

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

TUESDAY

WARM-UP (1 MILE JOG)

1. 40-YARD SPRINTS (10 SETS)
2. BUZZ FEET, RAPID FIRE-5 YARDS, THEN 10-YARD BURST SPRINT (8 SETS)
3. LATERAL BUZZ FOR 5-YARDS, THEN 10-YARD BURST SPRINTS (3 EACH SIDE)
4. 15-YARD BOUNDING (4 SETS)
5. 15-YARD SINGLE-LEG BOUNDING (2 SETS)
6. 3-CONE SHUTTLE DRILL, CONES 5-YARDS APART (5 SETS)