TEXAS FOOTBALL STRENGTH & CONDITIONING SUMMER PROGRAM

TEXAS LONGHORNS FOOTBALL

CSCCA CONFERENCE
YANCY McKNIGHT

UT FOOTBALL STRENGTH & CONDITIONING STAFF

TEXAS LONGHORNS FOOTBALL

YANCY MCKNIGHT
HEAD STRENGTH & CONDITIONING COACH

NATE PEOPLES
ASSISTANT STRENGTH & CONDITIONING COACH

CLAYTON OYSTER
ASSISTANT STRENGTH & CONDITIONING COACH

ROD GRACE
ASSISTANT STRENGTH & CONDITIONING COACH

ADAM POTTS
ASSISTANT STRENGTH & CONDITIONING COACH

MATT VAN DYKE
DIRECTOR OF APPLIED SPORTS SCIENCE

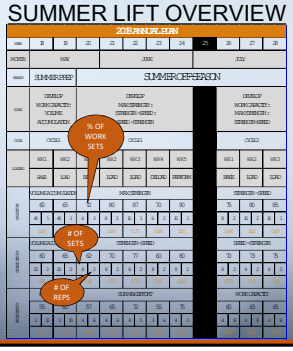
WEEKLY TRAINING STRUCTURE

SUMMER I				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SKILL: RUN: ACCELERATION LIFT: TOTAL	**SKILL:** RUN: ½ GASSERS LIFT: OFF	**SKILL:** RUN: OFF LIFT: TOTAL	**SKILL:** RUN: C.O.D. LIFT: OFF	**SKILL:** RUN: TREADMILL LIFT: TOTAL
COMBO: RUN: ACCELERATION LIFT: TOTAL	**COMBO:** RUN: ½ GASSERS LIFT: AUXILLARY	**COMBO:** RUN: OFF LIFT: TOTAL	**COMBO:** RUN: C.O.D. LIFT: AUXILLARY	**COMBO:** RUN: TREADMILL LIFT: TOTAL
BIG: RUN: ACCELERATION LIFT: LOWER	**BIG:** RUN: ½ GASSERS LIFT: UPPER	**BIG:** RUN: OFF LIFT: LOWER	**BIG:** RUN: C.O.D. LIFT: UPPER	**BIG:** RUN: OFF LIFT: LOWER
NEWCOMERS: RUN: ACCELERATION LIFT: TOTAL	**NEWCOMERS:** RUN: ½ GASSERS LIFT: AUXILLARY	**NEWCOMERS:** RUN: OFF LIFT: TOTAL	**NEWCOMERS:** RUN: C.O.D. LIFT: AUXILLARY	**NEWCOMERS:** RUN: OFF LIFT: TOTAL

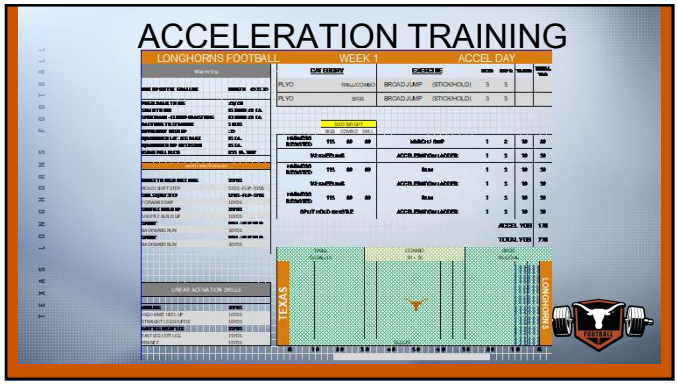
WEEKLY TRAINING STRUCTURE

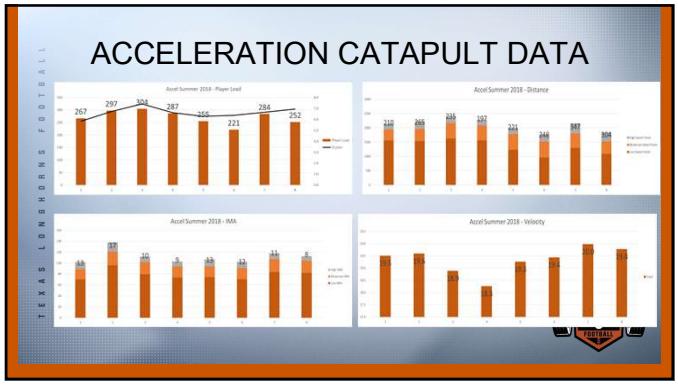
SUMMER II				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SKILL: RUN: ACCELERATION LIFT: TOTAL	**SKILL:** RUN: QUARTERS LIFT: OFF	**SKILL:** RUN: TREADMILL LIFT: TOTAL	**SKILL:** RUN: C.O.D. LIFT: OFF	**SKILL:** RUN: METABOLIC PLAYS LIFT: TOTAL
COMBO: RUN: ACCELERATION LIFT: TOTAL	**COMBO:** RUN: QUARTERS LIFT: AUXILLARY	**COMBO:** RUN: TREADMILL LIFT: TOTAL	**COMBO:** RUN: C.O.D. LIFT: AUXILLARY	**COMBO:** RUN: METABOLIC PLAYS LIFT: TOTAL
BIG: RUN: ACCELERATION LIFT: LOWER	**BIG:** RUN: QUARTERS LIFT: UPPER	**BIG:** RUN: OFF LIFT: LOWER	**BIG:** RUN: C.O.D. LIFT: UPPER	**BIG:** RUN: METABOLIC PLAYS LIFT: LOWER
NEWCOMERS: RUN: ACCELERATION LIFT: TOTAL	**NEWCOMERS:** RUN: QUARTERS LIFT: AUXILLARY	**NEWCOMERS:** RUN: OFF LIFT: TOTAL	**NEWCOMERS:** RUN: C.O.D. LIFT: AUXILLARY	**NEWCOMERS:** RUN: METABOLIC PLAYS LIFT: TOTAL

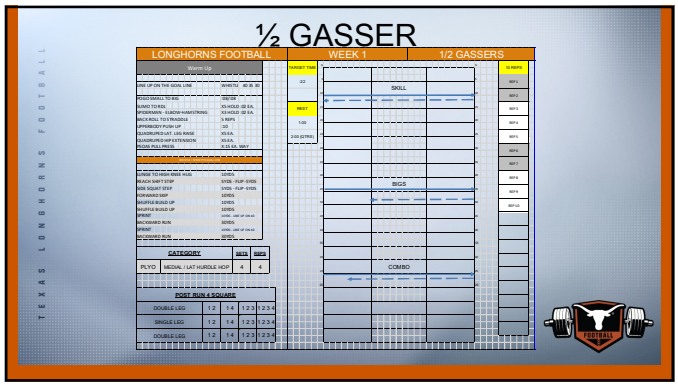
SUMMER LIFT OVERVIEW

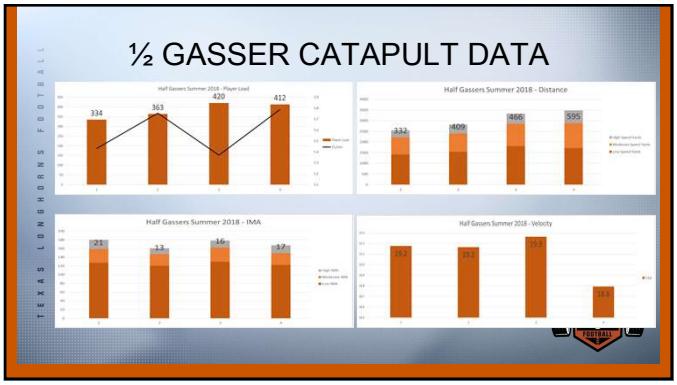


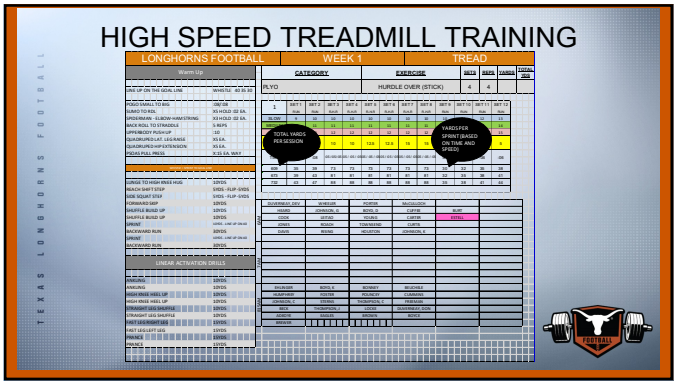
FALL CAMP CATAPULT DATA

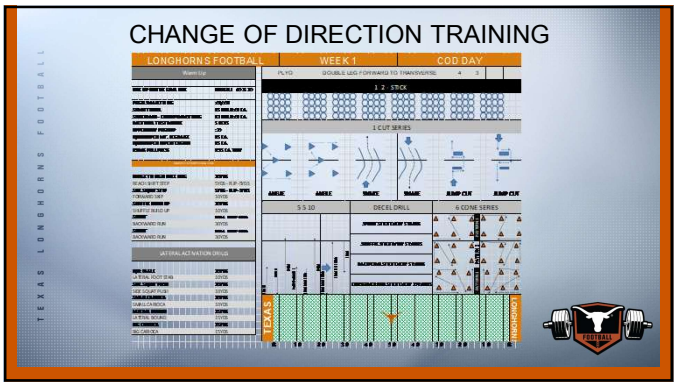

ACCELERATION TRAINING
LONGHORNS FOOTBALL
WEEK 1
ACCEL DAY
Warm Up
CATEGORY
EXERCISE
PLYO
SKILL/COMBO
BROAD JUMP (STICKHOLD)
PLYO
BIGS
BROAD JUMP (STICKHOLD)
ACCEL WEIGHT
SKILL COMBO SKILL
WARDrol SHIP
ACCELERATION LADDER
Run
ACCELERATION LADDER
Run
ACCELERATION LADDER
ACCEL YDS
TOTAL YDS
SKILL
COMBO
BIGS
TEXAS
LONGHORNS
LINEAR ACTIVATION DRILLS
HIGH KNEE HEEL UP
STRAIGHT LEG GLUTE
LAT SIDE LIFT LEG
FRANKY
MAXIMUM RUN
FOOTBALL

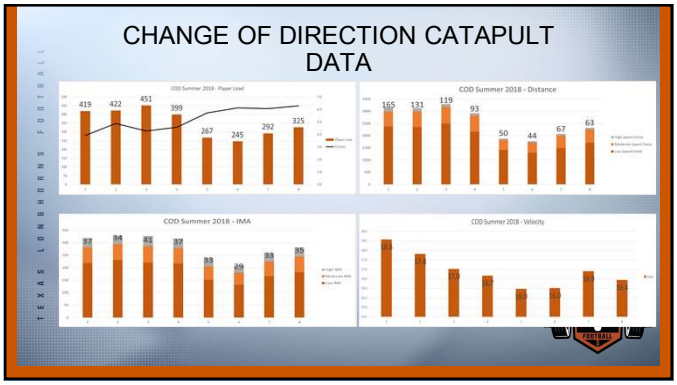

ACCELERATION CATAPULT DATA
Accel Summer 2018 - Player Load
267
297
304
287
255
221
284
252
Accel Summer 2018 - Distance
Accel Summer 2018 - IMA
Accel Summer 2018 - Velocity
FOOTBALL

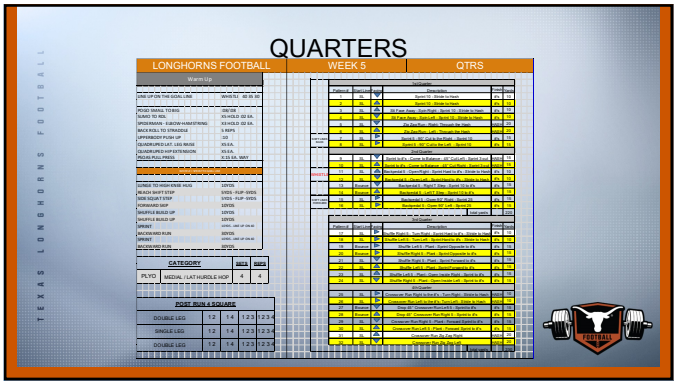

½ GASSER
LONGHORNS FOOTBALL
WEEK 1
1/2 GASSERS
Warm Up
LINE UP ON THE GOAL LINE
WARM UP - 40 35 30
FOOTBALL TO ENS
SIDE SIDE
HAND TO FEET
SKIPPING
SPIDERMAN - ELBOW HAMSTRING
BACK ROLL TO TRIANGLE
UPPERBODY PUSH UP
QUADRUPED LAT. LEG RAISE
QUADRUPED HIP EXTENSION
ROAD PULL PRESS
LONGE TO HIGH KNEE HUG
REACH SHIFT STEP
SIDE SQUAT STEP
FORWARD SKIP
SHUFFLE BUILD UP
SHUFFLE BUILD UP
SPRINT
BACKWARD RUN
SPRINT
BACKWARD RUN
CATEGORY
SETS
REPS
PLYO
MEDIAL / LAT HURDLE HOP
4
4
POST RUN 4 SQUARE
DOUBLE LEG
SINGLE LEG
DOUBLE LEG
TARGET TIME
22
REST
1:00
2:00 (CTRL)
SKILL
BIGS
COMBO
10 REPS
REP 1
REP 2
REP 3
REP 4
REP 5
REP 6
REP 7
REP 8
REP 9
REP 10
FOOTBALL

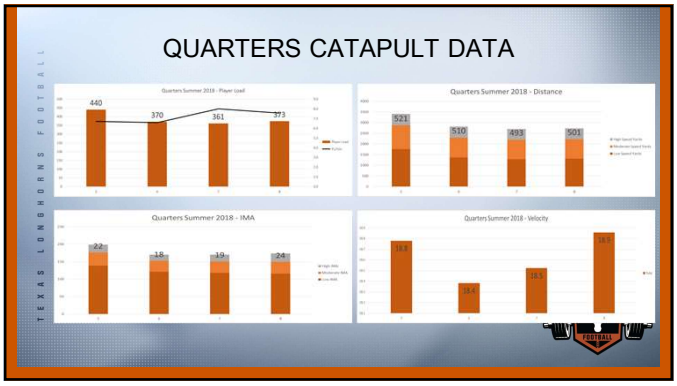

½ GASSER CATAPULT DATA
Half Gassers Summer 2018 - Player Load
334
363
420
412
Half Gassers Summer 2018 - Distance
332
409
466
595
Half Gassers Summer 2018 - IMA
21
13
16
17
Half Gassers Summer 2018 - Velocity
19.2
19.2
19.1
14.7

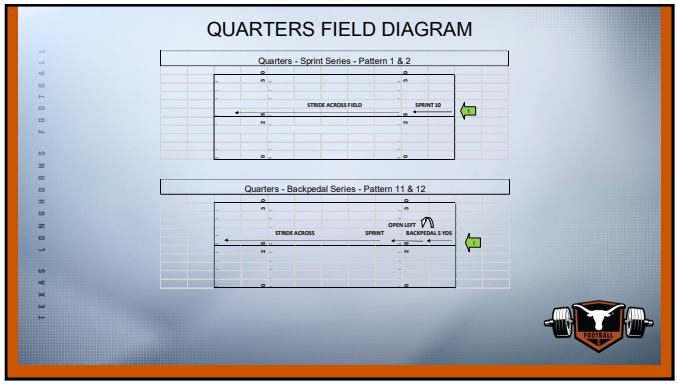

HIGH SPEED TREADMILL TRAINING
LONGHORNS FOOTBALL
WEEK 1
TREAD
Warm Up
CATEGORY
EXERCISE
SETS
REPS
TOTAL REPS
PLYO
HURDLE OVER (STICK)
TOTAL YARDS PER SESSION
YARDS PER SPRINT (BASED ON TIME AND SPEED)
LINEAR ACTIVATION DRILLS

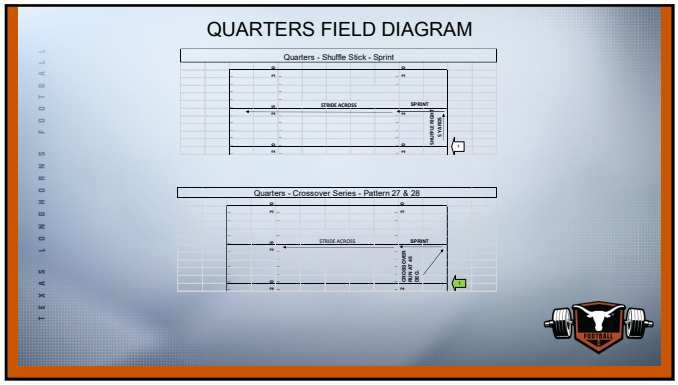

CHANGE OF DIRECTION TRAINING
LONGHORNS FOOTBALL
WEEK 1
COD DAY
PLYO
DOUBLE LEG FORWARD TO TRANSVERSE
1 2 STICK
1 CUT SERIES
ANGLE
ANGLE
SWIVEL
SHARE
JUMP CUT
JUMP CUT
5 5 10
DECEL DRILL
6 CONE SERIES
LATERAL ACTIVATION DRILLS
TRACK

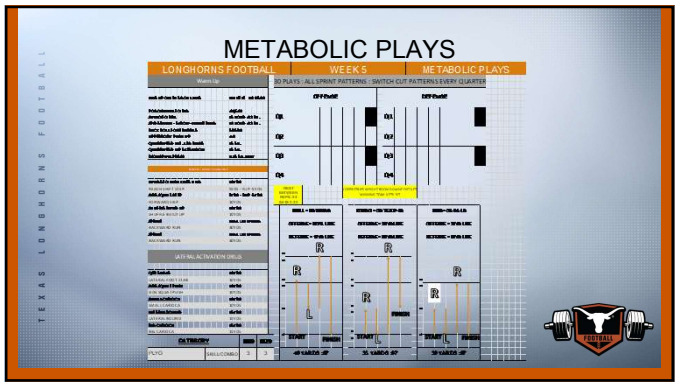

CHANGE OF DIRECTION CATAPULT DATA
COD Summer 2018 - Player Load
419
422
451
399
267
245
292
325
COD Summer 2018 - Distance
165
131
119
93
50
44
67
63
COD Summer 2018 - IMA
37
34
41
37
33
29
33
35
COD Summer 2018 - Velocity
21
19
16
14
12
12
18
14

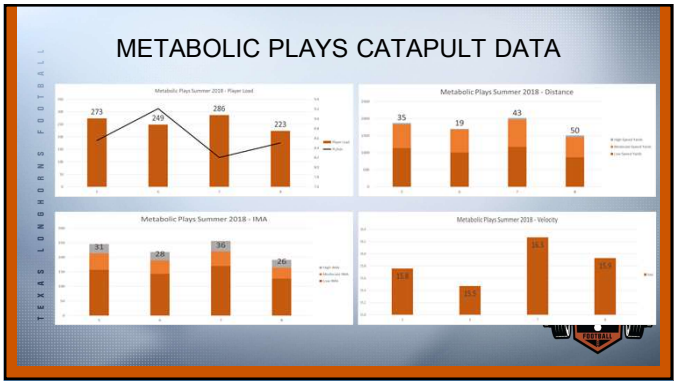

QUARTERS
LONGHORNS FOOTBALL
WEEK 5
QTRS
Warm Up
Drills
CATEGORY
SETS
REPS
PLYO
MEDIAL / LAT HURDLE HOP
4
4
POST RUN & SQUARE
DOUBLE LEG
SINGLE LEG
DOUBLE LEG


QUARTERS CATAPULT DATA
Quarters Summer 2018 - Player Load
440
370
361
373
Quarters Summer 2018 - Distance
521
510
493
501
Quarters Summer 2018 - IMA
22
18
19
24
Quarters Summer 2018 - Velocity
18.8
15.4
18.3
18.7


QUARTERS FIELD DIAGRAM
Quarters - Sprint Series - Pattern 1 & 2
STRIDE ACROSS FIELD
SPRINT 10
Quarters - Backpedal Series - Pattern 11 & 12
STRIDE ACROSS
SPRINT
OPEN LEFT
BACKPEDAL 5 YDS


QUARTERS FIELD DIAGRAM
Quarters - Shuffle Stick - Sprint
STRIDE ACROSS
SPRINT
SHUFFLE RIGHT 5 YARDS
Quarters - Crossover Series - Pattern 27 & 28
STRIDE ACROSS
SPRINT
CROSSOVER RUN AT 45 DEG.


METABOLIC PLAYS
LONGHORNS FOOTBALL
WEEK 5
METABOLIC PLAYS
Warm Up
ANTERIOR - SPINE LINE
POSTERIOR - SPINE LINE
START
FINISH
40 YARDS OF
35 YARDS OF
30 YARDS OF


METABOLIC PLAYS CATAPULT DATA
TEXAS LONGHORNS FOOTBALL
Metabolic Plays Summer 2018 - Player Load
273
249
286
223
Metabolic Plays Summer 2018 - Distance
35
19
43
50
Metabolic Plays Summer 2018 - IMA
31
28
36
26
Metabolic Plays Summer 2018 - Velocity
15.8
15.5
16.1
16.7