

COACH ROZY PRE-KICKOFF CONDITIONING WORKOUT

Warm-up

- Do one of our Movement Prep Warm-Ups we did over the summer;
- Hip Work: 4 directional skips, 4 directional hops (2 Legs), 4 directional hops (Single Legs)
- Zig-Zag Runs; Run Forward, Run Backwards, Shuffle In, Shuffle Out, Skip Forward, Skip Backward
- 10 Up- 5 Back Movement Prep; Run-Run, Run -Backpedal, Shuffle-Shuffle, Skip Forward - Skip Backward

- 15 min of dynamic stretching and activation drills (2 sets 15 - 20 yards each of Knee Over Forward, Knee Over Backward, Inside Foot Swing, Check for Gum, Backside Toe Grab - Lunge and Rotate, Knee Grab-Toe Grab, Worlds Greatest, Alternating Lateral.

Working Conditioning

- DAY ONE
 - 10 Sets, 5-10-5 Agility Run (5 right - 5 left) ALL OUT EFFORT
 - Ladder Runs - 4 x 3; rest 30 seconds between reps, rest 90 seconds between sets

- DAY TWO
 - 4 x 5 @ 40 yards

- DAY THREE
 - 10 yd x 10 yd (4 Cone Drills)
 - Sprint - Slide - Back Pedal - Slide - 4x
 - Start at first cone - run - to each cone and back pedal back to start cone each time (Up and Back to cone 2, Up and Back to cone 3, Up and Back to cone 4) - 4x
 - Start in Middle of 10x10 Square - run to each cone and circle cone - sprint back to middle - 4x

- DAY FOUR
 - 2x - 100 yard build ups
 - 2x - 80 yard build ups
 - 2x - 60 yard build ups
 - 4x - 40 yard full speed
 - 6x - 20 yard full speed