



THE

ELITE

STRENGTH & CONDITIONING PROGRAM

www.ONEightyAthletics.com





Dear Coach,

First of all, I want to sincerely thank you for purchasing your new workout. By you purchasing this tells me several things about you. First, you care about strength and conditioning and secondly, you know the benefits that derive from it. You're serious about taking the next step in improving performance and I am happy to help you accomplish that.

All of the exercises are demonstrated via clickable links on your PDF workout. This is so you can access it from your computer or any mobile device you choose to download it to. We also have included "Weight Room Flow" videos to show you exactly how to implement each day as detailed as possible. We're all about the details!

Each block is broken into 4-week sections. This particular program is designed as a two-month summer program. The first block is comprised of exercises and programming designed to increase size and strength for athletes. The second block is programmed for increased strength and power of the athlete.

The workout is full of progressions and should be progressive for all individuals and all ages. I ask you to use your discretion when implementing the workout, especially for novice lifters. All workouts should emphasize safety first. Never sacrifice safety for weight. This is paramount. Don't stress how much weight one can do, stress form. This workout is intended to allow athletes to learn and coaches to teach the lifts at appropriate progressions.

Number one on our agenda is injury prevention for athletes. Number two is development and performance. Be sure to progress only when the athlete is ready to progress. Sometime the best for of progression is regression in terms of weight, safety, and proper form. Be sure to warm up before every exercise.

Feel free to play with the numbers to best fit your playing style. You have the autonomy. Have a run and gun, fast pace offense? Cut the rest times down slightly. If you play a slower, methodical, run oriented, you could raise the rest times a little. Set high standards and push your athlete's but be realistic in your goals.

Have fun. Good Luck. Train hard.
WIN THE KIDS,
Mike Cano

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Disclaimer

This training product, videos, and the following guidelines have been provided as general information for exercise and rehabilitation and are intended for educational purposes. Any individual beginning exercises contained in this product or beginning any other exercise program, should first consult with a qualified health professional. Discontinue any exercise that causes discomfort and/or dysfunction and consult with a qualified medical professional immediately. Please consult with a physician prior to implementing any rehabilitation or exercise protocol. This product does not contain medical advice. The instructions and advice presented are in no way a substitute for professional testing, instruction, or training. The creator, producer, and distributor of this program disclaim any liabilities or loss, personal or otherwise, in connection with the exercises and advice herein.

Before you, your clients, or your athlete's begin any physical fitness program, please consult a doctor. This document may not be reproduced or transmitted in any form without permission from the author.

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ADDITIONAL INFORMATION

How to read your workout:

Please see mock workout sheet labeled “How to Read Your Workout”.

Progressions and Regressions:

Progressions and regressions are essential when training the youth athlete. Be sure to accommodate weaker or less experienced athletes as needed.

Lifting Progressions/regressions

Olympic Lifts: [YouTube Playlist](#)

Start out with a light PVC pipe or wooden dowel rod. Teach the basic movements like RDL to Clean High Pull, to Hang Clean to Front Squat, to Hang Squat Clean, to Power Clean from the floor, to Squat Clean. Do not rush this process, it is critical in the development of young athletes. Once they have mastered the PVC pipe they should move to an empty bar and progress the same way.

Lower Body:

We like to start our lower body squat progressions with bodyweight squats with arms extended straight out. We will then move to bodyweight squats with hands on the side of the head. Once that is mastered, we typically move to a Goblet Squat with an isometric pause at the bottom. From there we move to teaching the Front Squat, Back Squat, and lastly the Overhead Squat.

Upper Body:

We do not let any of our athletes Bench Press until they can complete 3x10 Push Ups non-stop, with 30s rest between sets. We will move from Push Up, to Bench Press, to DB Bench. But the most foundational part of upper body strength is performing Push Ups correctly. Here is our [Push up Progression](#).

Jumping:

This is probably the most important section of progression and regression. Poor progression in plyometric can have severe negative impacts on performance. Please check out our 4 Levels of Plyo Progression and regress athletes as you see fit. Athletes that can safely squat 1 ½ times their body weight and are in good physical condition are advised to progress into Levels 2 and 3 if they're proficient at Level 1 activities and have the required strength to perform them. Be sure the knees are staying out over the pinky toes upon jumping and landing. High-level

plyometric exercise (repetitive bounding exercises) are not recommended for those that weigh more than 230 pounds.

[Level 1](#)

[Level 2](#)

[Level 3](#)

[Level 4](#) (typically reserved for mainly experienced college and professional athletes)

WORKOUT OBJECTIVES

A lot of work should have already been put in to get to this point of the year. This program is set up to peak in 8 weeks. Our objectives are to increase lean body mass and overall work capacity. Technique on lifting and running should be paramount in all phases of training, but especially off season when loads are typically highest. Strength and power development will have a higher demand as well as improving linear and lateral acceleration, deceleration, and overall speed while maintaining the highest priority in injury prevention.

How to post your workout:

We have included a percentage chart within this program. We recommend you print off several copies and put them around the weightroom (where needed) for viewing purposes. Print off the amount of workouts needed for your athletes. Hopefully they know their maxes off the top of their head but if they don't you can post those too beside the percentage chart for their convenience. This is ideal for them to take their workout sheets you printed off, find their maxes on the max sheet, find their maxes on the percentage chart, and find (and write in) the weight they are prescribed for that day.

Program Consistency and Reporting:

Keep a daily report of attendance but also effort level, leadership, accountability, and "buy" in that day. Add anything else you feel is important to your programs success. Rate and rank your kids on a weekly basis, if not daily. Post these ratings to help keep them accountable for their own actions and to be sure that great effort, average effort, and poor effort do not go unnoticed.

Speed and Agility:

Every workout is designed to increase Stride Length of Stride Frequency. There is only 8 weeks' worth of training so we do not spend a lot of time on running technique (should have been accomplished in spring semester). Our goal this summer is to practice running fast! This includes our linear and nonlinear speed days, as well as our anaerobic conditioning days. Plan your week and know where you will be running. Educate them to **drink lots of water** and eat a well-balanced meal and allow enough time for digestion.

Make sure you're athletes think, act, talk and carry themselves like a champion every minute they're around the facility.

Warm Ups:

The following warm-ups will prepare your body to train at the highest level.

Prior to all exercise sessions whether it is strength training, conditioning, speed training, or agilities, a complete warm-up and flexibility session must be completed. A proper warm-up will:

1. Prepare the major joints for strenuous activity through all ranges of motion
2. Increase the body's internal body temperature prior to training
3. Protect against injury by improving the range of motion within the muscles and the joints
4. Is specific to the workout or sport you are preparing to do
5. Mentally prepare an athlete for the training that is about to be done

6. Pre-heat the muscles so that you can obtain maximum benefits from the pre-workout stretch
7. Increases blood flow. Increase in oxygen supply
8. Stimulate the Central Nervous System
9. Reduces the time of motor reactions
10. Improves coordination which improves motor performance

Before starting your strength-training workout, running workout or game, complete the following warm-up exercises.

This warm-up involves flexibility exercises while doing sport specific movements. The movements used are specific to the sport and the workout program.

Speed and Agility Warm Ups:

[Speed and Agility Warm Up 1](#)

[Speed and Agility Warm Up 2 \(Game Ready\)](#)

[Print Off Game Ready Warm Up](#)

Workout Warm Ups:

[Pre Workout Warm Up](#)

[Upper Body MB/Band Warm Up](#)

Cool Down/Flexibility Protocol:

Bare foot slow tempo jog at a conversational pace for 2 minutes around the field

[Flexibility Protocol](#)

Speed & Conditioning Program Summer

The ONEighty Athletics summer Speed & Conditioning program will prepare you for your upcoming season. Every workout is designed to increase Stride Length of Stride Frequency. There is only 8 weeks' worth of training so we do not spend a lot of time on running technique (should have been accomplished in spring semester). Our goal this summer is to practice running fast! This includes our linear and nonlinear speed days, as well as our anaerobic conditioning days. Plan your week and know where you will be running. Educate them to **drink lots of water** and eat a well-balanced meal and allow enough time for digestion. ***Make sure you follow the dynamic warm-up and you are thoroughly loose and ready to go. Follow the static stretch routine given in the warm-up section after you have completed the conditioning workouts.***

There is no worse feeling than wanting to give your best and not being in good enough condition to get it done. You must follow the program specifically and give it one hundred percent. Make sure to follow the interval times and the rest times given in the manual.

Our goal is to be the most conditioned team in the country. For this to happen, you must attack the running program with 100 percent focus and intensity. When doing the running workouts, make sure to follow the reps, yardage, percentages, and work to rest ratios of each drill.

Sports consist of angles, acceleration, changing gears, and reaction. A player must be able to redirect in space and redirect to a player. This must be done at different speeds or without slowing down at all. An athlete must also have the ability to decelerate and accelerate quickly and explosively.

Speed Training Abbreviations

Reps – Repetitions of each drill: How many to do of each drill

%'s – Percentages: How fast to perform that particular drill.

Work to Rest Training Abbreviations

WI – Work Interval: The portion of the program that consists of high intense work.

RI – Rest Interval: The time between work intervals. Never sit down or bend over.

Position Abbreviations (Football Example)

Sk – Skill position: WR, DB, RB, QB

Bsk – Big skill position: FB, LB, TE, K

OLine – Offensive Line position: OL

DLine – Defensive Line position: DL

7 Elements of a Successful Speed Program

KEYS TO SPEED:

1. Stride Length: Less ground contact over exact distances. Able to produce more force into ground.

2. Stride Frequency: Time required to complete a stride. Foot strike is incredibly important!

3. Acceleration: A critical component of the game of football. Football players must react to certain stimulus, accelerate to maximum speed, change directions, decelerate, reaccelerate, and maintain maximum speed. The ability to respond to certain stimulus and to get the body moving from a pre-snap position or on the run.

4. Quickness: The body's ability to perform specific movements in the shortest times possible.

5. Reaction Time: The ability to respond to a stimulus as fast as possible whether running or in a standing still position.

6. Sport Specific Speed: Football, is a game of short explosive bursts lasting on an average of 4-6 seconds. Players also need to readjust in space, redirect to a different stimulus, all at different speed. This is football speed.

7. Speed Endurance: The ability to maintain true speed over a period of time, 1st quarter to 4th quarter. This prevents you from slowing down late in the game or having the ability to sprint several times with little rest in between. Training outcomes will be:

A. Repeated short sprints all at the same speed can be made with minimum rest.

B. Maximum speed is reached more quickly.

C. Maximum speed is held for a longer distance before slowing occurs.

Training Variables That Affect Speed Improvement

- 1. Strength:** Improvement in strength will improve force and power capability. Improvement in force and power improve arm drive and knee drive off the ground, which will increase speed.
- 2. Flexibility:** Increases in flexibility will help to improve the stride length and help to prevent injuries.
- 3. Power:** Increase in power will improve start, reaction ability, and acceleration.
- 4. Conditioning:** Increases in anaerobic conditioning will improve the speed endurance phase.

Speed Workouts

We will use three different work percentages when training for acceleration.

50% - A stride, slightly faster than a jog.

75% - A high effort stride, with a noticeably faster pace than 50%.

90% - A very fast sprint, slightly slower than a full sprint.

100% - Full Speed – Running less than 90% on any true speed training will ultimately make you slower. You must run at the very least 90% to gain speed.

Speed Model

Every speed workout will consist of:

- 1. Hip mobility exercises:** Done to further warm-up the body.
- 2. Speed Drills:** To improve the mechanics and technique when you run.
- 3. Plyometrics:** To apply an overload to the muscles with explosive speed strength and power as a goal. Make sure to teach the take off, jump, and landing [Stretch shortening cycle]
- 4. Combination Drills / Starts:** Done to work on reaction time and explosion from a stand still position.
- 5. Acceleration Drills:** The ability to reach maximum speed as fast as possible.
- 6. Absolute Speed / Speed Endurance Workouts:** The ability to maintain true speed over a period of time. Prevents you from slowing down late in the game.

1. Hip Mobility Exercises:

[Leg Swings](#)

[Iron Cross](#)

[Scorpion](#)

2. Speed Drills: Focus on knee drive and hip extensions and body lean.

[Wall Drills](#)

[Stationary Arms](#)

3. Plyometrics: Perfect takeoff and landing technique. Don't land below parallel! Camps & Combines rate and rank players off of verticals, broad jumps, and 40 times make sure you attack these drills!

[Line Hops](#)

[Power Skips](#)

[Tuck Jumps](#)

[Speed Skaters](#)

[Single Leg Jump, Land 2 Feet](#)

4. Combination Drills For Acceleration: Run for 10-15 yards from the prescribed starting positions. Max Speed!

2 pt. Focus on shin angle and body lean!

[Falling](#)

[Shuffle](#)

[Push up](#)

[Kneeling SL Side to Side to Sprint](#)

5. Acceleration Drills

Fast, Easy, Fast: Run the prescribed distance, at the given percentage. For example,

3 sets x 60 yards (20 yard sections)

Run 20 yards at 100%

Back Down to 90% for 20 yards

Sprint 20 yards at 100%

Percentage Build-ups: Begin by striding the first 1/3 of the prescribed yardage amount at 50%. When reaching the next 1/3 of the prescribed yard mark, increase to 75% and finish the last 1/3 at 90-100%. The yardage will be between 20 and 40 yards.

Sled/Tire Pulls: Attach a sled or tire around waist. Make sure not to use an amount heavier than 10-12% of your total body weight. Anything more will hinder your running performance and negatively impact your running technique.

6. Speed Endurance Workout

This is the ability to maintain true speed over a period of time, 1st quarter to 4th quarter. This workout prevents you from slowing down late in the game or having the ability to sprint several times with little rest in between. The work intervals and rest times for the following speed endurance workouts. Perform a series of sprints with 20-30 seconds rest. The goal is to build-up a maintenance of speed for a period of time.

40's, 50's, 53's

Times will be given based on 80% of max effort. For example,

40's x 4 with :20 rest

50's x 4 with :25 rest

53's x 4 with :30 rest

40's

Sk :5.5

Bsk :6.0

DLine :6.5

OLine :7.0

50's

Sk :6.5

Bsk :7.0

DLine :7.5

OLine :8.0

53's

Sk :7.0

Bsk :8.0

DLine :8.5

OLine :9.0

Agility Training

Agility can be defined as the body's ability to change directions while maintaining good control without decreasing speed.

Football is a game of angles, acceleration, changing gears, and reaction. A player must be able to redirect in space and redirect to a player. This must be done at different speeds or without slowing down at all. A football player must also have the ability to decelerate and accelerate quickly and explosively.

Reaction time, awareness in space, balance, and coordination are all involved in agility training. All movement patterns such as forward running, backward running, lateral running and other movement drills as skipping, hopping, jumping, etc. are also involved in agility training.

Agility drills can be performed in the form of cone drills, shuttle runs, reaction drills, agile bags, movement runs, etc.

Agility (lateral speed) includes:

1. Shuffling
2. Cross-over runs
3. Sideways running
4. Cutting
5. Change of direction drills

Agility Drills

[Gator Drill](#)

[N-Drill](#)

[3,5,7's](#)

[Star Drill](#)

Position Agilities

These drills will be extremely important for you to do. You must get practice at moving in a football position. The best way to improve in football is to perform drills in football. Do not neglect to perform these drills. You will be expected to have an understanding of your position and how to do the basic drills we are sending you.

Rest periods should be long enough to ensure proper technique and all-out effort. (:25) These are listed in your conditioning schedule.

Work percentages are the effort you use must be 100%. Agility workouts should be done with perfect technical execution of every rep. Quality is more important than quantity.

For these drills email Coach Cano at mcano@oneightathletics.com

Anaerobic Conditioning

All conditioning phases are based on the interval training principle.

Periods of work followed by a period of rest and recovery. Some work bouts are longer and more general, while most of the work bouts are short and intense.

Shorter distance intervals entail a greater volume of runs, a relatively faster speed, and a higher work to rest ratio. Longer distance intervals involve fewer runs, a relatively slower speed, and a lower work to rest ratio.

The work intervals and the rest times are given in the conditioning schedule for the following runs. ***Always static stretch at the end of conditioning workouts.

300 yd shuttle: This is done on a football field or grass field. We run this in 60 yd intervals making sure to stop and change directions for the entire 300 yds.

Full Gassers: This is done on a football field or grass field. We run this in 50 yd intervals making sure to stop and change directions for the entire 200 yds.

Half gassers: This is done on a football field or grass field. We run this in 50 yd intervals making sure to stop and change directions for the entire 100 yds.

110's: This is done on a football field or grass field. We run this from the goal line to the back of the end zone.

Plyometric Training

The ability to apply a reactive force is the major goal of plyometric training. An increase in power will directly correlate to an increase in Speed and Explosion.

We will implement plyometrics on Monday and Thursday during our speed / plyo workouts. We will also implement with complex training with our workouts. Example Squats with vertical jumps.

It is extremely important to land properly when absorbing force.

Key Cues:

Feet under hips, hips above knees, in power position, chest tall, knees over toes, weight on front two-thirds of feet. Broad Jump is different, heel to toe.

Guidelines

Who – Athletes that can safely squat 1 ½ times their body weight and are in good physical condition. High-level plyometric exercise (repetitive bounding exercises) are not recommended for those that weigh more than 230 pounds.

Surface – The plyometric program should be done on a soft, level surface, preferably a synthetic surface that has some give. Avoid doing plyometrics drills on hard surfaces or where the ground may be uneven and unsafe.

Warm-up – Always warm-up the body thoroughly before the plyometric workout. See the warm-up and stretching procedures outlined in this manual.
To access the whole manual

Exercises Examples–

[Broad Jump](#)

[Squat Jump](#)

[Continuous Squat Jump](#)

[Ankle Hops](#)

[Side Single leg line Hops](#)

Quickness Training

Quickness is the ability to move the feet as fast as possible in a variety of different patterns. These patterns can involve double leg or single leg movements. Improved coordination, balance, and developing quick rapid movements are all goals of the quickness programs.

Do each repetition of each drill at full speed! Jog back to the start and repeat another rep at full speed. Complete the assigned number of reps and sets for each drill chosen.

Guidelines

Frequency

During the off-season quickness training can be done 1-3 x week. The pre season can include even more sessions (up to 4 x week). Quickness drills can be done on opposite days from strength training or on the same day. If this is the case, do the quickness training before strength training the lower body.

Form

Every rep of every drill must be done at full speed for you to get the benefits from it. Full speed also means under control and staying within the context of the drill.

Surface

Always do quickness drills on an even surface that is not slippery. It would be ideal to do the drills on the same surface that you play or practice on. Be aware of holes, divots and slippery areas.

Warm-up

Always complete the full warm-up and flexibility routine given in this manual before beginning the quickness drill workout.

Duration

Drills should be sport specific and each rep will last between 3-10 seconds. The entire quickness workout should last between 5-15 minutes.

Rest

Rest should be sport specific to train the specific conditioning aspect of the sport. Rest should be minimal between reps and 2 minutes between sets. Rest long enough to ensure quality work.

ORGANIZATION OF TYPICAL WORK WEEK

3-DAY WORKOUT

Monday:

Emphasis – Total Body Workout with Emphasis on Power and Speed Production
Dynamic Warm Up/Mobility
Foot Quickness
Linear Speed Work (Field/Court)
Total Body Lift – Emphasis on Olympic lift
Torso Training
Post Workout Flexibility

Wednesday:

Emphasis – Upper Body Emphasis
Dynamic Warm Up/Mobility
Foot Quickness
Lateral/Change of direction speed work (Field/Court)
Upper Body Lift – Emphasis on Bench Press
Torso Training
Post Workout Conditioning (emphasis on anaerobic power)
Post Workout Flexibility

Friday:

Emphasis – Lower Body Strength and Power with Emphasis on Work Capacity
Dynamic Warm Up/Mobility
Foot Quickness
Lower Body Lift – Emphasis on Squat
Torso Training
Post Workout Conditioning (emphasis on anaerobic power, metabolic conditioning)
Post Workout Flexibility

[Watch Phase 1 Day 1 Flow Video Here](#)

[Watch Phase 1 Day 2 Flow Video Here](#)

[Watch Phase 1 Day 3 Flow Video Here](#)

[Watch Phase 2 Day 1 Flow Video Here](#)

[Watch Phase 2 Day 2 Flow Video Here](#)

[Watch Phase 2 Day 3 Flow Video Here](#)

4-DAY WORKOUT:

Monday:

Emphasis – Lower Body Strength and Power with Emphasis on Speed Production

Dynamic Warm Up/Mobility

Foot Quickness

Linear Speed Work (Field/Court)

Lower Body Lift – Emphasis on Squat

Torso Training

Post Workout Flexibility

Tuesday:

Emphasis – Upper Body Workout with Emphasis on Strength and Power Production

Dynamic Warm Up/Mobility

Foot Quickness

Total Body Lift – Emphasis on Olympic lift

Torso Training

Post Workout Conditioning (emphasis on anaerobic power, metabolic conditioning)

Post Workout Flexibility

Thursday:

Emphasis – Lower Body Workout with Emphasis on Power on Work Capacity

Dynamic Warm Up/Mobility

Foot Quickness

Lateral and Linear Speed Work (Field/Court)

Total Body Lift – Emphasis on Olympic lift

Torso Training

Post Workout Flexibility

Friday:

Emphasis – Total Body Workout with Emphasis on Power

Dynamic Warm Up/Mobility

Foot Quickness

Upper Body Lift – Emphasis on Bench Press

Torso Training

Post Workout Conditioning (emphasis on anaerobic power)

Post Workout Flexibility

[Watch Phase 1 Day 1 Flow Video Here](#)

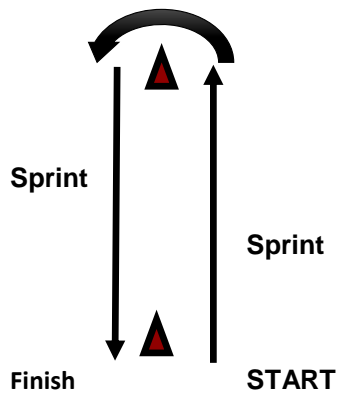
[Watch Phase 1 Day 2 Flow Video Here](#)

[Watch Phase 1 Day 3 Flow Video Here](#)

[Watch Phase 1 Day 4 Flow Video Here](#)

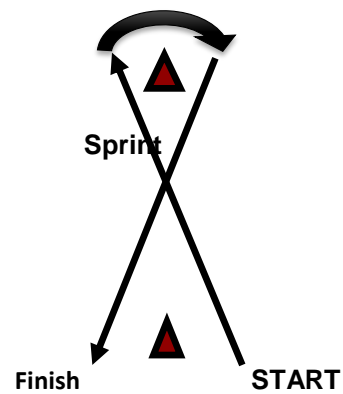
2 Cone Agilities

Sprint - Sprint



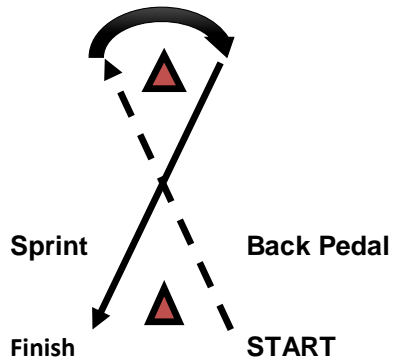
Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start

Figure 8: Sprint-Sprint



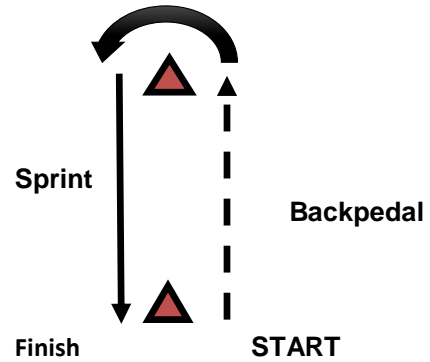
Begin drill in a two point stance. Sprint to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start

Figure 8: Backpedal - Sprint



Begin drill in a two point stance. Backpedal to the opposite side of 2nd cone. Gather feet and sprint back to cone 1 and finish on opposite side you start

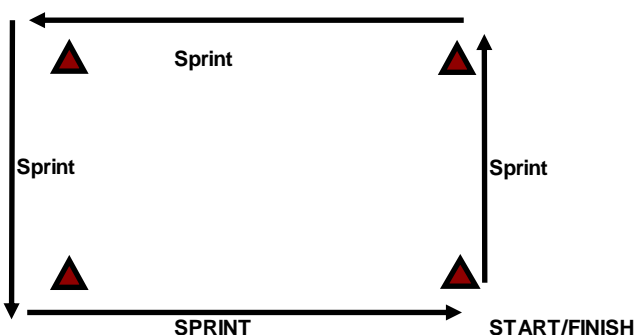
Backpedal-Sprint



Begin drill in a two point stance. Backpedal to the 2nd cone. Plant right foot, sprint back to cone one and finish on opposite side of start

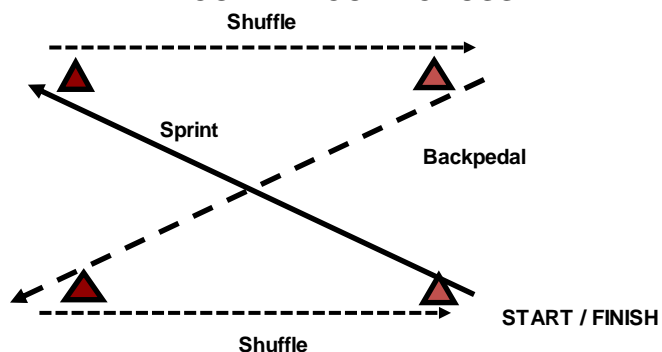
4 Cone Agilities

Sprint / Sprint / Sprint / Sprint



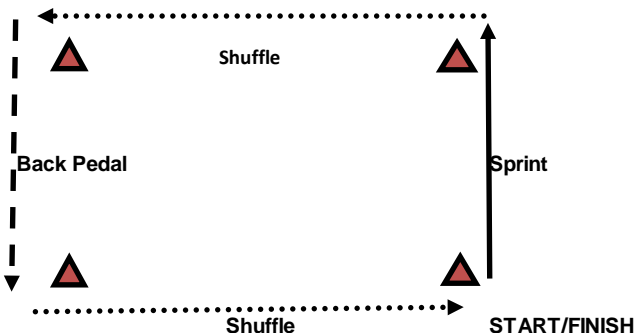
Begin drill in a two point stance. Sprint to the 2nd cone. Plant right foot, sprint to 3rd cone, plant right foot and finish where you started.

4 CORNER CONE CROSS



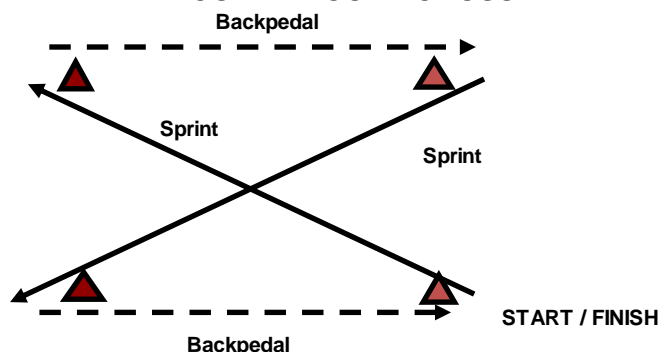
Begin drill in a two point stance. Sprint to the 3rd cone. Gather feet and shuffle to the 2nd cone, back pedal to the 4th cone, the shuffle through entire drill. Keep feet apart with good base when shuffling. the finish.

Sprint / Shuffle / Back Pedal / Shuffle



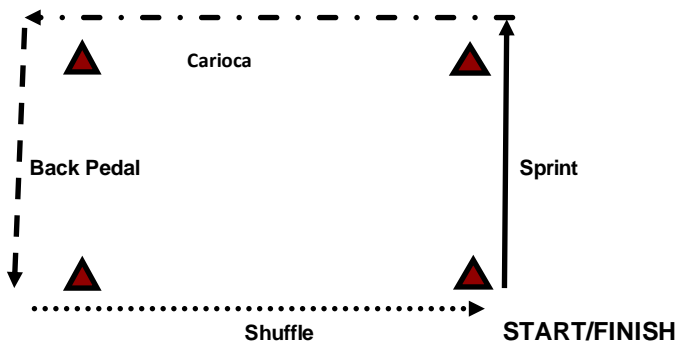
Begin drill in a two point stance. Sprint to the 2nd cone. Gather feet and shuffle to the 3rd cone, gather feet and back pedal to the 4th cone, gather and shuffle through the entire drill. Keep feet apart with good base when shuffling. finish.

4 CORNER CONE CROSS



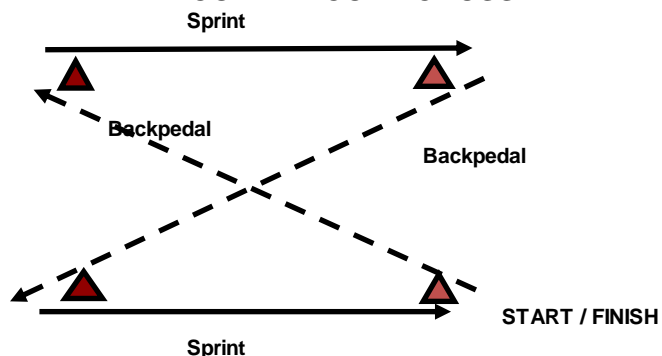
Begin drill in a two point stance. Sprint to the 3rd cone. Gather feet and Backpedal to the 2nd cone, Sprint to the 4th cone, Back pedal through entire drill.

SPRINT / CARIOCA / BACKPEDAL / SHUFFLE



Begin drill in a two point stance. Sprint to the 2nd cone. Gather feet and carioca to the 3rd cone, gather feet and back pedal to the 4th cone, gather and carioca through the finish. Face the same direction through the entire drill

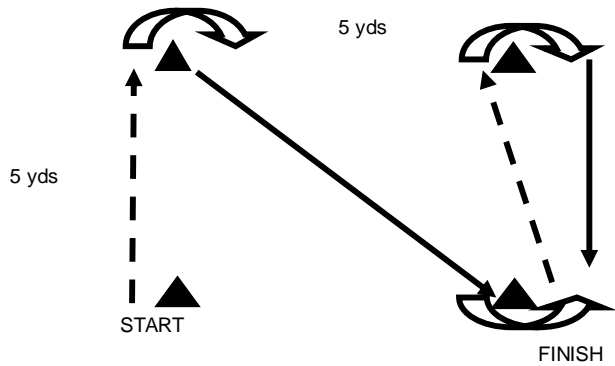
4 CORNER CONE CROSS



Begin drill in a two point stance. Back pedal to the 3rd cone. Gather feet and Sprint to the 2nd cone, Back pedal to the 4th cone, Sprint through entire drill.

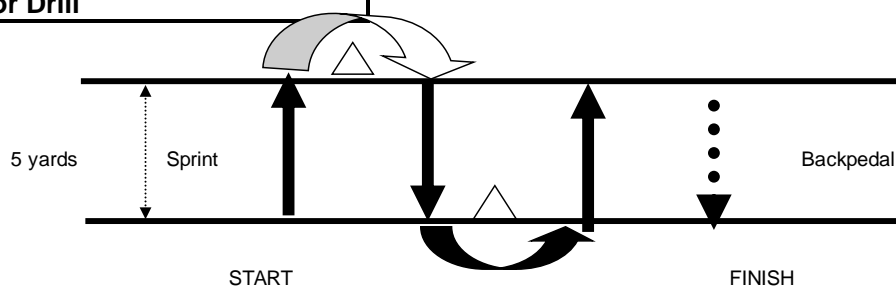
Competition Agilities

N - Drill



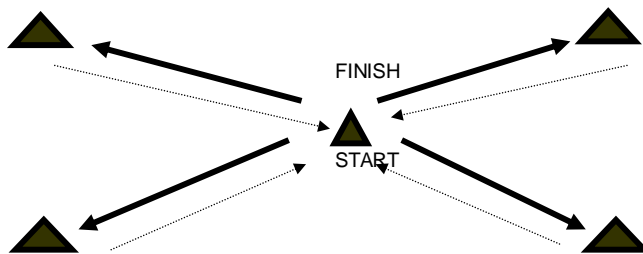
Begin in a 2 pt staggered stance. Backpedal 5 yds to the top left cone and touch the ground with 2 hands. Go around the cone and sprint to the bottom right cone. Backpedal to the top right cone, touch the ground, and sprint back to the finish cone. Make sure to do the drill from both sides.

Gator Drill



Begin drill in a 3 pt stance. Sprint 5 yards around the cone to the right. Sprint 5 yards around the cone to the left. Sprint again 5 yards, touch line and backpedal 5 yards to the finish.

Star Drill



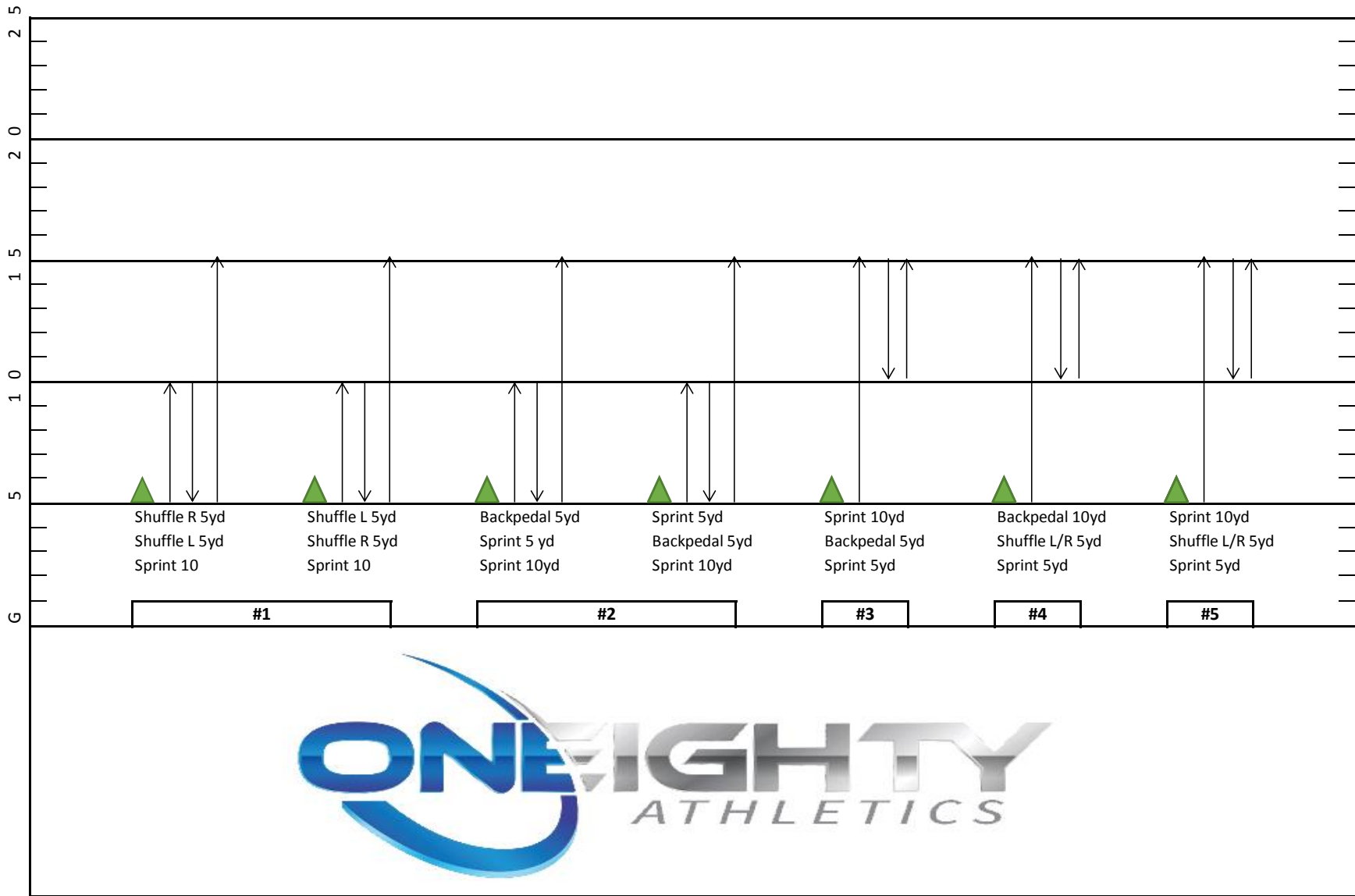
Directions: Begin drill in a 3 point stance at the middle cone. Sprint 5 yards to a corner cone. Sprint back to the middle cone. Sprint to a different corner cone. Sprint back to the middle. Sprint to another corner cone. Sprint back to the middle. Sprint to the last corner cone. Finish in the middle. Make sure to touch the top of each cone.

357's

_____ 7
 _____ 5
 _____ 3
 _____ 0

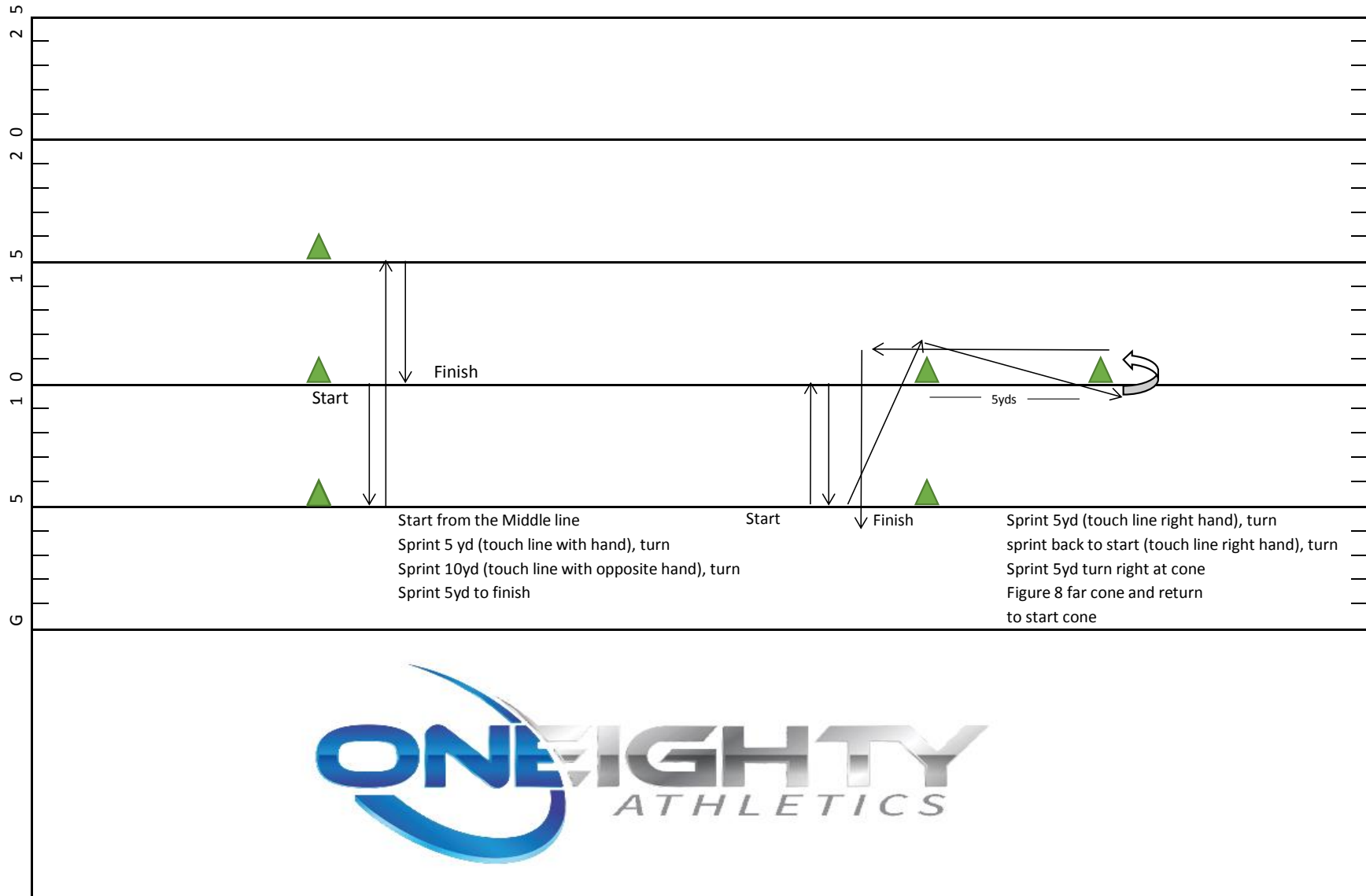
Directions: Making quick cuts, sprint to 3 yards, 5 yards, and 7 yards, touching each line with your foot and always returning to 0 between touches

5-5-10 LINE DRILLS

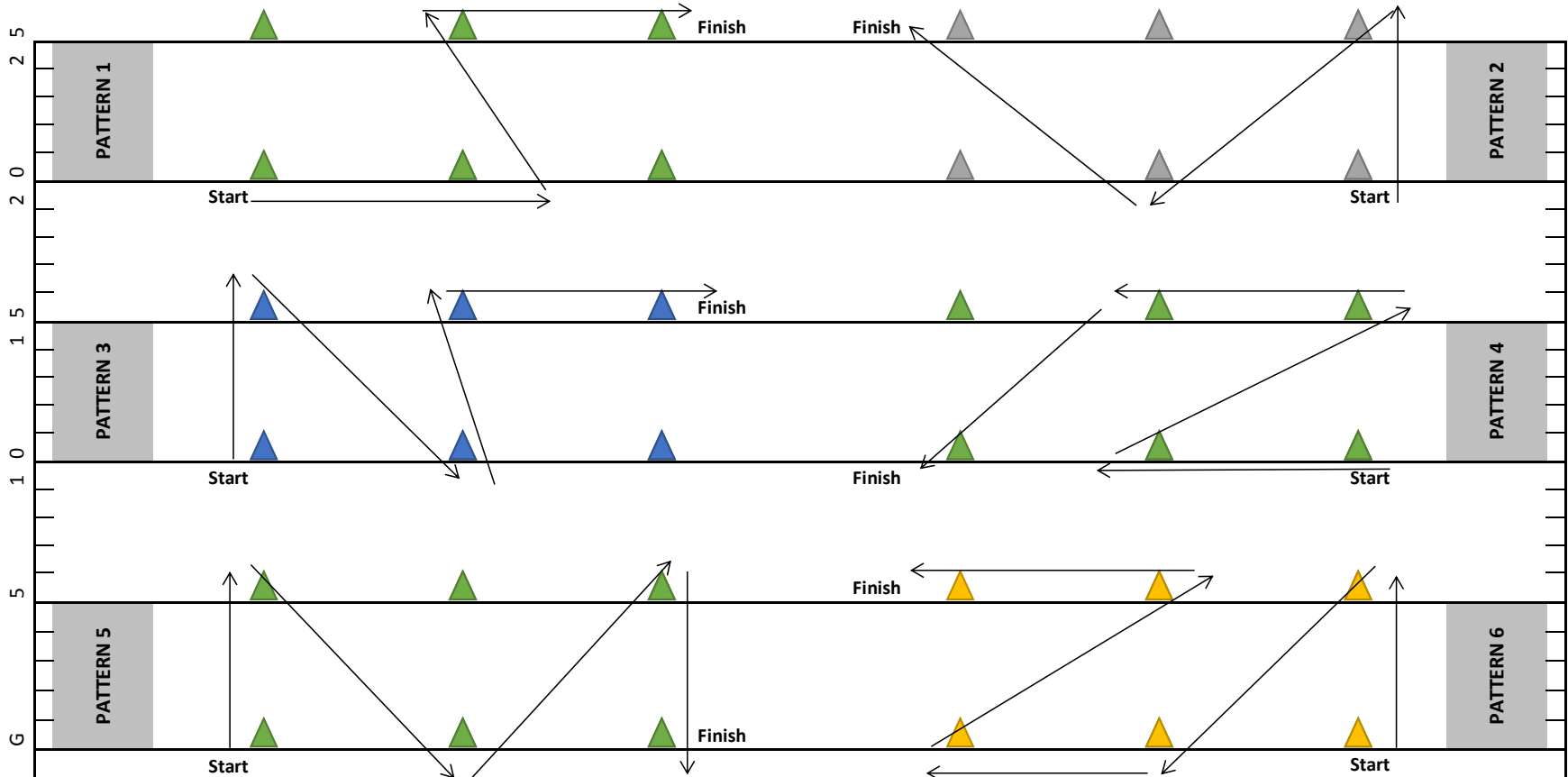


5-10-5 AGILITY

L-DRILL



6-CONE AGILITY DRILLS



ONEighty Athletics STANDARDS OF EXCELLENCE (High School)

	DL/OL			LB/RB/TE			DB/WR/QB		
	Blue	Silver	Black	Blue	Silver	Black	Blue	Silver	Black
DEADLIFT	350	400	450	300	350	400	275	325	375
SQUAT	350	400	450	305	350	400	285	325	350
BENCH PRESS	260	300	330	225	245	265	185	205	230
VERTICAL JUMP	24	26	28	27	29	31	30	32	34
BROAD JUMP	7'9	8'2	8'6	8'7	8'10	9'2	9'1	9'4	9'8
PRO SHUTTLE	4.9	4.8	4.7	4.55	4.5	4.45	4.4	4.3	4.2
60 YD SHUTTLE	15.1	14.9	14.5	14.1	13.9	13.7	13.6	13.4	13.2
L-DRILL	7.90	7.70	7.50	7.40	7.35	7.30	7.12	7.02	6.95
BODY FAT %	20%	18%	15%	15%	12%	10%	7.1%	6.5%	5.7%
40 DASH	5.3	5.1	5.05	5.1	5.0	4.90	4.8	4.75	4.69
20 DASH	3.5	3.2	3.08	3.2	3.05	2.98	3.0	2.95	2.86
10 DASH	2.10	2.05	2.0	2.0	1.95	1.9	1.89	1.86	1.8

PERCENTAGE CHART

To determine the amount of weight to do during your workout look it up on the Percentage Chart.

How to Use: Squats are assigned at 55% of your 1 Rep Max (1RM).

Find 55% on the Percentage Chart and follow it down until you find your 1RM.

That will be your weight.



For example: If you squatted 200lbs on Test Day, 55% of that would be 110lbs.

	50%	53.0%	55%	58.0%	60%	63.0%	65%	68.0%	70%	73.0%	75%	78.0%	80%	83.0%	85%	88.0%	90%	93.0%	95%	98.0%	100%	103%	105%
100	50	55	55	60	60	65	65	70	70	75	75	80	80	85	85	90	90	95	95	100	100	105	105
105	55	55	60	60	65	65	70	70	75	75	80	80	85	85	90	90	95	100	100	105	105	110	110
110	55	60	60	65	65	70	70	75	75	80	85	85	90	90	95	95	100	100	105	110	110	115	115
115	60	60	65	65	70	70	75	80	80	85	85	90	90	95	100	100	105	105	110	115	115	120	120
120	60	65	65	70	70	75	80	80	85	90	90	95	95	100	100	105	110	110	115	120	120	125	125
125	65	65	70	75	75	80	80	85	90	90	95	100	100	105	105	110	115	115	120	125	125	130	130
130	65	70	70	75	80	80	85	90	90	95	100	100	105	110	110	115	115	120	125	125	130	135	135
135	70	70	75	80	80	85	90	90	95	100	100	105	110	110	115	120	120	125	130	130	135	140	140
140	70	75	75	80	85	90	90	95	100	100	105	110	110	115	120	125	125	130	135	135	140	145	145
145	75	75	80	85	85	90	95	100	100	105	110	115	115	120	125	130	130	135	140	140	145	150	150
150	75	80	85	85	90	95	100	100	105	110	115	115	120	125	130	130	135	140	145	145	150	155	160
155	80	80	85	90	95	100	100	105	110	115	115	120	125	130	130	135	140	145	145	150	155	160	165
160	80	85	90	95	95	100	105	110	110	115	120	125	130	135	135	140	145	150	150	155	160	165	170
165	85	85	90	95	100	105	105	110	115	120	125	130	130	135	140	145	150	155	155	160	165	170	175
170	85	90	95	100	100	105	110	115	120	125	130	135	135	140	145	150	155	160	160	165	170	175	180
175	90	95	95	100	105	110	115	120	125	130	130	135	140	145	150	155	160	165	165	170	175	180	185
180	90	95	100	105	110	115	115	120	125	130	135	140	145	150	155	160	160	165	170	175	180	185	190
185	95	100	100	105	110	115	120	125	130	135	140	145	150	155	155	165	165	170	175	180	185	190	195
190	95	100	105	110	115	120	125	130	135	140	145	150	150	160	160	165	170	175	180	185	190	195	200
195	100	105	105	115	115	125	125	135	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205
200	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210
205	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
210	105	110	115	120	125	130	135	145	145	155	160	165	170	175	180	185	190	195	200	205	210	215	220
215	110	115	120	125	130	135	140	145	150	155	160	170	170	180	185	190	195	200	205	210	215	220	225
220	110	115	120	130	130	140	145	150	155	160	165	170	175	185	185	195	200	205	210	215	220	225	230
225	115	120	125	130	135	140	145	155	160	165	170	175	180	185	190	200	205	210	215	220	225	230	235
230	115	120	125	135	140	145	150	155	160	170	175	180	185	190	195	200	205	215	220	225	230	235	240
235	120	125	130	135	140	150	155	160	165	170	175	185	190	195	200	205	210	220	225	230	235	240	245
240	120	125	130	140	145	150	155	165	170	175	180	185	190	200	205	210	215	225	230	235	240	245	250
245	125	130	135	140	145	155	160	165	170	180	185	190	195	205	210	215	220	230	235	240	245	250	255
250	125	135	140	145	150	160	165	170	175	185	190	195	200	210	215	220	225	235	240	245	250	260	265
255	130	135	140	150	155	160	165	175	180	185	190	200	205	210	215	225	230	235	240	250	255	265	270
260	130	140	145	150	155	165	170	175	180	190	195	205	210	215	220	230	235	240	245	255	260	270	275
265	135	140	145	155	160	165	170	180	185	195	200	205	210	220	225	235	240	245	250	260	265	275	280
270	135	145	150	155	160	170	175	185	190	195	205	210	215	225	230	240	245	250	255	265	270	280	285
275	140	145	150	160	165	175	180	185	195	200	205	215	220	230	235	240	250	255	260	270	275	285	290

	50%	53.0%	55%	58.0%	60%	63.0%	65%	68.0%	70%	73.0%	75%	78.0%	80%	83.0%	85%	88.0%	90%	93.0%	95%	98.0%	100%	103%	105%
285	145	150	155	165	170	180	185	195	200	210	215	220	230	235	240	250	255	265	270	280	285	295	300
290	145	155	160	170	175	185	190	195	205	210	220	225	230	240	245	255	260	270	275	285	290	300	305
295	150	155	160	170	175	185	190	200	205	215	220	230	235	245	250	260	265	275	280	290	295	305	310
300	150	160	165	175	180	190	195	205	210	220	225	235	240	250	255	265	270	280	285	295	300	310	315
305	155	160	170	175	185	190	200	205	215	225	230	240	245	255	260	270	275	285	290	300	305	315	320
310	155	165	170	180	185	195	200	210	215	225	235	240	250	255	265	275	280	290	295	305	310	320	325
315	160	165	175	185	190	200	205	215	220	230	235	245	250	260	270	275	285	295	300	310	315	325	330
320	160	170	175	185	190	200	210	220	225	235	240	250	255	265	270	280	290	300	305	315	320	330	335
325	165	170	180	190	195	205	210	220	225	235	245	255	260	270	275	285	295	300	310	320	325	335	340
330	165	175	180	190	200	210	215	225	230	240	250	255	265	275	280	290	295	305	315	325	330	340	345
335	170	180	185	195	200	210	220	230	235	245	250	260	270	280	285	295	300	310	320	330	335	345	350
340	170	180	185	195	205	215	220	230	240	250	255	265	270	280	290	300	305	315	325	335	340	350	355
345	175	185	190	200	205	215	225	235	240	250	260	270	275	285	295	305	310	320	330	340	345	355	360
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360	180	190	200	210	215	225	235	245	250	265	270	280	290	300	305	315	325	335	340	355	360	370	380
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380	190	200	210	220	230	240	245	260	265	275	285	295	305	315	325	335	340	355	360	370	380	390	400
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395	200	210	215	230	235	250	255	270	275	290	295	310	315	330	335	350	355	365	375	385	395	405	415
400	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420
405	205	215	225	235	245	255	265	275	285	295	305	315	325	335	345	355	365	375	385	395	405	415	425
410	205	215	225	240	245	260	265	280	285	300	310	320	330	340	350	360	370	380	390	400	410	420	430
415	210	220	230	240	250	260	270	280	290	305	310	325	330	345	355	365	375	385	395	405	415	425	435
420	210	225	230	245	250	265	275	285	295	305	315	330	335	350	355	370	380	390	400	410	420	435	440
425	215	225	235	245	255	270	275	290	300	310	320	330	340	355	360	375	385	395	405	415	425	440	445
430	215	230	235	250	260	270	280	290	300	315	325	335	345	355	365	380	385	400	410	420	430	445	450
435	220	230	240	250	260	275	285	295	305	320	325	340	350	360	370	385	390	405	415	425	435	450	455
440	220	235	240	255	265	275	285	300	310	320	330	345	350	365	375	385	395	410	420	430	440	455	460
445	225	235	245	260	265	280	290	305	310	325	335	345	355	370	380	390	400	415	425	435	445	460	465
450	225	240	250	260	270	285	295	305	315	330	340	350	360	375	385	395	405	420	430	440	450	465	475
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460	230	245	255	265	275	290	300	315	320	335	345	360	370	380	390	405	415	430	435	450	460	475	485
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470	235	250	260	275	280	295	305	320	330	345	355	365	375	390	400	415	425	435	445	460	470	485	495
475	240	250	260	275	285	300	310	325	335	345	355	370	380	395	405	420	430	440	450	465	475	490	500
480	240	255	265	280	290	300	310	325	335	350	360	375	385	400	410	420	430	445	455	470	480	495	505
485	245	255	265	280	290	305	315	330	340	355	365	380	390	405	410	425	435	450	460	475	485	500	510
490	245	260	270	285	295	310	320	335	345	360	370	380	390	405	415	430	440	455	465	480	490	505	515
495	250	260	270	285	295	310	320	335	345	360	370	385	395	410	420	435	445	460	470	485	495	510	520
500	250	265	275	290	300	315	325	340	350	365	375	390	400	415	425	440	450	465	475	490	500	515	525

THE FOLLOWING WARM-UP WILL PREPARE YOUR BODY TO TRAIN AT THE HIGHEST LEVEL.

PRIOR TO ALL EXERCISE SESSIONS WHETHER IT IS STRENGTH TRAINING, CONDITIONING, SPEED TRAINING, OR AGILITIES, A COMPLETE WARM-UP AND FLEXIBILITY SESSION MUST BE COMPLETED. A PROPER WARM-UP WILL:

- 1. PREPARE THE MAJOR JOINTS FOR STRENUOUS ACTIVITY THROUGH ALL RANGES OF MOTION**
- 2. INCREASE THE BODY'S INTERNAL BODY TEMPERATURE PRIOR TO TRAINING**
- 3. PROTECT AGAINST INJURY BY IMPROVING THE RANGE OF MOTION WITHIN THE MUSCLES AND THE JOINTS**
- 4. IS SPECIFIC TO THE WORKOUT OR SPORT YOU ARE PREPARING TO DO**
- 5. MENTALLY PREPARE AN ATHLETE FOR THE TRAINING THAT IS ABOUT TO BE DONE**
- 6. PRE-HEAT THE MUSCLES SO THAT YOU CAN OBTAIN MAXIMUM BENEFITS FROM THE PRE-WORKOUT STRETCH**
- 7. INCREASES BLOOD FLOW. INCREASE IN OXYGEN SUPPLY**
- 8. STIMULATE THE CENTRAL NERVOUS SYSTEM**
- 9. REDUCES THE TIME OF MOTOR REACTIONS**
- 10. IMPROVES COORDINATION WHICH IMPROVES MOTOR PERFORMANCE**

BEFORE STARTING YOUR STRENGTH-TRAINING WORKOUT, RUNNING WORKOUT OR GAME, COMPLETE THE FOLLOWING WARM-UP EXERCISES.

THIS WARM-UP INVOLVES FLEXIBILITY EXERCISES WHILE DOING SPORT SPECIFIC MOVEMENTS. THE MOVEMENTS USED ARE SPECIFIC TO THE SPORT AND THE WORKOUT PROGRAM.

[VIDEO OF GAME READY WARM UP](#)

VIDEO OF GAME READY WARM UP

1. GENERAL WARM UP

JUMPING JACKS	X10
SQUAT & HOLD	X10

2. DYNAMIC WARM UP

A. KNEE HUG TO LUNGE	10 X10
B. WALKING HAMSTRING	10 X10
C. OPPOSITE QUAD	10 X10
D. INCHWORM PUSHUP	10 X10

3. SPEED DYNAMICS

A. A-WALK	10 X10
B. A-MARCH	10 X10
C. HIGH KNEES	5 X15
D. HIGH KNEES ON COMMAND	5 X15

4. STATIC STRETCH

A. FEET TOGETHER HAMSTRING	X10SECS
B. SPREAD YOUR LEGS APART	
MIDDLE	X10SECS
RIGHT	X10SECS
LEFT	X10SECS
C. KNEE DOWN LUNGE POSITION STRETCH	
RIGHT	
HIPS FORWARD	X10SECS
HAMSTRING	X10SECS
LEG	
WORLD'S GREATEST	X10SECS
FWD	
TWIST	X10SECS
LEFT	
HIPS FORWARD	X10SECS
HAMSTRING	X10SECS
LEG	
WORLD'S GREATEST	X10SECS
FWD	
TWIST	X10SECS

5. FEET QUICKS

A. SIDE TO SIDE (2 FT)	X10SECS
B. FRONT TO BACK (2 FT)	X10SECS
C. SINGLE LEG SIDE TO SIDE	X10SECS, 5EA
D. SINGLE LEG FRONT TO BACK	X10SECS, 5EA

6. LATERAL ACCELERATION (PUSH TO MOVE)

A. SLOW SHUFFLE FACING RIGHT	10 X10
B. SLOW SHUFFLE FACING LEFT	10 X10
C. QUICK SHUFFLE FACING RIGHT	10 X10
D. QUICK SHUFFLE FACING LEFT	10 X10
E. WHISTLE REACTION SHUFFLE RIGHT	10 X10
F. WHISTLE REACTION SHUFFLE LEFT	10 X10

7. LINEAR SPEED

A. RIGHT LEG FORWARD	10 X10
B. LEFT LEG FORWARD	10 X10
C. SEATED RIGHT TURN	10 X10
D. SEATED LEFT TURN	10 X10