

TEXAS FOOTBALL STRENGTH & CONDITIONING SUMMER PROGRAM

CSCCA CONFERENCE
YANCY McKNIGHT



UT FOOTBALL STRENGTH & CONDITIONING STAFF



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



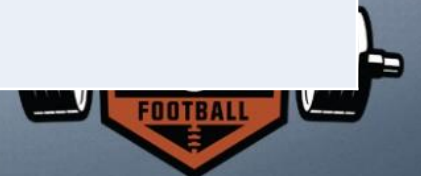
MATT VAN DYKE
DIRECTOR OF
APPLIED SPORTS
SCIENCE



WEEKLY TRAINING STRUCTURE

SUMMER I

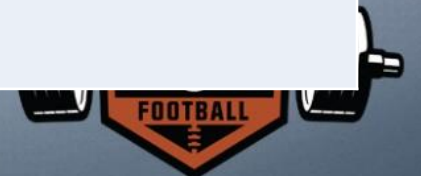
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>SKILL: RUN: ACCELERATION LIFT: TOTAL</p> <p>COMBO: RUN: ACCELERATION LIFT: TOTAL</p> <p>BIG: RUN: ACCELERATION LIFT: LOWER</p> <p>NEWCOMERS: RUN: ACCELERATION LIFT: TOTAL</p>	<p>SKILL: RUN: ½ GASSERS LIFT: OFF</p> <p>COMBO: RUN: ½ GASSERS LIFT: AUXILLARY</p> <p>BIG: RUN: ½ GASSERS LIFT: UPPER</p> <p>NEWCOMERS: RUN: ½ GASSERS LIFT: AUXILLARY</p>	<p>SKILL: RUN: OFF LIFT: TOTAL</p> <p>COMBO: RUN: OFF LIFT: TOTAL</p> <p>BIG: RUN: OFF LIFT: LOWER</p> <p>NEWCOMERS: RUN: OFF LIFT: TOTAL</p>	<p>SKILL: RUN: C.O.D. LIFT: OFF</p> <p>COMBO: RUN: C.O.D. LIFT: AUXILLARY</p> <p>BIG: RUN: C.O.D. LIFT: UPPER</p> <p>NEWCOMERS: RUN: C.O.D. LIFT: AUXILLARY</p>	<p>SKILL: RUN: TREADMILL LIFT: TOTAL</p> <p>COMBO: RUN: TREADMILL LIFT: TOTAL</p> <p>BIG: RUN: OFF LIFT: LOWER</p> <p>NEWCOMERS: RUN: OFF LIFT: TOTAL</p>



WEEKLY TRAINING STRUCTURE

SUMMER II

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>SKILL:</u> RUN: ACCELERATION LIFT: TOTAL</p> <p><u>COMBO:</u> RUN: ACCELERATION LIFT: TOTAL</p> <p><u>BIG:</u> RUN: ACCELERATION LIFT: LOWER</p> <p><u>NEWCOMERS:</u> RUN: ACCELERATION LIFT: TOTAL</p>	<p><u>SKILL:</u> RUN: QUARTERS LIFT: OFF</p> <p><u>COMBO:</u> RUN: QUARTERS LIFT: AUXILLARY</p> <p><u>BIG:</u> RUN: QUARTERS LIFT: UPPER</p> <p><u>NEWCOMERS:</u> RUN: QUARTERS LIFT: AUXILLARY</p>	<p><u>SKILL:</u> RUN: TREADMILL LIFT: TOTAL</p> <p><u>COMBO:</u> RUN: TREADMILL LIFT: TOTAL</p> <p><u>BIG:</u> RUN: OFF LIFT: LOWER</p> <p><u>NEWCOMERS:</u> RUN: OFF LIFT: TOTAL</p>	<p><u>SKILL:</u> RUN: C.O.D. LIFT: OFF</p> <p><u>COMBO:</u> RUN: C.O.D. LIFT: AUXILLARY</p> <p><u>BIG:</u> RUN: C.O.D. LIFT: UPPER</p> <p><u>NEWCOMERS:</u> RUN: C.O.D. LIFT: AUXILLARY</p>	<p><u>SKILL:</u> RUN: METABOLIC PLAYS LIFT: TOTAL</p> <p><u>COMBO:</u> RUN: METABOLIC PLAYS LIFT: TOTAL</p> <p><u>BIG:</u> RUN: METABOLIC PLAYS LIFT: LOWER</p> <p><u>NEWCOMERS:</u> RUN: METABOLIC PLAYS LIFT: TOTAL</p>



SUMMER LIFT OVERVIEW

2018 ANNUAL PLAN												
WEEK	18	19	20	21	22	23	24	25	26	27	28	
MONTH	MAY			JUNE				JULY				
SEASON	SUMMER REP			SUMMER OFF-SEASON								
GOALS	DEVELOP WORK CAPACITY: VOLUME ACCUMULATION			DEVELOP MAX STRENGTH: STRENGTH-SPEED: SPEED-STRENGTH					DEVELOP WORK CAPACITY: MAX STRENGTH: STRENGTH-SPEED			
CYCLE	CYCLE 1			CYCLE 1					CYCLE 2			
LOADING	WK1	WK2	WK3	WK2	WK3	WK4	WK5	WK1	WK2	WK3		
	BASE	LOAD	BASE	LOAD	LOAD	DELOAD	PERFORM	BASE	LOAD	LOAD		
MAX EFFORT	VOLUME ACCUMULATION			MAX STRENGTH					STRENGTH-SPEED			
	60	65	72	80	87	70	90	75	80	85		
	40 1	40 1	6 3	8 2	10 1	6 3	10 1	8 2	10 2	10 1		
DAMP EFFORT	VOLUME ACCUMULATION			STRENGTH-SPEED					SPEED-STRENGTH			
	60	65	62	70	77	60	80	70	73	75		
	20 2	20 2	8 2	8 2	8 2	8 2	8 2	8 2	8 2	8 2		
REPERFORM EFFORT	SUBMAX EFFORT			WORK CAPACITY								
	55	60	57	65	72	55	75	60	63	65		
	3 2	3 10	4 6	4 6	4 5	3 6	4 5	4 8	4 8	4 8		
	0.80	0.75	0.56	0.69	0.71	0.40	0.60	0.60	0.65	0.61		

% OF WORK SETS

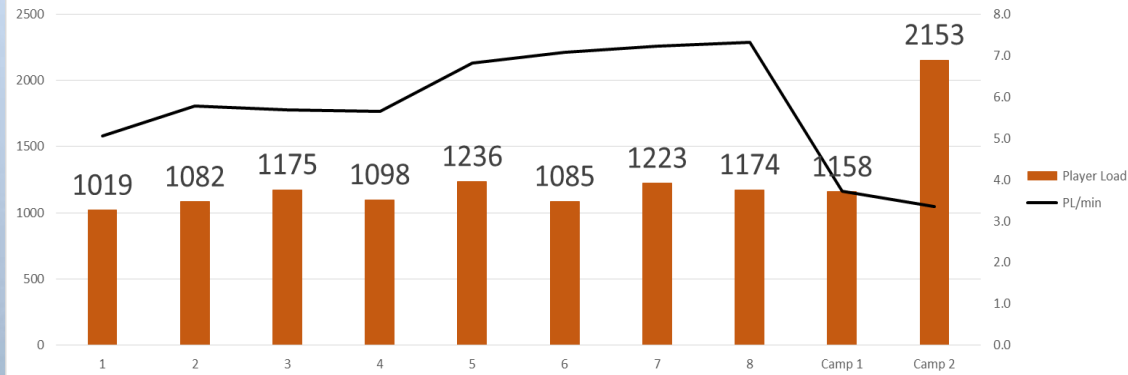
OF SETS

OF REPS

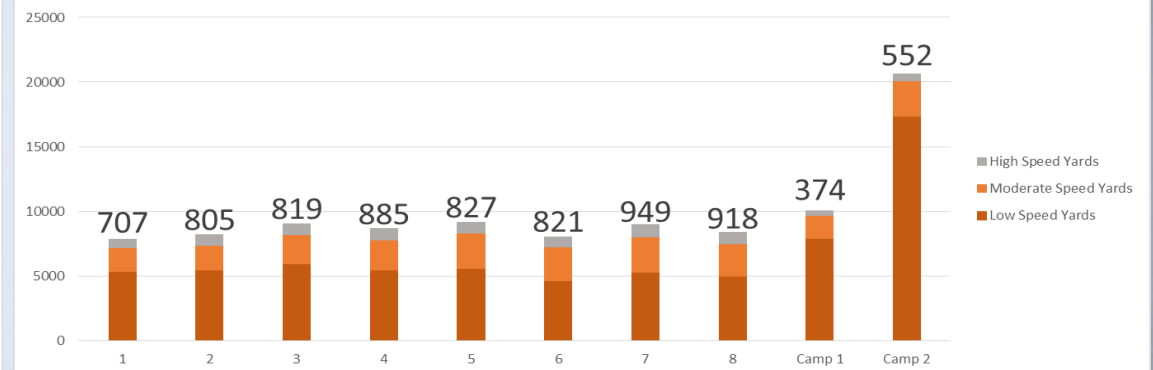


FALL CAMP CATAPULT DATA

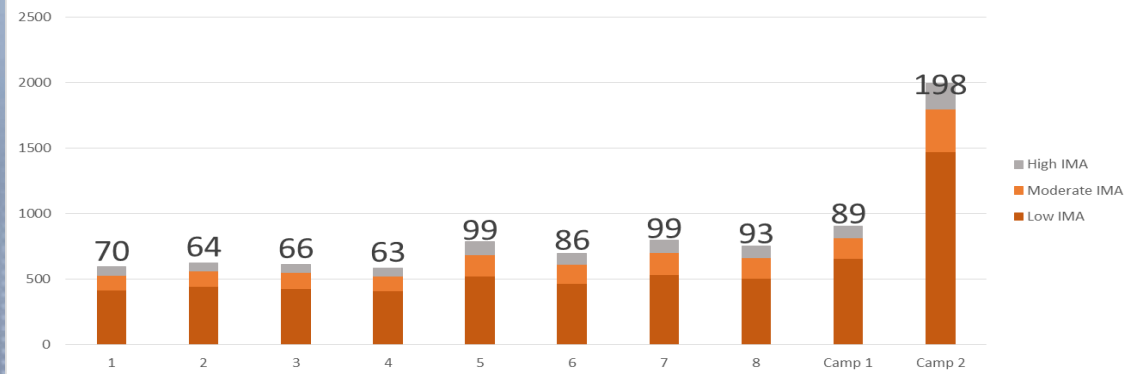
Summer 2018 - Player Load



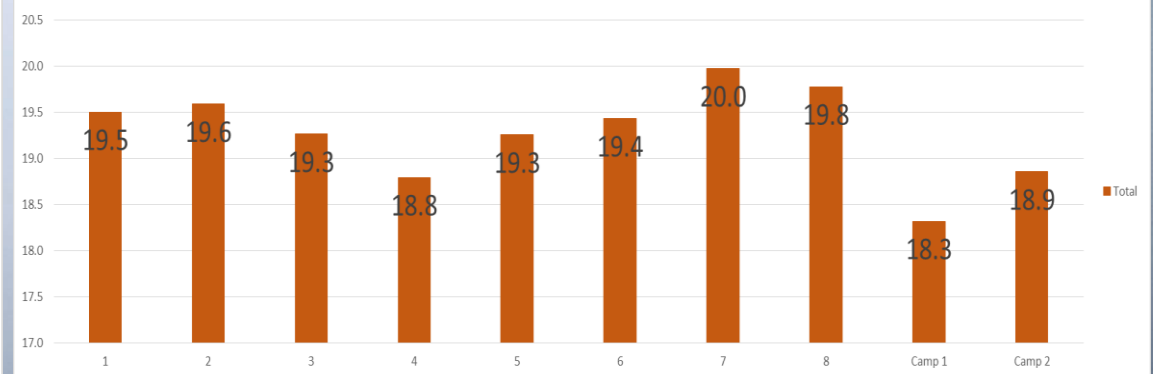
Summer 2018 - Distance



Summer 2018 - IMA



Summer 2018 - Velocity

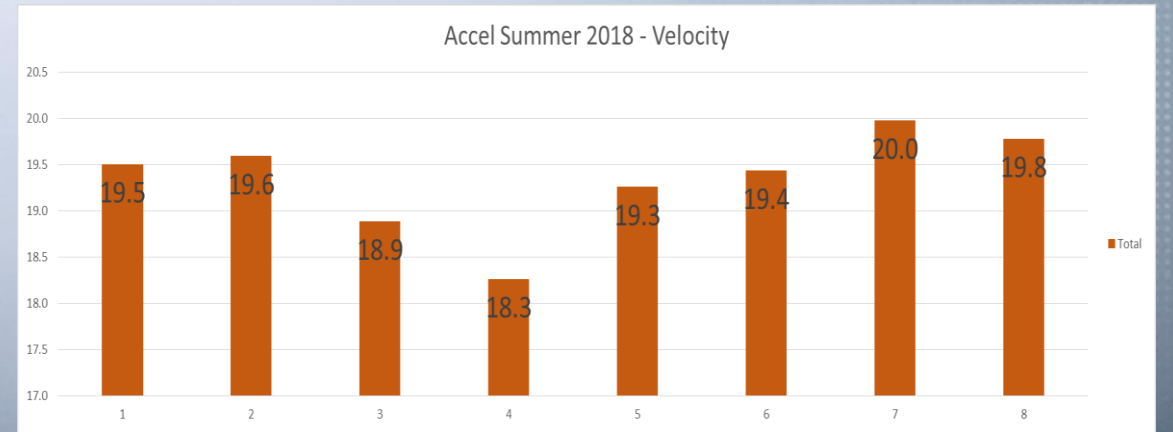
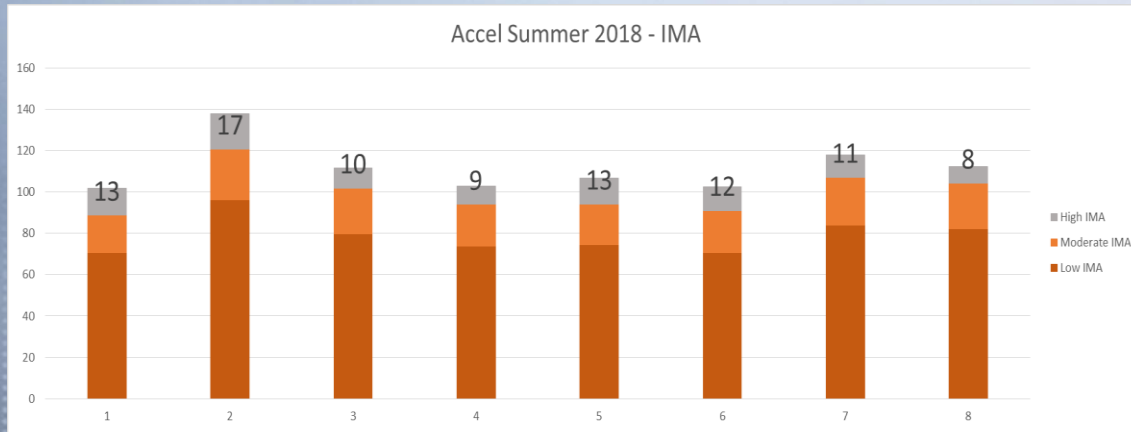
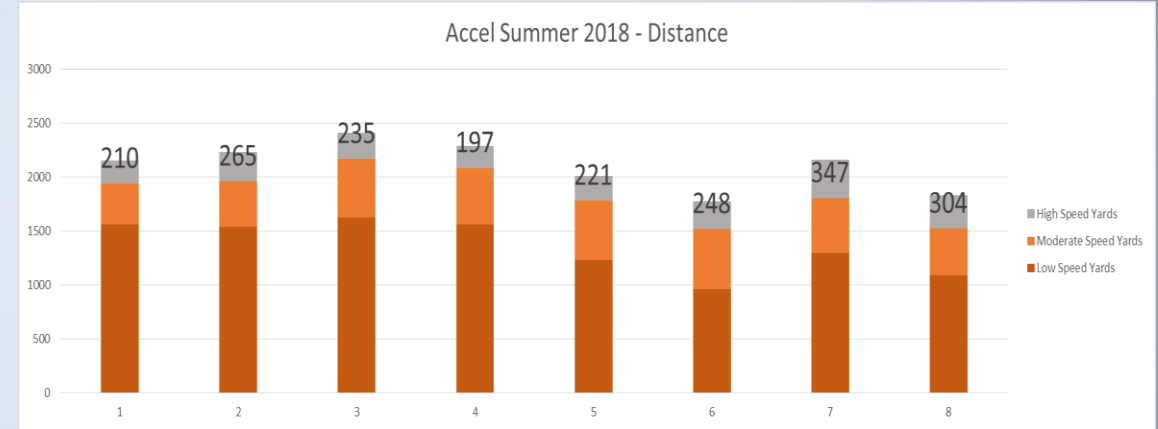
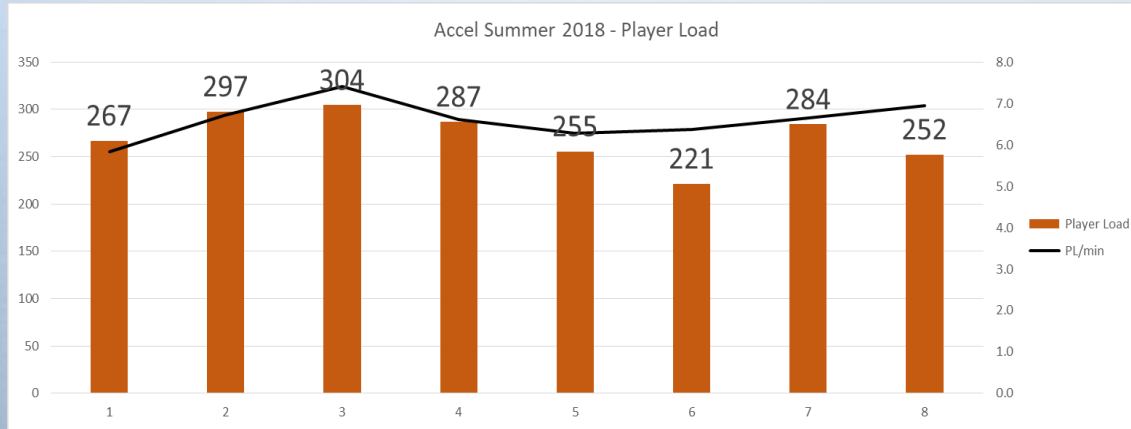


ACCELERATION TRAINING

LONGHORNS FOOTBALL		WEEK 1			ACCEL DAY							
Warm Up		CATEGORY			EXERCISE		SETS	REPS	YARDS	TOTAL YDS		
LINE UP ON THE GOAL LINE	WHISTLE 40 35 30	PLYO	SKILL/COMBO	BROAD JUMP (STICK/HOLD)	3	3						
POGO SMALL TO BIG	:08/:08	PLYO	BIGS	BROAD JUMP (STICK/HOLD)	3	3						
SUMO TO RDL	X5 HOLD :02 EA.											
SPIDERMAN - ELBOW-HAMSTRING	X3 HOLD :02 EA.											
BACK ROLL TO STRADDLE	5 REPS											
UPPERBODY PUSH UP	:10											
QUADRUPED LAT. LEG RAISE	X5 EA.											
QUADRUPED HIP EXTENSION	X5 EA.											
PSOAS PULL PRESS	X:15 EA. WAY											
WHISTLE = SPRINT TO GOAL LINE												
LUNGE TO HIGH KNEE HUG	10YDS											
REACH SHIFT STEP	5YDS - FLIP -5YDS											
SIDE SQUAT STEP	5YDS - FLIP -5YDS											
FORWARD SKIP	10YDS											
SHUFFLE BUILD UP	10YDS											
SHUFFLE BUILD UP	10YDS											
SPRINT	10YDS - LINE UP ON 40											
BACKWARD RUN	30YDS											
SPRINT	10YDS - LINE UP ON 40											
BACKWARD RUN	30YDS											
							ACCEL YDS	170				
							TOTAL YDS	770				
		SLED WEIGHT										
		BIGS	COMBO	SKILL								
HARNESS RESISTED	115	90	80	MARCH / SKIP	1	2	10	20				
1/2 KNEELING				ACCELERATION LADDER	1	3	10	30				
HARNESS RESISTED	115	90	80	RUN	1	3	10	30				
1/2 KNEELING				ACCELERATION LADDER	1	3	10	30				
HARNESS RESISTED	115	90	80	RUN	1	3	10	30				
SPLIT HOLD WHISTLE				ACCELERATION LADDER	1	3	10	30				
		SKILL GOAL-30			COMBO 30 - 30			BIGS 30-GOAL				
		<div style="display: flex; justify-content: space-between; align-items: center;"> TEXAS <div style="display: flex; justify-content: center; align-items: center; width: 100%;"> </div> LONGHORNS </div>										
		SLEDS										
		G	10	20	30	40	50	40	30	20	10	G
LINEAR ACTIVATION DRILLS												
ANKLING	10YDS											
HIGH KNEE HEEL UP	10YDS											
STRAIGHT LEG SHUFFLE	10YDS											
FAST LEG RIGHT LEG	15YDS											
FAST LEG LEFT LEG	15YDS											
PRANCE	15YDS											

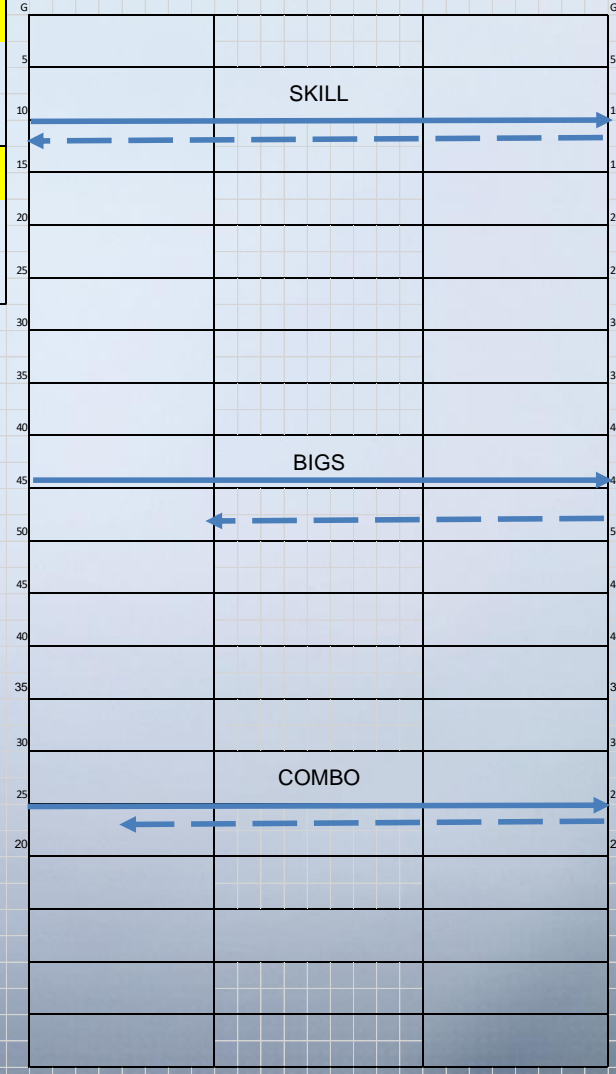


ACCELERATION CATAPULT DATA

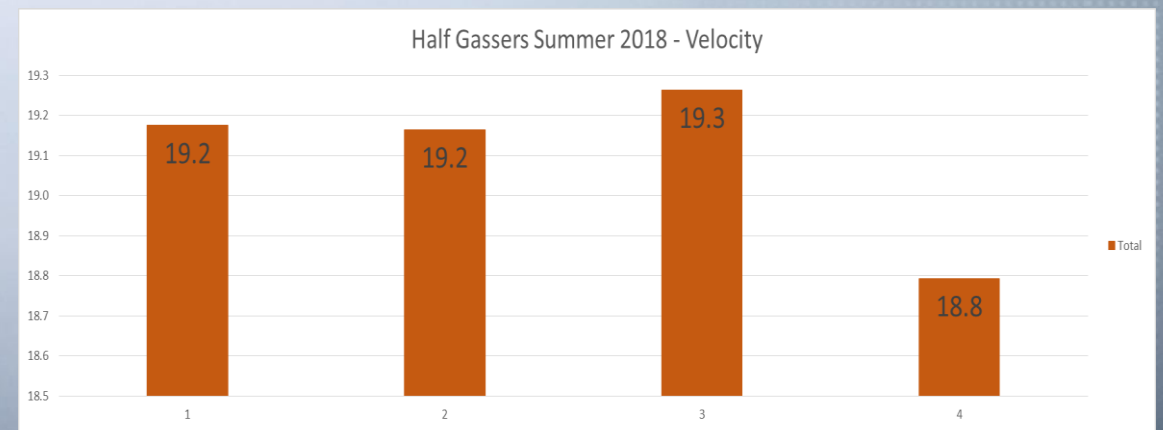
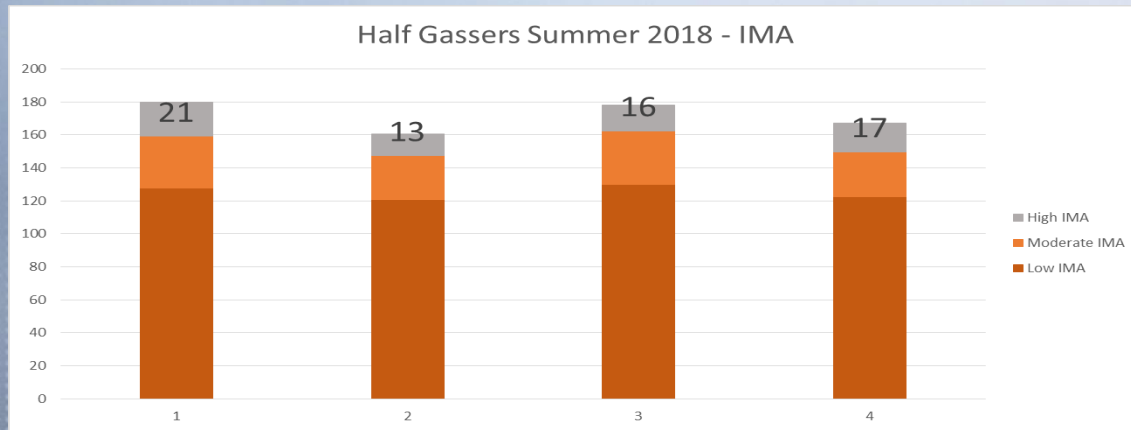
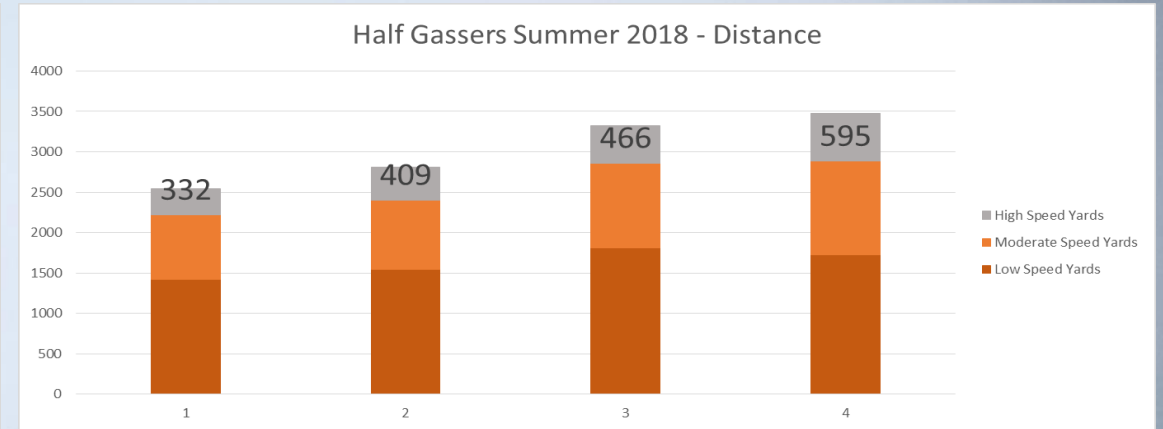
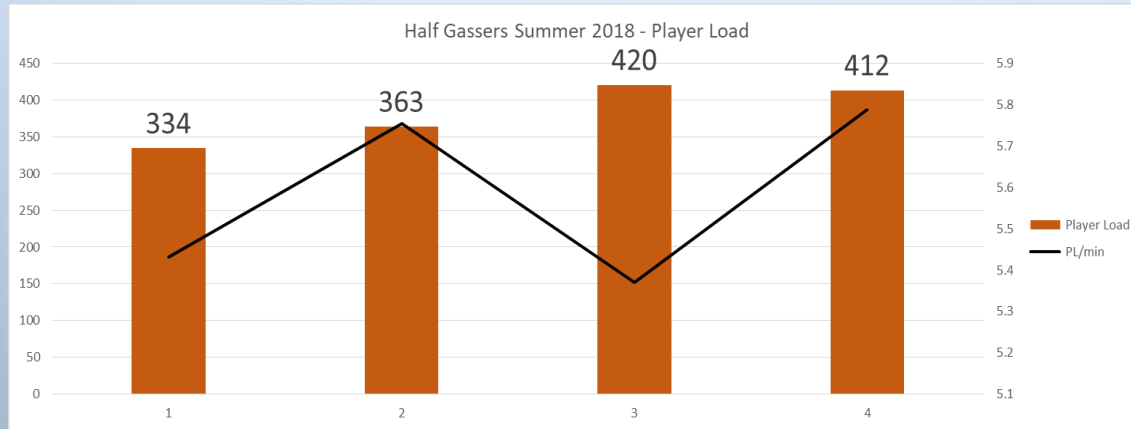


1/2 GASSER

LONGHORNS FOOTBALL				WEEK 1		1/2 GASSERS	
Warm Up				TARGET TIME	6	6	10 REPS
LINE UP ON THE GOAL LINE		WHISTLE 40 35 30		:22			REP 1
POGO SMALL TO BIG		:08/:08		REST			REP 2
SUMO TO RDL		X5 HOLD :02 EA.		1:00			REP 3
SPIDERMAN - ELBOW-HAMSTRING		X3 HOLD :02 EA.		2:00 (QTRS)			REP 4
BACK ROLL TO STRADDLE		5 REPS					REP 5
UPPERBODY PUSH UP		:10					REP 6
QUADRUPED LAT. LEG RAISE		X5 EA.					REP 7
QUADRUPED HIP EXTENSION		X5 EA.					REP 8
PSOAS PULL PRESS		X:15 EA. WAY					REP 9
WHISTLE - SPRINT TO GOAL LINE							REP 10
LUNGE TO HIGH KNEE HUG		10YDS					
REACH SHIFT STEP		5YDS - FLIP -5YDS					
SIDE SQUAT STEP		5YDS - FLIP -5YDS					
FORWARD SKIP		10YDS					
SHUFFLE BUILD UP		10YDS					
SHUFFLE BUILD UP		10YDS					
SPRINT		10YDS - LINE UP ON 40					
BACKWARD RUN		30YDS					
SPRINT		10YDS - LINE UP ON 40					
BACKWARD RUN		30YDS					
CATEGORY		SETS	REPS				
PLYO	MEDIAL / LAT HURDLE HOP	4	4				
POST RUN 4 SQUARE							
DOUBLE LEG	1 2	1 4	1 2 3 1 2 3 4				
SINGLE LEG	1 2	1 4	1 2 3 1 2 3 4				
DOUBLE LEG	1 2	1 4	1 2 3 1 2 3 4				



1/2 GASSER CATAPULT DATA



HIGH SPEED TREADMILL TRAINING

LONGHORNS FOOTBALL		WEEK 1					TREAD								
Warm Up		CATEGORY					EXERCISE					SETS	REPS	YARDS	TOTAL YDS
LINE UP ON THE GOAL LINE	WHISTLE 40 35 30	PLYO					HURDLE OVER (STICK)					4	4		
POGO SMALL TO BIG	:08/:08	1	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	SET 11	SET 12	
SUMO TO RD L	X5 HOLD :02 EA.		RUN	RUN	R-H-R	R-H-R	R-H-R	R-H-R	R-H-R	R-H-R	RUN	RUN	RUN	RUN	
SPIDERMAN - ELBOW-HAMSTRING	X3 HOLD :02 EA.		9	10	10	10	10	10	10	10	10	10	12	13	
BACK ROLL TO STRADDLE	5 REPS			11	11	11	11	11	11	11				14	
UPPERBODY PUSH UP	:10				12	12	12	12	12	12				15	
QUADRUPED LAT. LEG RAISE	X5 EA.				10	10	12.5	12.5	15	15				5	
QUADRUPED HIP EXTENSION	X5 EA.														
PSOAS PULL PRESS	X:15 EA. WAY														
WHISTLE = SPRINT TO GOAL LINE															
LUNGE TO HIGH KNEE HUG	10YDS														
REACH SHIFT STEP	5YDS - FLIP -5YDS														
SIDE SQUAT STEP	5YDS - FLIP -5YDS														
FORWARD SKIP	10YDS														
SHUFFLE BUILD UP	10YDS														
SHUFFLE BUILD UP	10YDS														
SPRINT	10YDS - LINE UP ON 40														
BACKWARD RUN	30YDS														
SPRINT	10YDS - LINE UP ON 40														
BACKWARD RUN	30YDS														
LINEAR ACTIVATION DRILLS															
ANKLING	10YDS														
ANKLING	10YDS														
HIGH KNEE HEEL UP	10YDS														
HIGH KNEE HEEL UP	10YDS														
STRAIGHT LEG SHUFFLE	10YDS														
STRAIGHT LEG SHUFFLE	10YDS														
FAST LEG RIGHT LEG	15YDS														
FAST LEG LEFT LEG	15YDS														
PRANCE	15YDS														
PRANCE	15YDS														

TOTAL YARDS PER SESSION

YARDS PER SPRINT (BASED ON TIME AND SPEED)

6AM	DUVERNEAY, DEV	WHEELER	PORTER	McCULLOCH	
	HEARD	JOHNSON, G	BOYD, D	CUFFEE	BURT
	COOK	LEITAO	YOUNG	CARTER	ESTELL
	JONES	ROACH	TOWNSEND	CURTIS	
	DAVIS	RISING	HOUSTON	JOHNSON, K	
7AM					
8:15AM	EHLINGER	BOYD, K	BONNEY	BEUCHELE	
	HUMPHREY	FOSTER	POUNCEY	CUMMINS	
	JOHNSON, C	STERNS	THOMPSON, C	FREEMAN	
	BECK	THOMPSON, J	LOCKE	DUVERNEAY, DON	
	ADEOYE	EAGLES	BROWN	BOYCE	
BREWER					



CHANGE OF DIRECTION TRAINING

LONGHORNS FOOTBALL		WEEK 1				COD DAY							
Warm Up		PLYO		DOUBLE LEG FORWARD TO TRANSVERSE		4	3						
LINE UP ON THE GOAL LINE		WHISTLE 40 35 30											
POGO SMALL TO BIG		:08/:08											
SUMO TO RDL		X5 HOLD :02 EA.											
SPIDERMAN - ELBOW-HAMSTRING		X3 HOLD :02 EA.											
BACK ROLL TO STRADDLE		5 REPS											
UPPERBODY PUSH UP		:10											
QUADRUPED LAT. LEG RAISE		X5 EA.											
QUADRUPED HIP EXTENSION		X5 EA.											
PSOAS PULL PRESS		X:15 EA. WAY											
WHISTLE = SPRINT TO GOAL LINE													
LUNGE TO HIGH KNEE HUG		10YDS											
REACH SHIFT STEP		5YDS - FLIP -5YDS											
SIDE SQUAT STEP		5YDS - FLIP -5YDS											
FORWARD SKIP		10YDS											
SHUFFLE BUILD UP		10YDS											
SHUFFLE BUILD UP		10YDS											
SPRINT		10YDS - LINE UP ON 40											
BACKWARD RUN		30YDS											
SPRINT		10YDS - LINE UP ON 40											
BACKWARD RUN		30YDS											
LATERAL ACTIVATION DRILLS													
QTR EAGLE		10YDS											
LATERAL FOOT STAB		10YDS											
SIDE SQUAT PUSH		10YDS											
SIDE SQUAT PUSH		10YDS											
SMALL CARIOCA		10YDS											
SMALL CARIOCA		10YDS											
LATERAL BOUND		15YDS											
LATERAL BOUND		15YDS											
BIG CARIOCA		15YDS											
BIG CARIOCA		15YDS											
		5 5 10		DECEL DRILL		6 CONE SERIES							
		ANGLE		ANGLE		SNAKE		SNAKE		JUMP CUT		JUMP CUT	
		SPRINT STICK EVERY 5 YARDS		SHUFFLE STICK EVERY 5 YARDS		BACKPEDAL STICK EVERY 5 YARDS		CROSSOVER RUN STICK EVERY 10 YARDS					
		SHUFFLE		SHUFFLE		SHUFFLE		SHUFFLE					
		SPRINT		SPRINT		SPRINT		SPRINT					
		BACKPEDAL RIGHT TOUCH		BACKPEDAL RIGHT TOUCH		BACKPEDAL RIGHT TOUCH		BACKPEDAL RIGHT TOUCH					
		SPRINT RIGHT TOUCH		SPRINT RIGHT TOUCH		SPRINT RIGHT TOUCH		SPRINT RIGHT TOUCH					
		SPRINT LEFT TOUCH		SPRINT LEFT TOUCH		SPRINT LEFT TOUCH		SPRINT LEFT TOUCH					
		SPRINT		SPRINT		SPRINT		SPRINT					
		TEXAS		LONGHORNS		LONGHORNS		LONGHORNS					
		G		10		20		30		40		50	
		40		30		20		10		G			

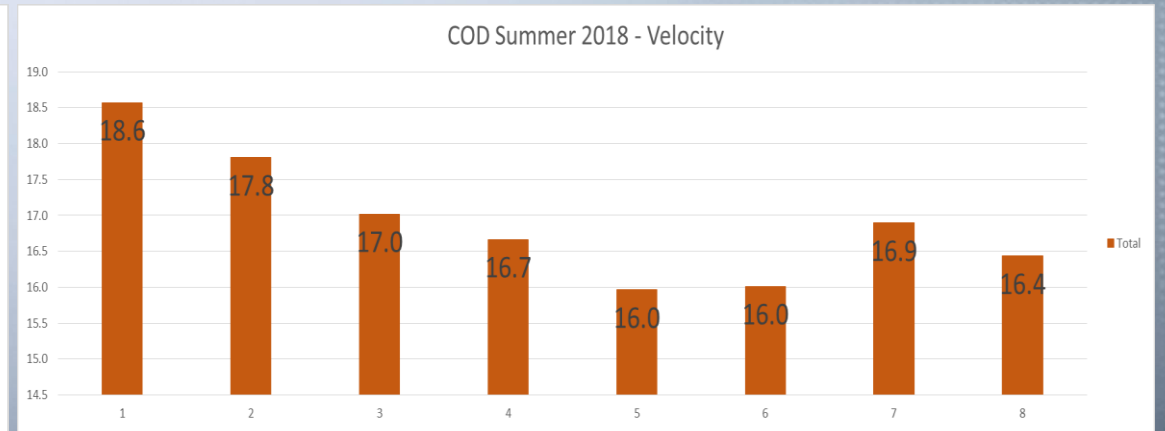
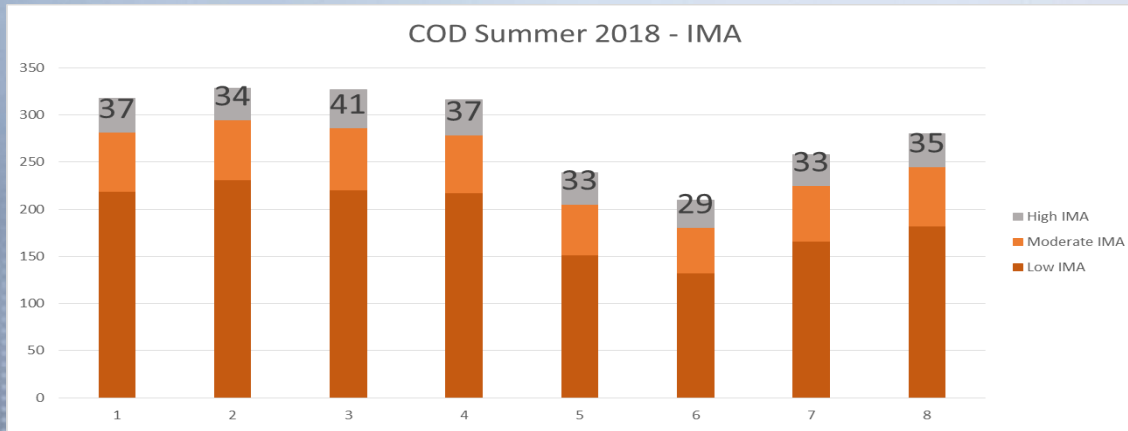
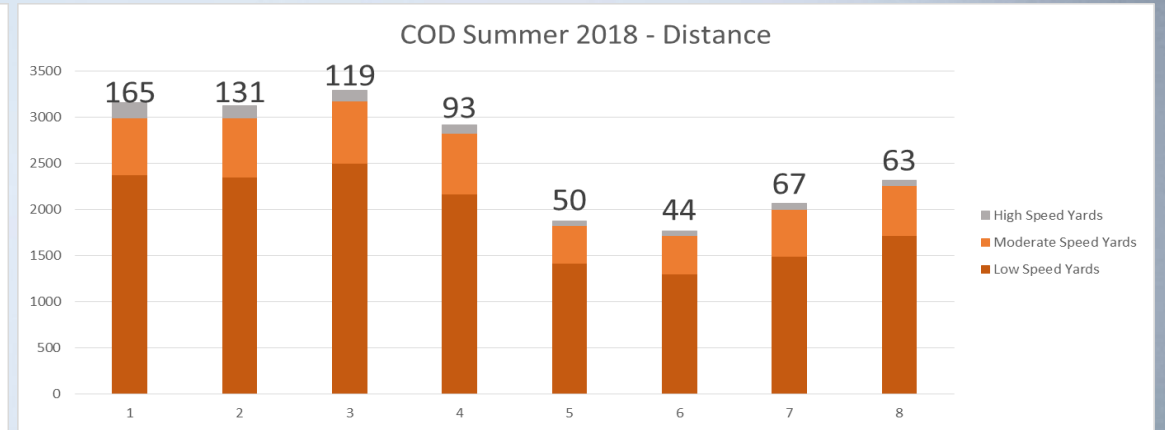
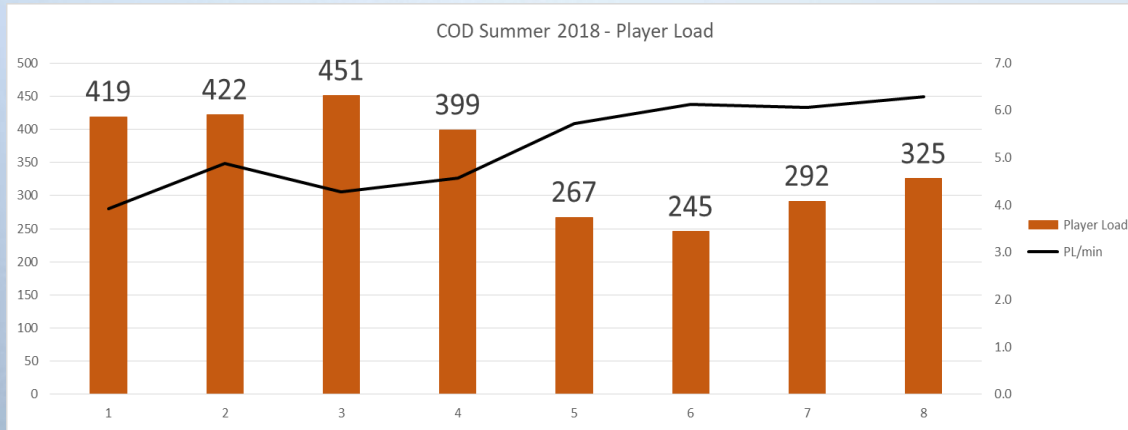


CHANGE OF DIRECTION CATAPULT DATA

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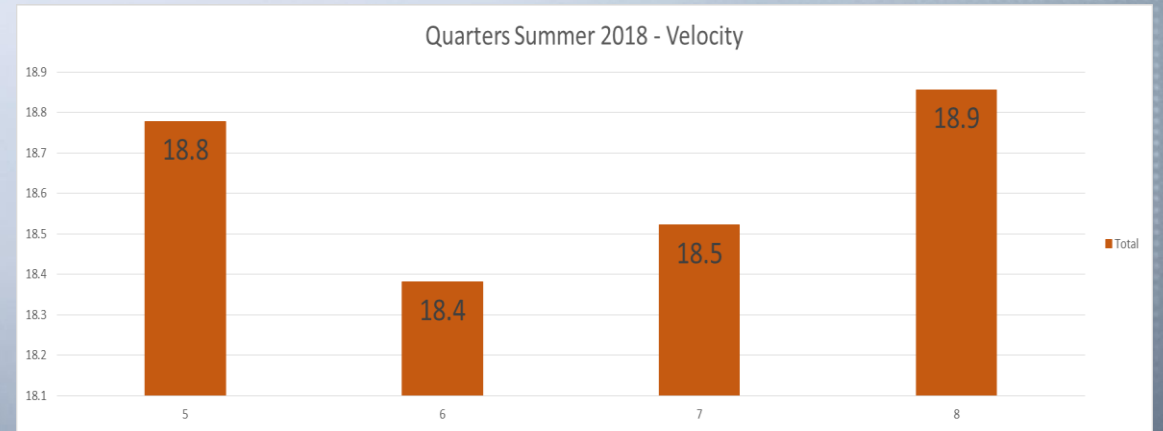
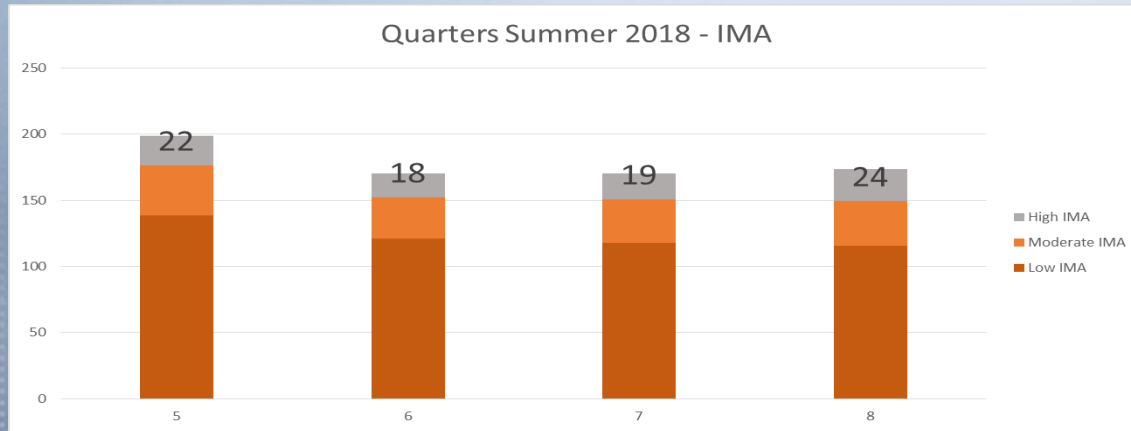
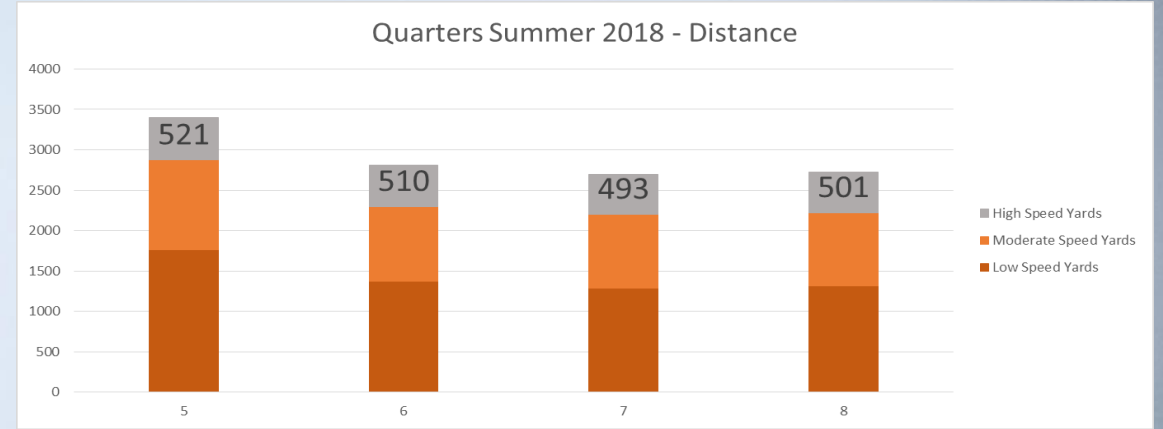
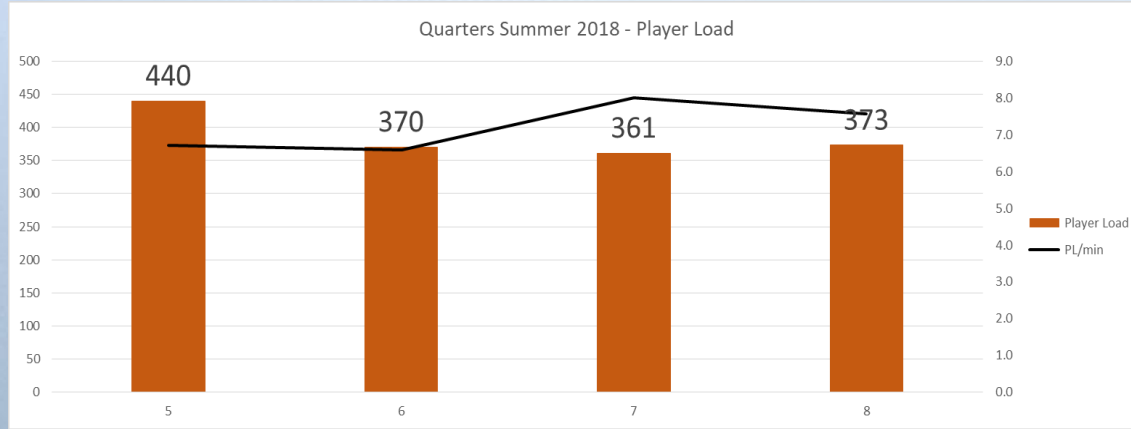


QUARTERS

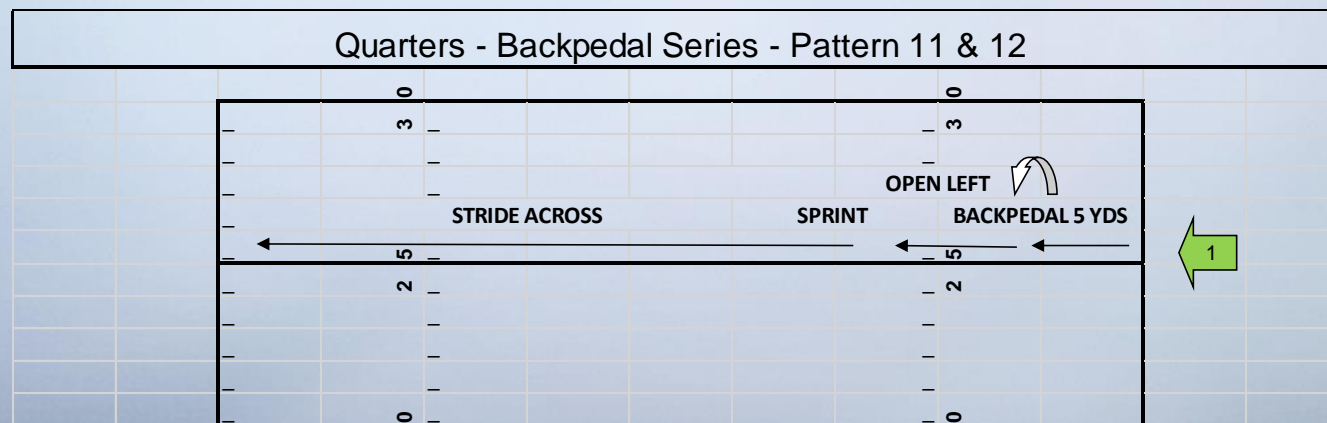
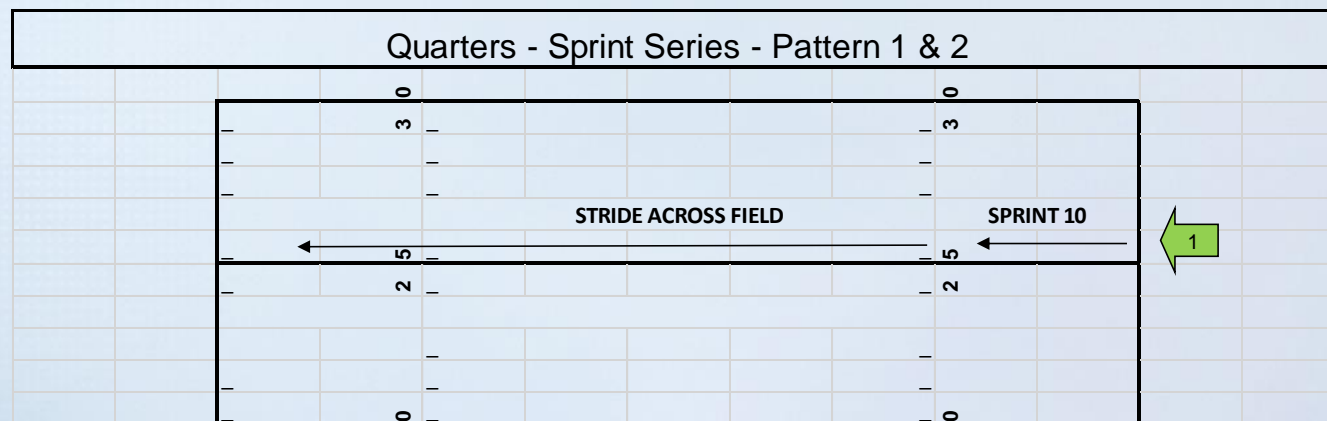
LONGHORNS FOOTBALL				WEEK 5				QTRS			
Warm Up											
LINE UP ON THE GOAL LINE				WHISTLE 40 35 30							
POGO SMALL TO BIG				:08/:08							
SUMO TO RDL				X5 HOLD :02 EA.							
SPIDERMAN - ELBOW-HAMSTRING				X3 HOLD :02 EA.							
BACK ROLL TO STRADDLE				5 REPS							
UPPERBODY PUSH UP				:10							
QUADRUPED LAT. LEG RAISE				X5 EA.							
QUADRUPED HIP EXTENSION				X5 EA.							
PSOAS PULL PRESS				X:15 EA. WAY							
WHISTLE = SPRINT TO GOAL LINE											
LUNGE TO HIGH KNEE HUG				10YDS							
REACH SHIFT STEP				5YDS - FLIP -5YDS							
SIDE SQUAT STEP				5YDS - FLIP -5YDS							
FORWARD SKIP				10YDS							
SHUFFLE BUILD UP				10YDS							
SHUFFLE BUILD UP				10YDS							
SPRINT				10YDS - LINE UP ON 40							
BACKWARD RUN				30YDS							
SPRINT				10YDS - LINE UP ON 40							
BACKWARD RUN				30YDS							
CATEGORY				SETS				REPS			
PLYO		MEDIAL / LAT HURDLE HOP		4		4					
POST RUN 4 SQUARE											
DOUBLE LEG		1 2	1 4	1 2 3	1 2 3 4						
SINGLE LEG		1 2	1 4	1 2 3	1 2 3 4						
DOUBLE LEG		1 2	1 4	1 2 3	1 2 3 4						
				SHIFT LINES BACK				1st Quarter			
								Pattern # Start Line Facing Description Finish Yards			
								1 SL ↓ Sprint 10 - Stride to Hash #s 10			
								2 SL ▲ Sprint 10 - Stride to Hash #s 10			
								3 SL ▲ Sit Face Away - Spin Right - Sprint 10 - Stride to Hash #s 10			
								4 SL ↓ Sit Face Away - Spin Left - Sprint 10 - Stride to Hash #s 10			
								5 SL ↓ Zig Zag Run - Right - Through the Hash HASH 20			
								6 SL ▲ Zig Zag Run - Left - Through the Hash HASH 20			
								7 SL ▲ Sprint 5 - 90° Cut to the Right - Sprint 10 #s 15			
								8 SL ▲ Sprint 5 - 90° Cut to the Left - Sprint 10 #s 15			
								2nd Quarter			
								9 SL ↓ Sprint to #'s - Come to Balance - 45° Cut Left - Sprint 3 out HASH 15			
								10 SL ▲ Sprint to #'s - Come to Balance - 45° Cut Right - Sprint 3 out HASH 15			
				WHISTLE				11 SL ▲ Backpedal 5 - Open Right - Sprint Hard to #'s - Stride to Hash #s 10			
								12 SL ▲ Backpedal 5 - Open Left - Sprint Hard to #'s - Stride to Hash #s 10			
								13 Bounce ↓ Backpedal 5 - Right T Step - Sprint 10 to #'s #s 15			
								14 Bounce ▲ Backpedal 5 - Left T Step - Sprint 10 to #'s #s 15			
				SHIFT LINES FORWARD				15 SL ▲ Backpedal 5 - Open 90° Right - Sprint 25 #s 15			
								16 SL ▲ Backpedal 5 - Open 90° Left - Sprint 25 #s 15			
								total yards		220	
								3rd Quarter			
								Pattern # Start Line Facing Description Finish Yards			
								17 SL ▲ Shuffle Right 5 - Turn Right - Sprint Hard to #'s - Stride to Hash #s 10			
								18 SL ▲ Shuffle Left 5 - Turn Left - Sprint Hard to #'s - Stride to Hash #s 10			
								19 Bounce ▲ Shuffle Left 5 - Plant - Sprint Opposite to #'s #s 15			
								20 Bounce ▲ Shuffle Right 5 - Plant - Sprint Opposite to #'s #s 15			
								21 SL ↓ Shuffle Right 5 - Plant - Sprint Forward to #'s #s 15			
								22 SL ▲ Shuffle Left 5 - Plant - Sprint Forward to #'s #s 15			
								23 SL ▲ Shuffle Left 5 - Plant - Open Inside Right - Sprint to #'s #s 15			
								24 SL ↓ Shuffle Right 5 - Plant - Open Inside Left - Sprint to #'s #s 15			
								4th Quarter			
								25 SL ▲ Crossover Run Right to the #'s - Turn Right - Stride to Hash HASH 10			
								26 SL ▲ Crossover Run Left to the #'s - Turn Left - Stride to Hash HASH 10			
								27 Bounce ↓ Drop 45° Crossover Run Left 5 - Sprint to #'s #s 15			
								28 Bounce ▲ Drop 45° Crossover Run Right 5 - Sprint to #'s #s 15			
								29 SL ↓ Crossover Run Right 5 - Plant - Forward Sprint to #'s #s 15			
								30 SL ▲ Crossover Run Left 5 - Plant - Forward Sprint to #'s #s 15			
								31 SL ▲ Crossover Run Zig Zag Right HASH 20			
								32 SL ↓ Crossover Run Zig Zag Left HASH 20			
								total yards		230	



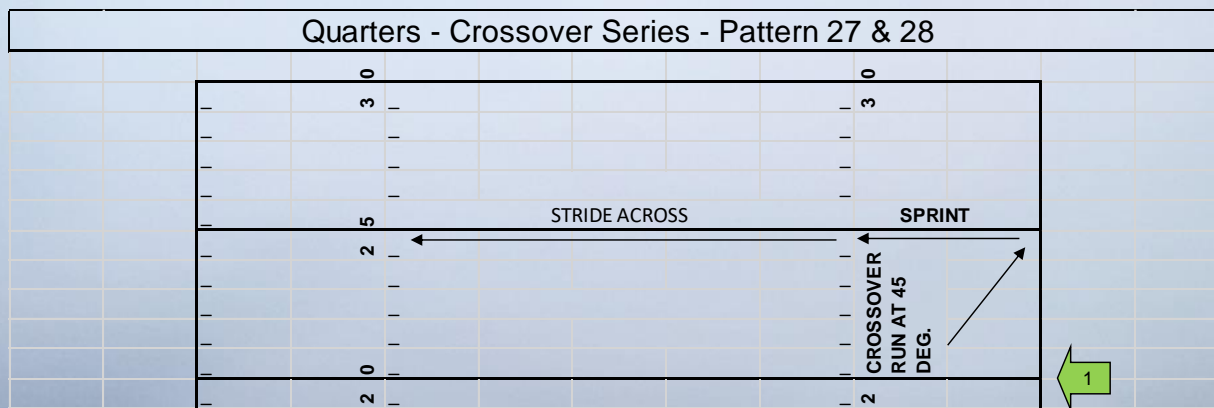
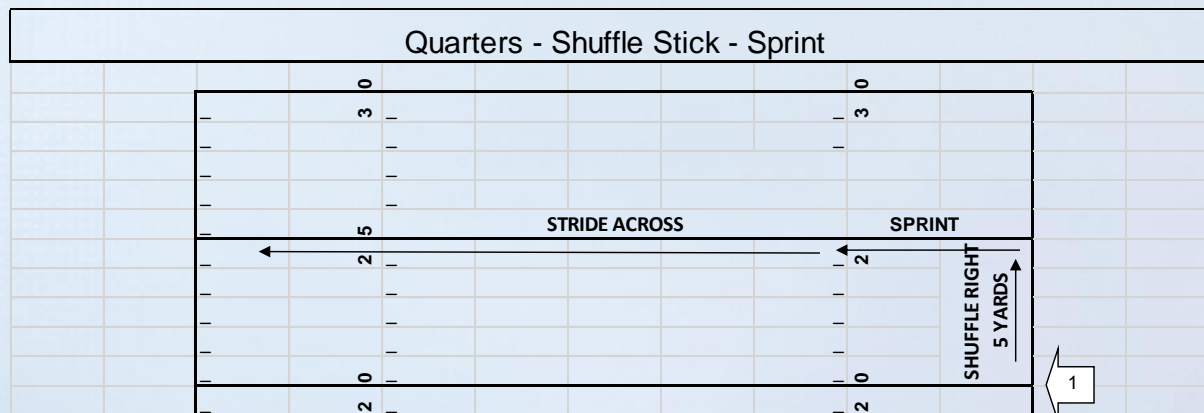
QUARTERS CATAPULT DATA



QUARTERS FIELD DIAGRAM



QUARTERS FIELD DIAGRAM



METABOLIC PLAYS

LONGHORNS FOOTBALL				WEEK 5				METABOLIC PLAYS							
Warm Up				30 PLAYS : ALL SPRINT PATTERNS : SWITCH CUT PATTERNS EVERY QUARTER											
LINE UP ON THE GOAL LINE		WHISTLE 40 35 30		OFFENSE				DEFENSE							
POGO SMALL TO BIG		:08/:08		Q1				Q1							
SUMO TO RDL		X5 HOLD :02 EA.		Q2				Q2							
SPIDERMAN - ELBOW-HAMSTRING		X3 HOLD :02 EA.		Q3				Q3							
BACK ROLL TO STRADDLE		5 REPS		Q4				Q4							
UPPERBODY PUSH UP		:10													
QUADRUPED LAT. LEG RAISE		X5 EA.													
QUADRUPED HIP EXTENSION		X5 EA.													
PSOAS PULL PRESS		X:15 EA. WAY													
WHISTLE - SPRINT TO GOAL LINE															
LUNGE TO HIGH KNEE HUG		10YDS		REST BETWEEN REPS :25 SETS 2:30				LOSER STRIPS WEIGHT ROOM DOWN POST LIFT WINNING TEAM LIFTS 1ST							
REACH SHIFT STEP		5YDS - FLIP -5YDS													
SIDE SQUAT STEP		5YDS - FLIP -5YDS		SKILL = RB-WR-DB				COMBO = QB-TE-K/P-LB							
FORWARD SKIP		10YDS		OFFENSE = GOAL LINE				OFFENSE = 35YD LINE							
SHUFFLE BUILD UP		10YDS		DEFENSE = 15YD LINE				DEFENSE = 50YD LINE							
SHUFFLE BUILD UP		10YDS													
SPRINT		10YDS - LINE UP ON 40													
BACKWARD RUN		30YDS													
SPRINT		10YDS - LINE UP ON 40													
BACKWARD RUN		30YDS													
LATERAL ACTIVATION DRILLS															
QTR EAGLE		10YDS													
LATERAL FOOT STAB		10YDS													
SIDE SQUAT PUSH		10YDS													
SIDE SQUAT PUSH		10YDS													
SMALL CARIOCA		10YDS													
SMALL CARIOCA		10YDS													
LATERAL BOUND		15YDS													
LATERAL BOUND		15YDS													
BIG CARIOCA		15YDS													
BIG CARIOCA		15YDS													
CATEGORY		SETS		REPS											
PLYO		SKILL/COMBO		3		3		40 YARDS :07		35 YARDS :07					



METABOLIC PLAYS CATAPULT DATA

