KOR 10	RPL 15	RPL 15	KOL 10
RL 15	RPR 15	PPA	PPA	SSL 10
PPA	PPA	KOL 10	KOL 10	RPL 15
KOL 10	RPL 15	RPL 15	RPL 15	PPA
PPA	SSL 10	RR 15	RL 15	RL 15
RPL 15	KOL 10	PPA	SSR 10	SSR 10
KSKR 20	RPR 15	KOR 10	KSKL 20	RR 15
SSR 10	KSKR 20	RPL 15	DL 5	KSKL 20

# DEFENSIVE LINE



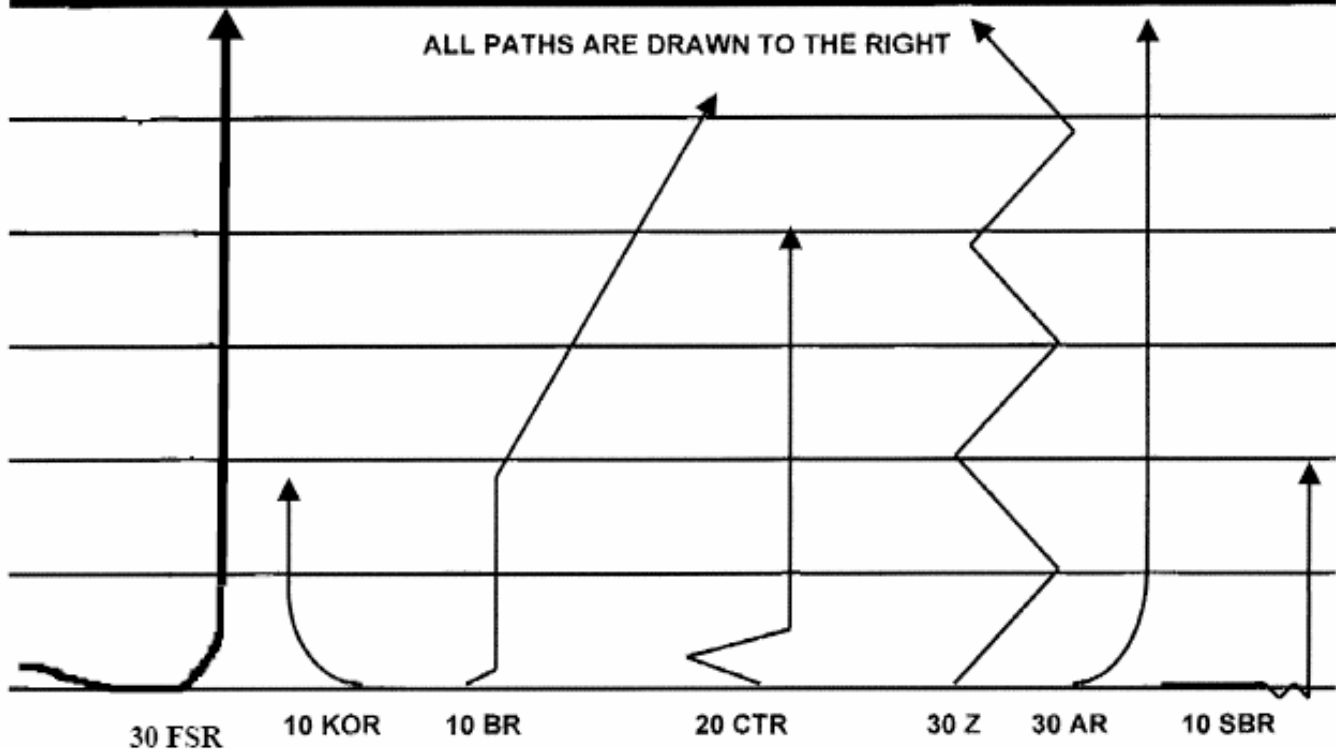
ASSIGNMENT	DESCRIPTION
<b>5 S</b>	BURSTOFF THE BALL: 5 YARD SPRINT
<b>5 S B 5</b>	DRAW RECOGNITION: SPRINT 5 YARDS & BACKPEADL 5 YARDS – RETRACE YOUR STEPS
<b>5 BR 90 / 5 BL 90</b>	SCREEN RECOGNITION: PRINT 5 YARDS AND BREAK IGH/LEFT AT 90 DEGREES – SPRINT 20 YADS
<b>BSP R 20 / BSP L 20</b>	BACKSIDEPURSUIT: BURST UPFIELD 2 STEPS – TURN AND SPRINT 20 YARDS DOWNFIELD ON A 45 DEGREE ANGLE
<b>SPR 20 / SPL 20</b>	SPRINT PURSUIT: BURST UPFIELDL 2 STEPS – RIP UNDER AND SPRINT 20 YARDSUPFIELD ON A 45 DEGREE ANGLE
<b>15 S</b>	15 YARD SPRINT
<b>40 S</b>	40 YARD SPRINT

SET 1	SET 2	SET 3	SET 4	SET 5
5 S	5 BFL	5 S B 5	SPR 20	15 S
5 S B 5	BSP L 20	5 S B 5	40 S	40 S
5 BR 90	5 S B 5	5 BFR	BSP R 20	5 S B 5
SPL 20	40 S	40 S	5 BL 90	15 S
5 BFR	5 S	5 BR 90	5 S B 5	SPR 20
5 S B 5	BSP L 20	BSP R 20	5 BFL	5 BR 90
15 S	5 BL 90	5 S	SPL 20	40 S
BSP R 20	5 S B 5	40 S	BSP L 20	5 S B 5
40 S	40 S	BSP L 20	5 S B 5	BSP L 20
SPR 20	15 S	15 S	5 S	5 BR 90



# RUNNING BACK

ALL PATHS ARE DRAWN TO THE RIGHT



## ASSIGNMENT

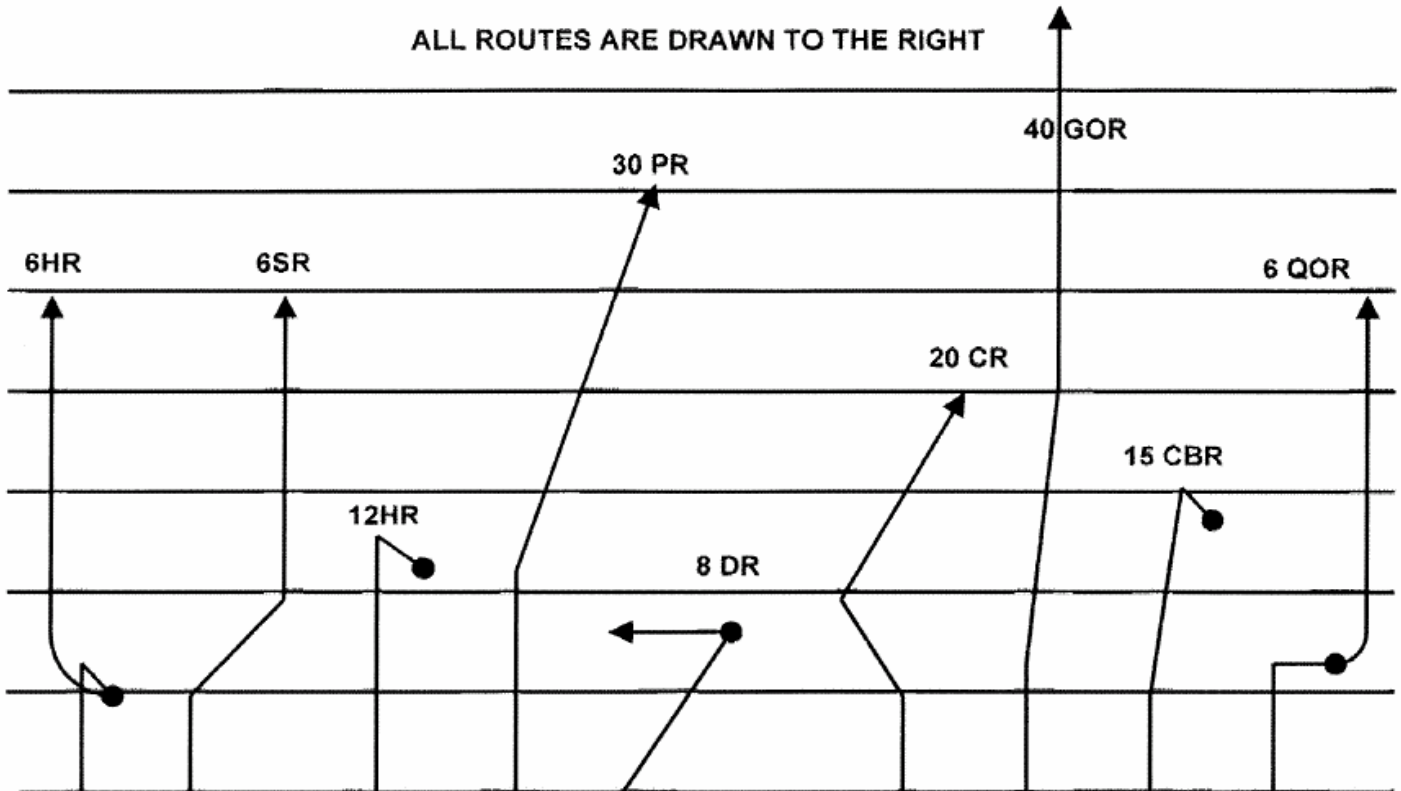
## DESCRIPTION

FLY SWEEP	30 FSR / 30 FSL	TURN TO SIDELINE - RUN 30 YD JET SWEEP PATH
FLARE	10 FLR / 10 FLL	TURN TO SIDELINE - RUN BANANA ROUTE RIGHT/LEFT & SPRINT 10 YDS FLAT TO SIDELINE
BURST	10 BR / 10 BL	LEAD STEP RIGHT/LEFT AND SPRINT 10 YDS - MAKE A 45 DEGREE BREAK OUTSIDE AND SPRINT ANOTHER 20 YDS
COUNTER	20 CTR / 20 CTL	LEAD, CROSSOVER & PLANT - COME BACK & RECEIVE HANDOFF, BURST UPFIELD 20 YDS
ZIG-ZAG	30 Z	SPRINT 30 YDS ZIG-ZAGGING EVERY 5 YDS
ARC	30 AR / 30 AL	ARC RELEASE AND SPRINT 30 YDS
SLIDE & BLAST	10 SBR / 10 SBL	SLIDE MOTION RL (TURN TO SIDELINE AND SPRINT 5 & SQUARE-UP AND SLIDE 2) - GATHER AND SPRINT 10 YDS

SET 1	SET 2	SET 3	SET 4	SET 5
10 BR	10 FLL	10 BR	30 AR	20 CTL
20 CTL	30 Z	30 FSR	10 FLR	30 FSL
30 FSR	20 CTR	10 SBL	10 BR	10 SBR
10 FLR	10 BL	30 FSL	30 FSL	30 Z
10 BL	30 FSR	10 FLL	30 Z	10 FLL
30 Z	10 SBL	10 CTL	10 BL	30 FLS
10 SBR	30 Z	10 BL	10 SBR	10 BL
10 BR	10 SBR	30 Z	30 FSR	20 CTR
30 FSL	30 FSL	10 SBR	20 CTR	30 Z
30 AR	20 CTL	10 FLR	10 SBL	30 AL

# RECEIVER AND TIGHT ENDS

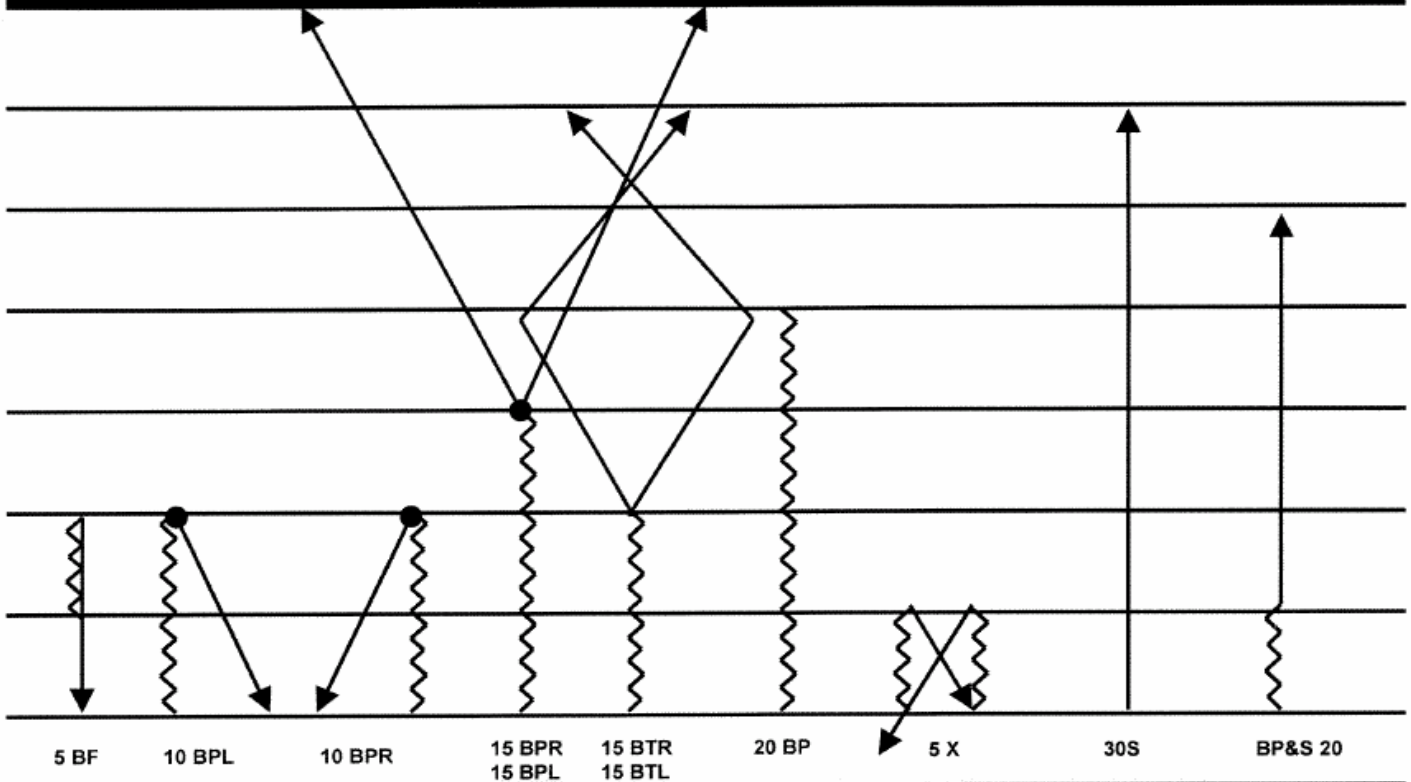
ALL ROUTES ARE DRAWN TO THE RIGHT



ROUTE	DESCRIPTION
HITCH & SPIN	6 HR / 6 HL HITCH @ 6 YDS, MAKE THE CATCH, 6'IN TIGHTLY TO OUTSIDE AND SPRINT 20 YDS
SLANT & GO	6 SR / 6 SL RUN 6 YD SLANT, MAKE THE CATCH, BURST UPFIELD 20 YDS
HOOK	12 HR / 12 HL RUN HOOK @ 12 YDS
POST	30 PR / 30 PL SPRINT 30 YD POST
DELAY	8 DR / 8 DL DRIVE INSIDE 8 YDS AT A 45 DEGREE ANGLE AND SIT DOWN, 1001-1002 COUNT THEN BURST TO THE OUTSIDE
SLANT STEM CRN	20 SCR / 20 SCL RUN 6 YD SLANT, BURST BACK TO THE CORNER @ 20 YDS
GO	40 GR / 40 GL OUTSIDE RELEASE AND SPRINT 40 YDS
COMEBACK	15 CBR / 15 CBL RUN 15 YD COMEBACK
QK OUT & GO	6 QOR / 6 QOL RUN QUICK OUT @ 6 YDS, MAKE THE CATCH AND BURST UPFIELD 20 YDS

SET 1	SET 2	SET 3	SET 4	SET 5
15 CBR	30 PR	8 DL	8 DR	6 SL
40 GOL	8 DR	6 HL	6 QOL	40 GOR
6 QOL	6 QOR	15 CBR	6 SR	20 SCL
8 DR	40 GOR	40 GOL	30 PL	8 DR
6 QOR	12 HL	6 QOL	6 HR	6 QOL
30 PL	6 QOL	20 SCR	6 QOR	15 CBR
12 HR	30 PL	12 HL	8 DL	6 HL
6 HL	20	8 DL	12 CR	6 QOR
20 SCL	6 HR	6 QOR	30 PL	8 DL
8 DL	6 SL	30 PR	15 CBR	6 SR

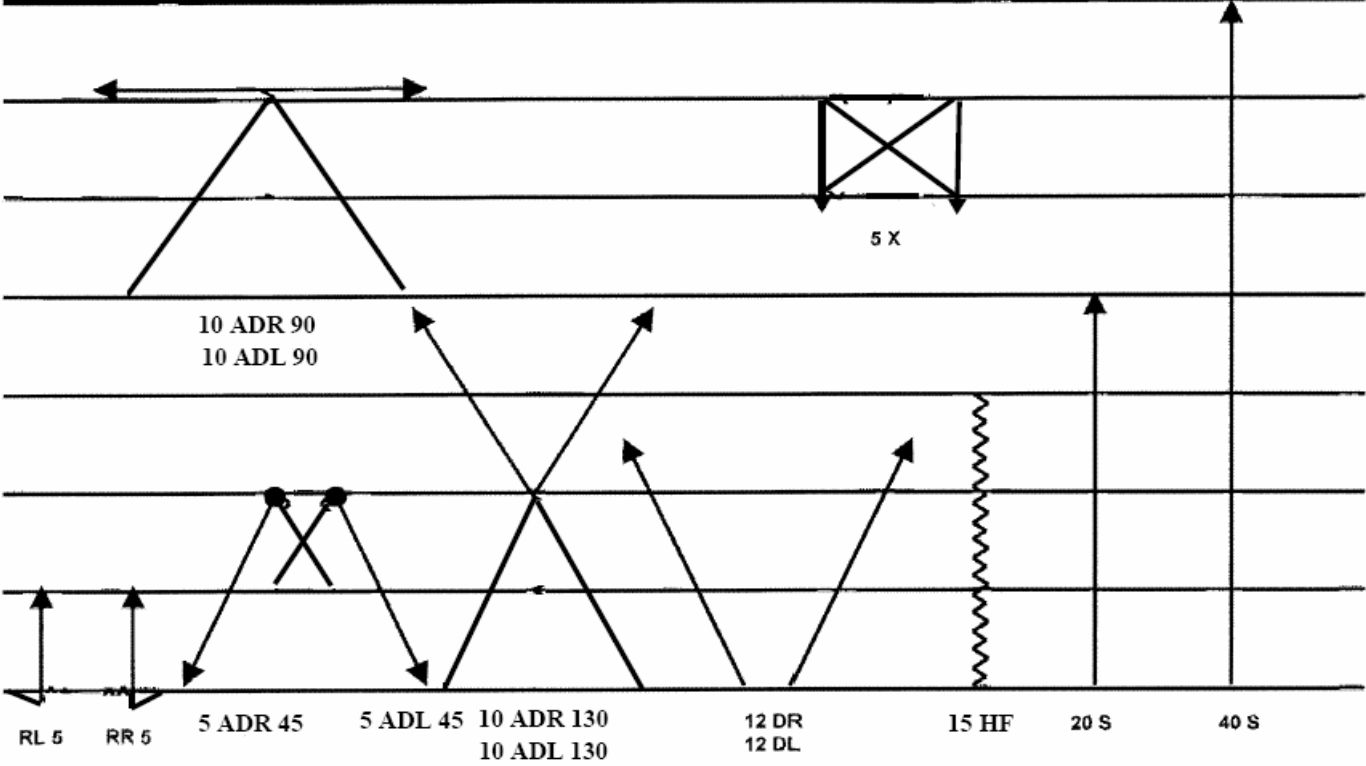
# DEFENSIVE BACK (F & H)



ASSIGNMENT	DESCRIPTION
5 BF	BACKPEDAL 5 YARDS – SPRINT FORWARD 10 YARDS
10 BPL / 10 BPR	BACKPEDAL 10 YARDS – SPRINT FORWARD 5 YARDS AT A 45 DEGREE ANGLE
15 BPR / 15 BPL	BACKPEDAL 15 YARDS – TURN & SPRINT 20 YARDS AT A 45 DEGREE ANGLE
20 BP	BACKPEDAL 20 YARDS
5 X	BACKPEDAL 10 YARDS – SPRINT FORWARD TO THE RIGHT 5 YARDS AT A 45 DEGREE ANGLE – BACKPEADL 5 MORE YARDS – SPRINT FORWARD 5 YARDS TO THE LEFT AT A 45 DEGREE ANGLE
30 S	30 YARD STRAIGHT SPRINT
BP5 & S20	BACKPEDAL 5 YARDS – FLIP HIPS AND SPRINT 20 YARDS
15 BTR / 15 BTL	BASEBALL TURN - BACKPEDAL 10 YARDS – TURN & SPRINT 10 YARDS AT A 45 DEGREE ANGLE – FLIP TURN & SPRINT 10 MORE YARDS

SET 1	SET 2	SET 3	SET 4	SET 5
20 BP	BP5 & S20	10 BPR	5 X	5 X
5 X	10 BPL	5 X	15 BPR	BP5 & S20
BP5 & S20	15 BTL	5 BF	10 BPR	10 BPR
10 BPL	30 S	BP5 & S20	30 S	20 BP
5 BF	15 BPL	15 BTR	15 BTL	5 BF
5 X	5 BF	20 BP	5 BF	15 BPL
30 S	20 BP	15 BPR	10 BPL	15 BTR
10 BPR	10 BPR	30 S	BP5 & S20	5 X
15 BPR	BP5 & S20	5 BF	5 X	10 BPL
15 BTR	5 X	10 BPL	20 BP	BP5 & S20

# LINEBACKER



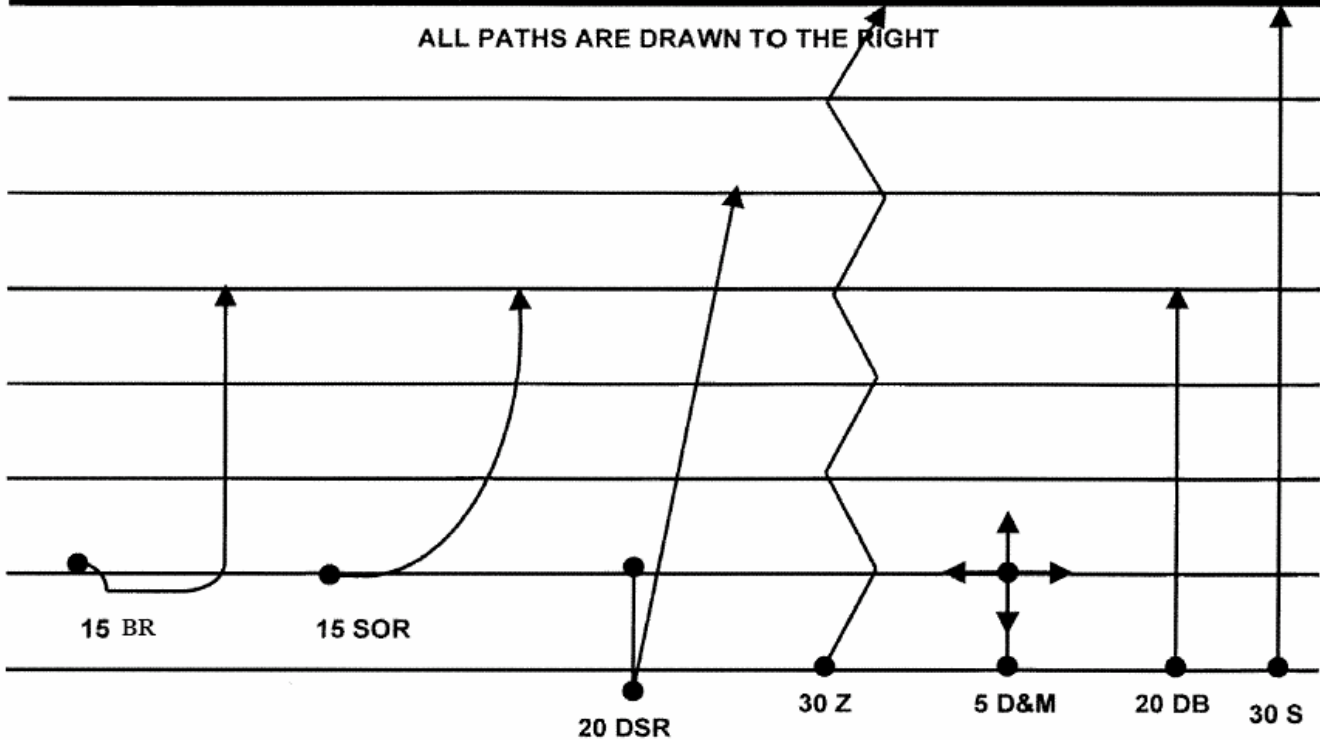
ASSIGNMENT	DESCRIPTION
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RR 5 / RL 5	TAKE QUICK READ STEPS THEN ATTACK THE LOS (5 YARDS)
ADR 45 / ADL45	ANGLE PASS DROP 5 YARDS - SPRINT FORWARD 10 YARDS AT A 45 DEGREE ANGLE
5 X	ANGLE P DROP 10 R- SPRINT STRAIGHT 5YARDS- ANGLE P DROP 10 L- SPRINT STRAIGHT
12 DR / 12 DL	DROP 12 YARDS TO THE RIGHT/LEFT AT A 45 DEGREE ANGLE & SETTLE IN ZONE
ADR 130 / ADL 130	ANGLE PASS DROP FOR 10 YARDS BREAK AT 130 DEGREE ANGLE - SPRINT FOR 10
ADR 90 / ADL 90	ANGLE PASS DROP 10 YARDS AND BREAK TO THE R/L AT A 90 DEGREE ANGLE - SPRINT
15 HF	BACKPEDAL FOR 15 OPENING YOU HIPS TO THE RIGHT AND THEN TO THE LEFT ALTI
20 S	20 YARD SPRINT
40 S	40 YARD SPRINT

SET 1	SET 2	SET 3	SET 4	SET 5
RR 5	ADR 45	5 X	20 S	15 HF
5 X	12 DL	5 X	40 S	40 S
ADR 90	5 X	ADR 45	12 DR	5 X
40 S	40 S	40 S	ADR 90	15 HF
ADR 45	RL 5	ADR130	5 X	20 S
5 X	20 S	12 DR	ADR 45	ADR 130
15 HF	ADR 130	RR 5	40 S	40 S
12 DR	5 X	40 S	12 DL	5 X
40 S	40 S	20 S	5 X	12 DL
20 S	15 BP	15 HF	RL 5	ADR 90

# QUARTERBACK

ALL PATHS ARE DRAWN TO THE RIGHT



ASSIGNMENT	DESCRIPTION
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BOOT	15 BR / BL	OPEN TO 6 FAKE RUN ONE WAY BOOT OPPOSITE - SPRINT 15
SPRINT OUT	15 SOR / 15 SOL	SPRINT OUT ANGLE AT 45 DEGREES TO 7 YARDS DEPTH & 15 YARDS WIDE - TURN AND BURST UPFIELD 10 YDS
DROP & SPRINT	20 DSR / 20 DSL	TAKE A 5 STEP DROP (GET TO 8 YDS DEEP) - 1001 COUNT - AND SPRINT 20 YDS RIGHT/LEFT
DROP AND MOVE	5 D&M	TAKE A 3 STEP DROP - SHUFFLE IN ALL 4 DIRECTIONS - UP/BACK/RIGHT/LEFT
ZIG-ZAG	30 Z	SPRINT 30 YDS ZIG-ZAGGING EVERY 5 YDS
20 YD DROP BACK	20 DB	DROP 20 YARDS WITH SHOULDERS SQUARE TO SIDELINE AND EYES UP
SPRINT	30 S	SPRINT 30 YARDS STRAIGHT

SET 1	SET 2	SET 3	SET 4	SET 5
20 DSL	30 S	5 D&M	30 S	5 D&M
15 BL	20 DB	15 BR	15 SOL	30 S
30 S	15 BR	20 DSL	20 DB	5 D&M
5 D&M	30 Z	20 DB	30 Z	15 SOR
15 BR	15 SOL	30 S	20 DSL	15 BR
20 DSR	15 BL	15 BL	15 BR	20 DSL
30 Z	20 DRL	30 Z	5 D&M	30 Z
20 DB	15 SOR	5 D&M	30 S	15 BL
15 SOR	30 S	30 S	15 BL	20 DB
30 S	5 D&M	15 SOR	20 DSR	30 S

## Flexibility Program

One of the keys to preventing injuries is your flexibility; the following program was design for the improvement of our hip flexibility.

Perform each one of the following exercises for the designated reps or distances. Find definitions for each exercise on the following pages.

Exercise	Reps	Sets	Distance
<b>Lunge Circuit</b>			
Forward Lunge	2		15 Yards
Backward Lunge	2		15 Yards
Lateral Lunge	2 (1 time reach direction)		15 Yards
45 Degree Lunge	2		15 Yards
<b>Leg Swing Circuit</b>			
Across R Leg	30 Swings or Seconds	2 Sets	
Across L Leg	30 Swings or Seconds	2 Sets	
Forward & Back R Leg	30 Swings or Seconds	2 Sets	
Forward & Back L Leg	30 Swings or Seconds	2 Sets	

Date	Workout
May 15	Flexibility
May 22	Flexibility
June 2	Flexibility
June 9	Flexibility
June 16	Flexibility
June 23	Flexibility
July 3	Flexibility and Speed & agility
July 10	Flexibility and Speed & agility
July 17	Flexibility and Speed & agility
July 24	Flexibility and Speed & agility
July 31	Flexibility and Speed & agility
August 8	Flexibility

“One man with courage makes a majority. “  
Andrew "Old Hickory" Jackson

### Flexibility Program Definitions

#### Lunge Circuit- Set cones at 15 yards.

#### Forward Lunge - 2 reps

##### Starting Position

- Stand straight up with your hands interlocked over your head.
- Feet should be hip width apart.

##### Movement

- With your left foot step out straight ahead, exaggerate the knee drive.
- Lower you body so that your right knee touches the floor and that your left leg is at 90 degrees.
- Pull forward with your left leg back into the starting position.
- Repeat with your right leg. (You should be moving forward as if you were walking)

#### Lateral Lunge- 2 reps 1 each direction

##### Starting Position

- Stand straight up with your hands interlocked over your head.
- Feet should be hip width apart.

##### Movement

- With your left foot step out directly to the side.
- Lower you body keeping your right leg as straight as possible creating a stretch in your groin and that your left leg is at 90 degrees with your toe pointed straight ahead.
- Push back with your left leg back into the starting position.
- Repeat with your right leg.

#### Backward Lunge - 2 reps

##### Starting Position

- Stand straight up with your hands interlocked over your head.
- Feet should be hip width apart.
- Turn with your back facing the finish line.

##### Movement

- With your left foot pull your heel to your but and reach backwards.
- Lower you body so that your left knee touches the floor and that your right leg is at 90 degrees.
- Drive backwards off of your right leg back into the starting position.
- Repeat with your right leg.

#### 45 Deg. Lunge - 2 reps

##### Starting Position

- Stand straight up with your hands interlocked over your head.
- Feet should be hip width apart.

##### Movement

- With your left foot step out at a 45 degree angle, exaggerate the knee drive.
- Try to keep your head, shoulders & hips facing straight ahead.
- Lower you body so that your right knee touches the floor and that your left leg is at 90 degrees.
- Pull forward with your left leg back into the starting position.
- Repeat with your right leg. (You should be moving forward as if you were walking)

## Leg Swing Circuit

### Drill Set Up

- Face a wall or a fence and place both hands on the wall

### Drill Movements (30 Swings)

- Keeping your body facing the wall begin to swing your right leg like a pendulum make sure you keep your toe pointing straight ahead.
- Repeat with your other leg.
- Turn to the side place one hand on the wall and begin to swing your right leg again straight ahead look to stretch it further and further.
- Repeat with other leg.



### Speed and Agility Program

The game of football is not made up of straight line speed. The ability to have straight line speed is a tremendous asset to the game. But to have the ability to control and harness that speed is even a greater asset.

This program was designed to assist you in the development of your straight ahead speed but to also teach you to harness that speed – by starting stopping and accelerating. See the following page for drill descriptions and set up.

Exercise	Reps	Sets	Distance
<b>Speed Improvement (Choose 2 and perform all exercises 2 to 4 times)</b>			
Half Full Half	2-4		100 yards
Flying 30's	2-4		60 yards
Buildups	2-4		60 yards
Up-Hill Running	2-4		
Down Hill Running	2-4		
<b>Agilities (Choose 4 exercises and perform each 2-4 times)</b>			
Bag Routine	2-4		
Pro Agility	2-4		
Nebraska Drill	2-4		
Cone Routine	2-4		
Up and Back Drill	2-4		
Sideline Drill	2-4		
Tennessee Drill	2-4		
Figure 8 Drill	2-4		
L Drill	2-4		
W Circuit	2-4		
<b>Foot Speed Drill (Choose 1 exercise and perform it for 3 sets)</b>			
Dot Drill Routine	10	3	
Jump Rope Routine	10	3	
Line Drill Routine	10	3	
Speed Ladder		3	

See the following page for workout calendar

“To succeed, we must first believe that we can.”  
Michael Korda

**Speed and Agility Program**

Date	Workout
May 29	Speed & Agility
June 5	Speed & Agility
June 12	Speed & Agility
June 19	Speed & Agility
July 10	Speed & Agility and Flexibility
July 17	Speed & Agility and Flexibility
July 24	Speed & Agility and Flexibility
July 31	Speed & Agility and Flexibility

**SPEED IMPROVEMENT DEFINITIONS****BUILD UPS**

- MARK OFF 60 YARDS
- PLACE A CONE 40 YARDS AWAY FROM THE STARTING LINE,
- BUILD UP SPEED TO THE CONE AND REDUCE SPEED THROUGH THE END LINE.
- WALK BACK AND REPEAT.

**HALF / FULL / HALF**

- MARK OFF 100 YARDS
- PLACE A CONE EVERY 20 YARDS FROM THE END LINE
- START AT ONE END IN A GREAT SPRINTERS STANCE.
- RUN WITH GREAT FORM TO THE FIRST CONE. RUN AT FULL SPEED TO THE SECOND CONE REPEAT EVERY OTHER CONE THROUGH THE END LINE.
- WALK BACK AND REPEAT.

**FLYING 30'S**

- MARK OFF 60 YARDS
- PLACE A CONE 30 YARDS AWAY FROM THE STARTING LINE,
- BUILD UP SPEED TO THE CONE AND SPRINT THROUGH THE END LINE.
- WALK BACK AND REPEAT.

**UP-HILL RUNNING**

- FIND A HILL AT ABOUT A 45 DEGREE SLOPE.
- AT THE BOTTOM SPRINT TO THE TOP, EXAGGERATING THE KNEE DRIVE
- WALK DOWN THE HILL AND REPEAT.

## DOWN-HILL RUNNING

- FIND A HILL AT ABOUT A 45 DEGREE SLOPE.
- AT THE TOP SPRINT TO THE BOTTOM, EXAGGERATING YOU STRIDE LENGTH
- WALK UP TO THE TOP OF THE HILL AND REPEAT

## Agility and Foot Speed Definitions

### Bag Routine

#### Drill Set Up

- Place 4-5 bags horizontally next to each other with about 2-3 foot space separating them.

#### Drill Movements

- High Knees – 1 foot in the hole (Down and Back)
- Laterally Over the Bags- 2 feet in the hole (Down and Back)
- Zig- Zag through the bags (Down and Back)
- Forward and Backward through the bags (Down and Back)
- ALWAYS explode out for 5 more yards after completing the drill



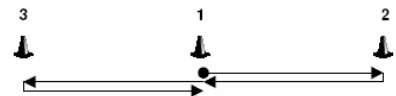
## Pro Agility (3 Cone Drill)

#### Drill Set Up

- Have 3 cones set one in the middle – 1 on either side 5 yards from the middle cone.

#### Drill Movements

- Start by straddling the center cone in a good athletic stance.
- Explode out either way.
  - Touch/Tap/Push cone with the hand in the direction you are moving.
    - Move left – touch with left hand.
- Sprint 10 yards to the opposite cone.
  - Touch/Tap/Push cone with the other hand.
- Sprint 5 yards through the starting point.



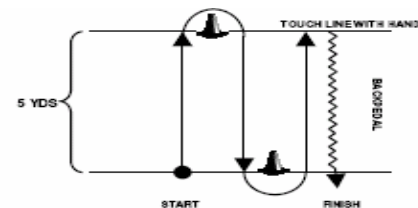
## Nebraska Drill

#### Drill Set Up

- Place 2 cones 5 yards apart offset by 2 or 3 feet.

#### Drill Movements

- Start facing the first cone in a sprinters stance.
- Explode out.
  - Make a quick right handed turn.
- Sprint 5 yards to the opposite cone.
  - Make a quick left handed turn.
- Sprint 5 yards touch the line and back pedal through the finish line.



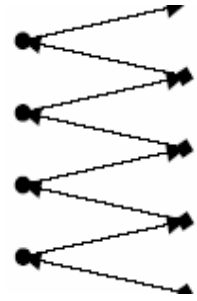
## W Circuit

### Drill Set Up

- Place 7 cones 5 yards apart at a 45 degree angle from one another. (Set Up to the Right )
- Start Facing the first cone.

### Drill Movements (Choose 3 of these drills to perform at this station)

- **45 Cuts**– Sprint to the first cone and plant with your outside foot at a 45 degree angle to the second. (Down and Back)
- **Forward and Back**- Sprint to the first cone and explode into a backpedal to the third cone (Down and Back)
- **Circle Cone**- Sprint to the first cone place your inside hand on the top of the cone do a complete circle around the cone then sprint to the second. (Down and Back)



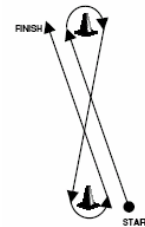
## Figure 8

### Drill Set Up

- Place 2 cones 5-7 yards apart.

### Drill Movements

- Explode forward aiming for the opposite side that you started on make a right handed turn.
  - Sprint to the second cone making another right handed turn
  - Sprint through the line
  - Make sure to switch sides that you are turning.



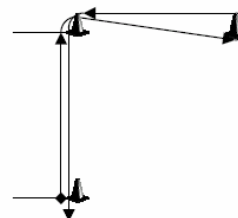
## L Drill

### Drill Set Up

- Place 3 cones 5-7 yards apart.
  - Making a 90 Degree angle

### Drill Movements

- Explode forward to the second cone making a right handed.
- Sprint to the 3<sup>rd</sup> cone and make a left handed turn.
  - Sprint back to the second cone and make a left handed turn and sprint through to the finish.
- Make sure that you flip the direction of the drill.



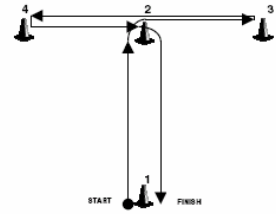
## Tennessee Drill

### Drill Set Up

- Set 4 cones up in the shape of a T with 5 yards in between them.

### Drill Movements

- Start facing the first cone in a sprinters stance.
- Explode out.
  - Make a quick right handed turn. At the center cone.
- Sprint 5 yards to the third cone.
  - Make a quick right handed turn all the way around that cone.
- Sprint 10 yards to the fourth cone make a left handed turn.
- Sprint to the middle cone – make a right handed turn and sprint through the finish.



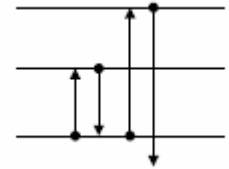
## Up Back Drill

### Drill Set Up

- Set 3 cones up a starting line one at 5 yards and one at 10 yards.

### Drill Movements

- Start facing the first cone in a sprinters stance.
- Explode out.
  - Plant at the first cone and begin to backpedal to the starting line.
- Repeat to the 10 yard cone.



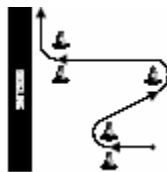
## Sideline Drill

### Drill Set Up

- Set cones 1 and 2 up 2 yards apart and 3 yards from the sideline.
- Set cone 3 five yards away from cone 2 and 7-8 yards away from the sideline.
- Set cones 4 and 5 yards 2 yards apart and 1 yard away from the sideline.

### Drill Movements

- Start off three yards away from cones 1&2 sprint through them and make a right handed turn.
- Sprint to cone 3 and make a left handed turn.
- Sprint through cone 4 and 5 then make a right handed turn up the sidelines.



## Dot Drill

### Drill Set Up

- Using Tape – Create a 5 spot dot Drill Mat

Drill Movements – Each set of jumps 12 -15 times – 3 sets

- Forward and Back (In Out) – Start with your feet at one end on two separate dots.
  - Jump to the middle with both feet
  - Jump forward to the next set of two dots.
  - Reverse it right back to the starting position
- Forward and Back Flip (In Out) – Start with your feet at one end on two separate dots.
  - It is the same routine however instead of returning backwards you will add another movement by turning around to return to the starting position.
- Around the World (1 Leg)- Start in one corner on either leg.
  - Jump to the middle, then jump forward at a 45 degree angle, then return to the middle, then jump forward to the other side at 45 degree angle, return to the middle, the jump back at a 45 degree angle to the same side, return to the middle and then back to the starting position.
  - Switch legs and repeat (Two times with each leg)

## Line Drill

### Drill Set Up

- Find a line on the gym floor or on the ground.

Drill Movements – Each set of jumps 30 times double legged – 15 single legged (30 seconds or 15 seconds if using a watch)

- Forward and Back Double Legged– Face the line and jump forward and back as fast as you can making sure that your are clearing the line every tie.
- Side to Side Double Legged– Start to one side of the line jumping side to side as fast as you can making sure that you are clearing the line every time.
- Repeat – this time with 1 leg at a time

## Jump Rope Routine

### Drill Set Up

- Using a Speed rope make sure there it plenty of room

Drill Movements – Each set of jumps 30 times double legged – 15 single legged (30 seconds or 15 seconds if using a watch)

- Speed Jumps Double Legged
- In and Out Double Legged
- Forward and Back Legged
- Squat Jumps – 15 Seconds or 15 jumps
- Speed Run
- 1 leg Jumps – 15 (Twice once for each leg)

## Speed Ladder

### Drill Set Up

- Take the Speed Ladder and lay it flat on the floor.

### Drill Movements (Down and Back)

- Straight Through – 1 foot in the hole
- In and Out – ICKY SHUFFLE
- Lateral
- Hips Swivel
  - Finish by sprinting another 5 yards

### Sprint Training Program

This game is played in bursts: full speed for a short period of time. The sprint training program is designed with that in mind. You will be asked to burst for a short period of time then told to rest for a specific period of time. The following are the workouts that will be asked of you.

See the definitions below, along with the work out calendar. Any extra definitions needed will be on the following pages.

Date	Workout
July 7	4 X 400 yards (85 seconds if under 225 – 90 seconds if over 225) 2 ½ minute rest.
July 14	6 X 200 yards (35 seconds if under 225 – 40 seconds if over 225) 1 ½ minute rest
July 21	8 X 100 yards (16 Seconds if under 225 – 18 seconds if over 225) 70 seconds rest
July 28	4 X 50 yards Hollow Sprints
August 4	4 X 70 yards Hollow Sprints

### Sprint Training Program Definitions

#### **HOLLOW SPRINTS**

- MARK OFF REQUIRED DISTANCE

The following routine makes up one hollow sprint –

- Sprint the distance
- Jog Back
- Sprint the Distance
- Walk Back
- Sprint the Distance

**This equals 1 rep – repeat 4 times. Rest 3 min. in-between sprints.**

“Only I can change my life. No one can do it for me.”

Carol Burnett



### Shuttle Conditioning Program

You have to be in shape to play this game, when you arrive at camp this fall you will be tested in the 850 yard shuttle. Test will tell us what kind of shape you are in reporting to camp.

This program was developed to continually build onto what you have already developed. There will 4 different shuttles that you will be asked to run in this program. The 100, 300, 500, and the 850 if you consistently stick to this program you will come into camp in outstanding shape.

See the workouts below, along with the work out calendar. Any extra definitions needed will be on the following pages.

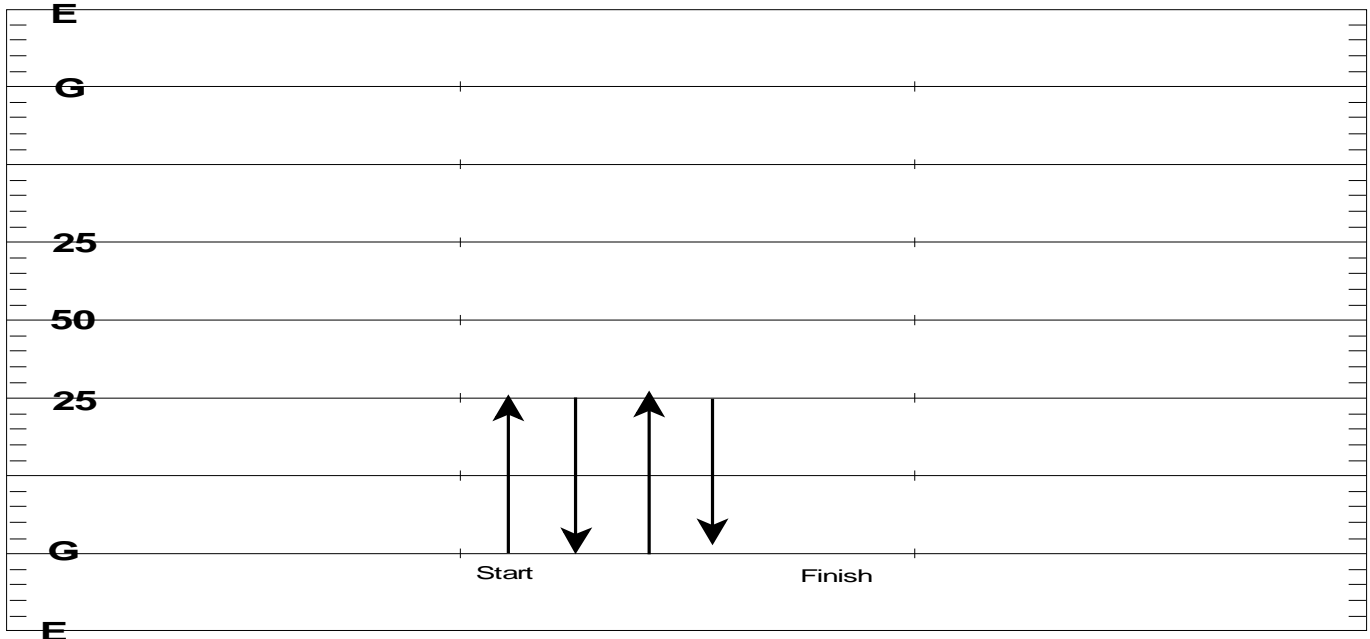
Date	Workout
July 6	3 sets 100 yard shuttle
July 13	3 sets 100 yard shuttle
July 11	2 sets 300 yard shuttle
July 18	2 sets 300 yard shuttle
July 20	1 set 500 yard shuttle
July 25	2 sets 500 yard shuttle
July 27	1 set 850 yard shuttle
August 1	1 set 850 yard shuttle 1 set 100 yard shuttle (Stride)
August 7	1 set 850 yard shuttle

Don't be afraid to give up the good for the great.

Kenny Rogers

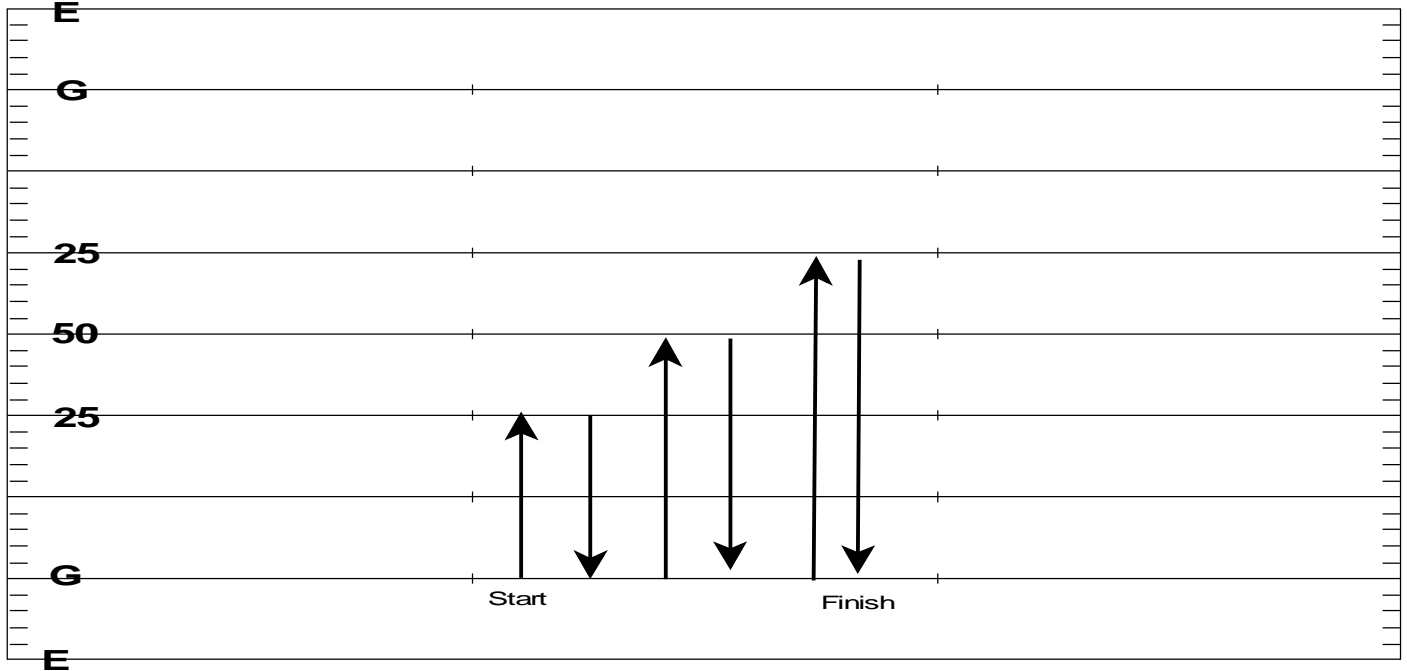
Shuttle Conditioning Program Definitions

100 yard shuttle



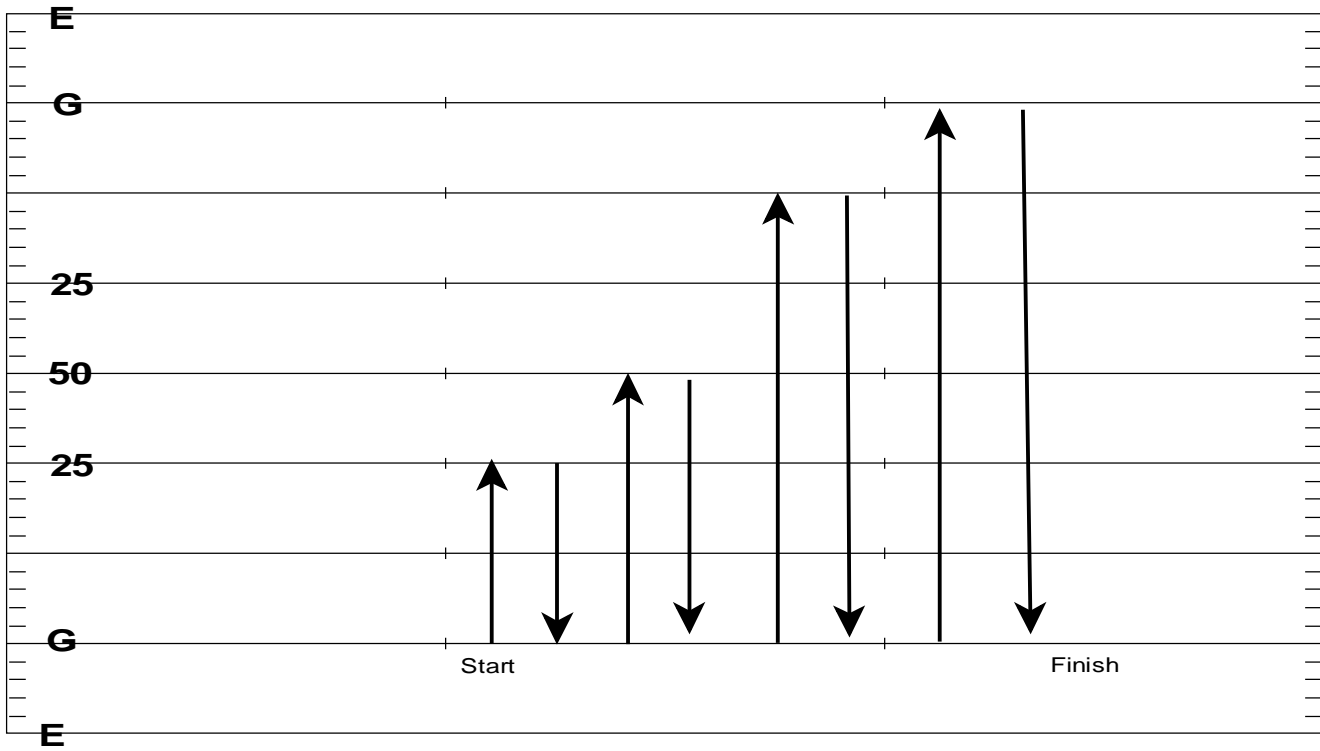
4 X 25 Yards

300 Yard Shuttle



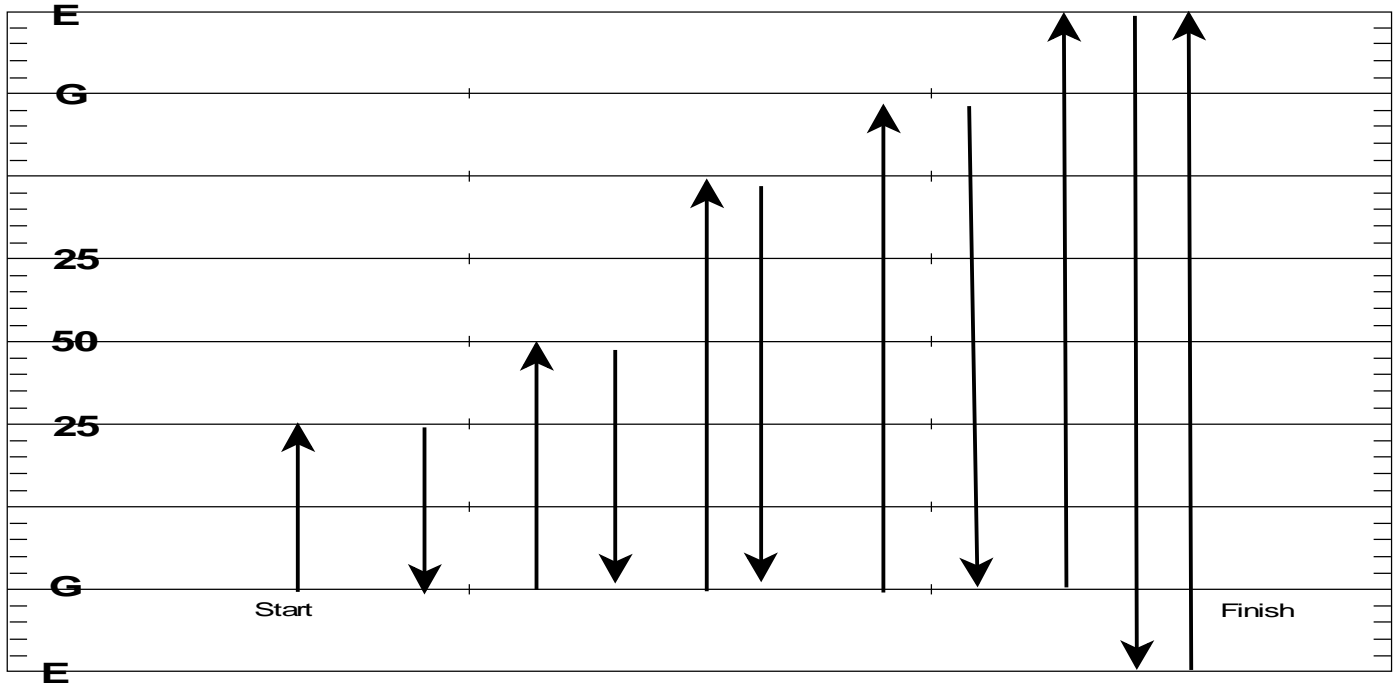
2 X 25 + 2 X 50 + 2 X 75

500 yard Shuttle



$$2 \times 25 + 2 \times 50 + 2 \times 75 + 2 \times 100$$

850 Yard Shuttle



$$2 \times 25 + 2 \times 50 + 2 \times 75 + 2 \times 100 + 110 + 2 \times 120$$

**RED DEVIL FOOTBALL**

*Nutritional Assistance*

“Even if you're on the right track, you'll get run over if you just sit there.”

Arthur Godfrey

## Red Devil Nutrition and Health

- Rest and Sleep

Physical Activity and rest are two important factors that are linked. The greater the level of activity means there is a greater need for rest.

The greatest part of recovery occurs during the night while you sleep. During sleep your body becomes rejuvenated. You actually become stronger while you sleep.

When rest and sleep are insufficient, functional overloading takes place. This will result in exhaustion and wearing out of the body.

The ideal amount of sleep for an athlete is 9 hours a day. And the rest period is the most effective when done at the same time each day.

- Nutritional Notes

Water – your muscles are made out of 75% of water. You should drink at least 12 glasses of water a day. This will add muscle size. Soft drinks, juices and milk do not count towards your water intake.

- When you lose 1% of your hydration your strength can decrease by up to 15 %.

Vitamins- These are the spark plugs to your body. You should add a good multi vitamin to your diet – they will assist in the creation of mass and muscle recovery.

Protein- you should restore protein into your body 30-40 minutes after you workout. This will assist your body in rebuilding of the muscles that you just broke down.

- Losing Weight (Work Output should exceed Calorie Input)

None of you should be on a diet, however if you need to lose weight the best way to do that is to watch what you eat and when you eat it. If you work on cutting unnecessary calories out of your diet you will see dramatic results. Eat properly at the right time and you will drop the unneeded weight.

- Gaining Weight (Calorie Input should exceed Work Output)

For those of you who need to put some extra weight on, there is no need to go and buy supplements (You can do it by eating the right way, and you have no idea what or how much you are putting into your body, It could be banned by the NCAA) To gain weight continue to eat right but look to eat more – 4 smaller meals a day.

- **Supplement use– IF YOU ARE A NUTRITIONAL SUPPLEMENT I WANT TO KNOW – PLEASE CONTACT COACH TAYLOR OR COACH SULLIVAN SO WE CAN LOOK AT IT AND MAKE SURE YOU ARE DOING THINGS THE RIGHT WAY (OR WHAT YOU ARE TAKING IS NOT BANNED BY THE NCAA)**























