

POWER (field)

Warm Up (activates focus for day): ~15mins

Lunge/Squat Walks
Lunge Flips Speed Right Leg
Lunges Flips Speed Left Leg
Broad Jump, BW Broad Jump
Side Single Leg Broad Jump
Straight Leg Bound, Bent Leg Bound
Zig Zag Bound



Station: Broad Jump ~10mins

First day of Strong/speed and we want BASELINE marks in some specific skills. Station 1 will mark in feet and rounded ($\frac{1}{4}$ " inches for the broad jump. Athletes have as many reps as they can get in 10 mins as a group. (3 is minimum reps recommended). Athlete must LAND and 'stick' in order to mark. Measure from the starting cone to the closet part of athlete.

Station: Prowler Drives ~10mins

The prowler single sleds can be used a variety of ways to emphasize power for acceleration as well as core strength for control. Today, each athlete will push the sled 5 yards and repeat 10 times for round one. Round 2 will require a 5 yard sled drive around a cone and return 5 yard drive to finish (repeat 3 times).

Station: Heavy Bag Throws ~10mins

Begin with bags at a starting yard line. Each thrower in the line gets 1 throw. The next thrower picks up the previous throwers mark and executes his throw. The throws are as follows:

1. Forward snatch throw
2. Backward clean throw
3. Left side throw | right side throw
4. Chest throw

Station: Prowler Sleds ~10mins

The prowler single sleds can be used a variety of ways to emphasize power for acceleration as well as core strength for control. Today, each athlete will push the sled 5 yards and repeat 10 times for round one. Round 2 will require a 5 yard sled drive around a cone and return 5 yard drive to finish (repeat 3 times).

Conditioning: Bleachers

Teams will set up on access stairs of the bleacher. The coach offers 2 minutes for work. Teams will compete to get as many UP (athlete to top of bleacher) as possible. A cone will be set $\frac{1}{2}$ way up as the marker for the next athlete to 'chase' his teammate ahead of him. Teams should count # of ups as they touch top fence. Jog down bleachers. 3 rounds of 2 minutes with 80 secs rest in between.

Conditioning: Burpees

Max burpee reps for 1 minute... repeat 4 times. 2-3 mins rest inbetween.