

BODY WORK



- ❑ Push Ups – 25 repetitions
- ❑ Diamond Push Ups – To muscle failure
- ❑ Triceps with partner – 15 repetitions
- ❑ V-Hold – 2 sets of 30 seconds
- ❑ 25 Bicycles
- ❑ 25 Crunches
- ❑ Lunges with hands on head – 2 at 90°
- ❑ Butt Kickers – 2 at 90°
- ❑ High Kick – 2 at 90°
- ❑ Squats with hands extended, feet together – 15 Repetitions
- ❑ Squats with hands extended, feet at shoulder width – 15 Repetitions
- ❑ Squats with hands extended, feet at 2X shoulder width – 15 Repetitions

*Coaches, repetitions will change with the age group you are coaching. Decrease when appropriate.

OPTIONAL CONDITIONING

• Box to Box Squat Jumps (Land Softly)	Push Ups
• Depth Jump (Length)	Diamonds
• Split Squat Jump (Lunge→Explode)	Rotation
• Rim Jumps (Athletic Stance→Explode Vertically)	Bicycle
• Butt Kickers (Quick Movements)	Jumping Jacks
• Reverse Butt Kickers (Quick Movements)	Push Ups
• Shuffle Step Explosive (Tap Together→Explode)	Diamonds
• First Step Explosive (Drive Through→Explode)	Rotation
• Long Strides (Stride it Out)	Bicycle
• Run with Intensity (Be a Deer)	Jumping Jacks

AB WORKOUT

Minutes	Sets	Reps	Exercise	Explanation
1	1	20	Ab Crunches	
1	1	20	Bicycle Crunches	Right elbow to left knee
With Medicine Ball				
2	1	10	V Sit	
2	1	20	Overhead Crunch	Partner tosses over head
3	1	20	Combo – past two	Partner tosses to one side
1	1	20	Ball legs (side to side)	Flat on floor
2	2	45 sec.	Full Planks – toes and elbows	Push up position
1	1	45 sec.	Side Planks	Stack legs and feet
1	1	20	Ball Exchange	Keep arms extended
1	1	45 sec.	Superman	

STRENGTH AND CONDITIONING PROGRAM ALA CARTE

Jump Rope

1. Regular – two feet. Target 200 jumps within one minute.
2. Together / Apart – 30 seconds.
3. Scissors – 30 seconds.
4. Swivel Hips – 30 seconds.
5. Side to Side – 30 seconds.
6. Boxer (2 right and 2 left)
7. High Knees
8. Backwards
9. One leg (right)
10. One leg (left)

Push Ups (Reps or Timed)

1. Regular
2. Push Up Holds (Above Hat)
3. Finger Tip Push Up
4. Push Up and Rotate
5. Push Up and Leg Lift
6. Push Up and Extend/Dip
7. Push Up (Diagonal)
8. Push Up and Walk
9. Medicine ball – one hand
10. Medicine ball – both hands
11. Medicine ball – transfer one hands
12. Medicine ball – alternate, one hand, two hands, and one hand
13. Medicine ball – balance on medicine ball
14. Diamond with butt up and feet spread

Sit Ups (Reps or Timed)

1. Crunch
2. Medicine ball – lift behind head
3. Palms up – behind head and above head
4. Medicine ball – rotation
5. Chin to sky with hands up – reach
6. Oblique – elbow to hip (On side). Lift leg to as well.
7. Oblique – old school. To knee, one leg on knee.
8. Medicine ball between knees. Transfer side to side.
9. Medicine ball between feet. Rotate to right and left.
10. Bicycle
11. Full body crunch from flat position

12. The V – hands to toes
13. Partner sit up – high fives
14. Partner. Sit up with medicine balls, chest pass, and then push up. Use reps that you want.
15. Partner. Grab ankles and throw feet. Directional. Reps.
16. Partner sit up with medicine ball. Hit ball behind your head and throw to partner.
17. Partner sit up with medicine ball. Same as 16 but directional – throw to right or left shoulder.
18. Pick apples.
19. Pick and holds – 45 seconds, etc.
20. Death Rows – sitting position, knees off, touch each side, 45 seconds, etc.
21. Plank – holding with forearms
22. Roll ups with weight (10 lbs.)

Medicine Ball

1. Side to side routine
2. Wood chops – directional
3. Diagonal – hip to shoulder and opposite
4. Squat position – chest pass
5. Squat position – over head
6. Squat position – soccer throw
7. Partner throw – overhead throw
8. Partner throw – start at waist and throw over head
9. Partner throw – hitting position. Load and go.
10. Partner throw from torso throw.
11. Partner throw – behind.
12. Partner throw – run.

Leg Workout

1. Steam Boat. Knee to elbow – standing up
2. Front lunge – hands on hips
3. Side lunge
4. Squats – hands out front
5. Jumps – touch ground and explode
6. Lunge with medicine ball and twist
7. Side lunge with medicine ball
8. Reverse lunge with medicine ball
9. Squat position – jumping jacks
10. Walk it up (Hamstrings) + push up
11. Walking lunge

IN-SEASON STRENGTH TRAINING

- 30+ second stations 15 seconds to rotate (rest)
- + means time doesn't start until **EVERYONE** is lifting
- 12-15 reps! Continuous reps, NO resting between REPS
- If an athlete is performing more than 15 reps wt. is to LIGHT!! Increase the resistance!

1. Back Squat
2. Overhead Snatch Squat
3. DBELL Step-ups (black box)
4. Vertical Bench
5. Lateral Raise (m)
6. Tricep Arm Extension (m)
7. Flat Leg Press
8. Leg Curl
9. Seated Shoulder Press (m)
10. Seated Leg Press
11. Low Lat Pull
12. Tricep pushdown (modular machine)
13. Lat Pulldown (vr3)
14. Back Hypers
15. Incline Sit-Ups
16. Standing DBELL Press
17. Incline DBELL press
18. Standing Upright Row

NUTRITION

A high school athlete's diet is a very important part of their off-season and season program. Poor nutritional habits prevent an athlete from reaching their potential. There are 3 parts to a workout program: training, nutrition, and rest. Each of these components has equal importance. An athlete cannot train at max intensity if he is not properly fueled or properly rested.

THREE BASIC KEYS TO HEALTHY EATING

1. **Variety.** There is no one magical food. Each food offers special nutrients. For example, oranges provide vitamin C and carbohydrates but not protein or iron. Beef offers iron and protein but not vitamin C or carbohydrates.
2. **Moderation.** Even soda pop and chips, in moderation, can fit into a well balanced diet. Simply balance out sugars and fats with nutrient wise choices for your next meal. Remember that no one food is junk food, however too many nutrient poor foods can accumulate into a junk food diet.
3. **Wholesomeness.** Choose natural or lightly processed foods as often as possible. For instance, choose whole wheat rather than white bread, apples rather than apple juice, potatoes rather than potato chips. Whole foods usually have more nutritional value and fewer questionable additives.

SIX BASIC NUTRIENTS

Carbohydrates

Source of calories from sugar and starches fuel your muscles and brain. Carbohydrates are the primary energy source when you are exercising vigorously. You should get about 60% of your calories carbohydrates.

Carbohydrates are made up of simple sugars, complex carbohydrates and fiber.

Sources of simple sugars include table sugar, candies, sodas and bakery goods. These foods provide empty calories; calories that supply no vitamins and minerals.

Complex carbohydrates include the entire complex starches and fibers. Complex carbohydrates are found in grains, cereals, breads and starchy vegetables like potatoes, corn, peas, and beans.

Fats

Fat is a source of stored energy that is burned mostly during low-level activity (reading, sleeping) and long-term activity (long training runs, easy bike rides). Animal fats tend to be saturated and contribute to heart disease and some cancers. Vegetable fats are generally unsaturated and less harmful. About 25% of your calories should come from fat.

Protein

Protein is essential for building and repairing muscles, red blood cells, hair, and other tissues, and for synthesizing hormones. Protein is a source of calories and can be used for energy if inadequate carbohydrates are available. About 15% of your calories should come from protein. Foods that are rich in protein are fish, poultry, lean meats and beans.

Vitamins

Vitamins are metabolic catalysts that regulate chemical reactions within the body. They include vitamins A, B complex, C, D, E, and K. Most vitamins are chemical substances that the body does not produce so you must obtain them through your diet. Vitamins are not a source of energy.

Minerals

Minerals are elements obtained from foods that combine in many ways to form structures of the body (calcium in bones) and regulate body processes (iron in red blood cells transports oxygen). Other minerals are magnesium, phosphorous, sodium, potassium, chromium, and zinc. Minerals do not provide energy.

Water

Water is an essential substance that makes up about 60 to 70 percent of your weight. Water stabilized body temperature, carries nutrients to and waste away from cells and is needed for cells to function. Water does not provide energy. The minimum requirement is 64 oz of water daily.