

10/26/2022

THURSDAY, OCTOBER 27, 2022

- **OPPORTUNITY TO GET BETTER TODAY – DAILY PROCESS**
- **REMINDER – WE ARE LOOKING FOR MAX EFFORT WORK**
- **ATTENDANCE**
- **CONES AT 30', 60', 90' TO START (Sprint, Decel, Walk)**
 - **OTHER EQUIPMENT**
 - 3 Sleds – all weight plates
 - All Green Resistance Bands
 - Big Tire & Small Tire – PRESS BOX STORAGE
- **DIVIDE INTO 10 GROUPS**
 - **WARM-UP (VARSITY FIELD)**
 - 1. Extensive pogo (blood flow) x 30 seconds
 - 2. Inchworm (hamstrings) x 5
 - 3. Gates (hips) x 5 each
 - 4. Side lunge (adductors) x 5 each
 - 6. BW squat x 5
 - 7. Intensive pogo x 15 seconds
 - 8. Frankenstein/Scoops
 - 9. Hamstring Pulls
 - 10. Sprints – 60'
 - $\frac{1}{2}$ Speed
 - $\frac{3}{4}$ Speed
 - Full Speed
 - Full Speed

- SPRINT/DECEL/WALK
 - 30', 30', 30'
 - Push-up #1
 - Push-up #2
 - One Knee #1
 - One Knee #2
 - One Knee Lateral #1
 - One Knee Lateral #2

- ***DIVIDE INTO 6 GROUPS***

- 6 STATIONS

- #1 – Push Sled – straight and multidirectional
 - ALL 3 SLEDS (1 to 2 plates on each pole of each sled – 2 to 4 plates total on each sled)
 - ***Light enough to push with speed and force***
 - 30' MAX EFFORT
 - 4 REPS (2 straight, 1 angle left, 1 angle right)
 - #2 – Pull Partner & Go
 - ALL GREEN BANDS
 - WALK PARTNER OUT FROM BEHIND (2 steps w/left leg & 2 steps w/right leg – 4 Steps Total then Release & Go)
 - 60'
 - 4 REPS
 - #3 – Dog & Bone – groups of 4
 - EVERYONE DOES THE ROLE OF DOG – 2 REPS
 - 10 SECOND ROUNDS
 - #4 – Tire Flip – Max Speed

- SMALLEST TIRE – ONE PERSON
 - 3 FLIPS – 2 ROUNDS
- BIGGEST TIRE – TWO PEOPLE
 - 3 FLIPS – 2 ROUNDS
- #5 – REST
- #6 – Broad Jumps – no rest/repeat – 4 jumps (measure distance of landing of 4th jump)
 - MEASURE/RECORD DISTANCE
 - 2 ROUNDS – BOTH MEASURED & RECORDED