

Proverbs 24:10

Offseason Workout program

By: Coach Dustin Cundiff

"By **failing** to **prepare**, **you are** preparing to fail."
- Benjamin Franklin



***"Winning is a habit.
Watch your thoughts, they become your beliefs.
Watch your beliefs, they become your words.
Watch your words, they become your actions.
Watch your actions, they become your habits.
Watch your habits, they become your character."***
- Vince Lombardi

This packet is intended to be an offseason educational guideline for youth athletics and is in no way affiliated with any organization.

Disclaimer

You or your legal guardian should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately and consult your physician.

This packet offers health, fitness and nutritional information and is designed for youth physical educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this packet. The use of any information provided in this packet is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears in this packet. No assurance can be given that the advice contained in this packet will always include the most recent findings or developments with respect to the material.

TESTING AND EXPECTATIONS:

"The hardest thing to do is work hard when no one is watching."
– **Ray Lewis**

1 min pushups (as many as you can do in 1 min.)

30+ best
15-30 good
0-15 Needs Improvement

1 min set ups (as many as you can do in 1 min)

30+ best
15-30 good
0-15 Needs Improvement

40 yrd dash

> 6.8 best
6.8-7.2 good
< 7.2 Needs Improvement

Short shuttle

5.85 best
5.85-6.1 good
<6.1 Needs Improvement

Standing broad jump

6'9" best
5'-4" to 6' good
<5'-4" Needs Improvement

Weigh in– Watch your weight.

Grade:	3rd	4th	5th	6th	7th	8th
Weight:	87	100	115	130	145	175

DESIRE IS THE FIRST STEP TO ACHIEVING GREATNESS: YOU MUST WANT TO BE GREAT FIRST!

Offseason Phases:

Phase I

Phase 1 we should focus on getting into a routine, recovering from season bumps and bruises. Establish your foundation for success and commit to off season workouts. Set your goals and track your progress. Focus on learning a new position. Winter sports should include Wrestling, basketball, and swimming. This is the first phase of the offseason, and **you should be setting the tone for the whole offseason.**

Phase II

Phase 2 you should be in a routine, have a gauge on where you are at in the off-season program and know where you need to be. Focus on learning a new position. Spring sports should be starting and include baseball, soccer, flag football, and track. The 2nd phase is the halfway mark to knowing where you are at.

Phase III

Phase 3 is the last before the start of the season. This phase should be increasing the intensity and focusing on getting in game shape. You should have reached your goals for the off season and are now focused on getting ready to perform. You should be working on being able to sprint a game and focusing in on knowing the position you want to play. Summer sports should be wrapping up, including baseball, soccer, or track stay focused while on summer vacation, and don't lose sight of your expectations. **Do not show up to practice out of shape.**

Phase IV

Phase 4 is the new season, we should already be conditioned and ready to perform. Final testing will be the Tryouts/first practice. You should be conditioned enough to sprint a game. Know your position assignments and be prepared to compete for a spot. Fall sport is FOOTBALL!!!

5 d's to success:

Desire is first.

Dedication to my Desire

Discipline to be Dedicated

Determination to be Disciplined

Domination from our Determination

Every day workouts:

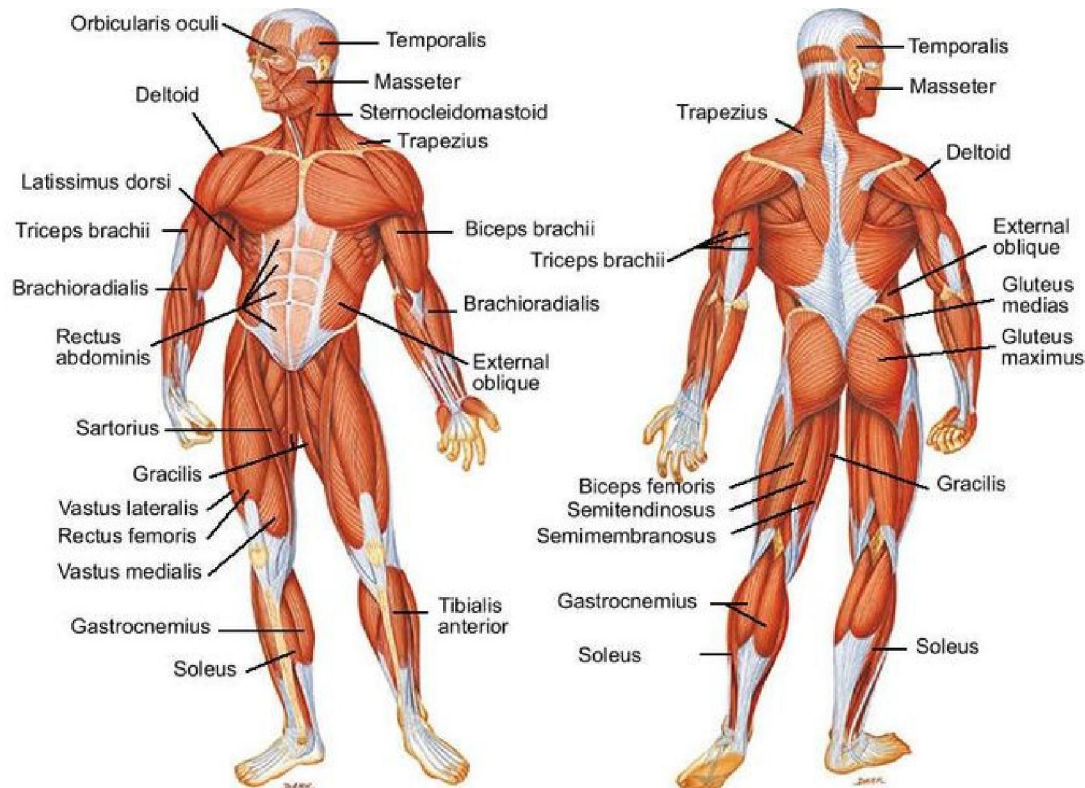
Stretching: (flexibility is the key to performance)

There are 2 types of stretching:

Static stretches - Which is isolated muscle stretching, focused on individual muscle groups with little to no movement. The hold and count stretches.

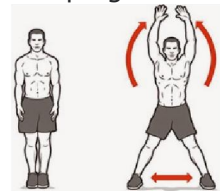
Dynamic stretches - which is stretching several muscle groups through range of motion.

Research shows that dynamic stretching before static stretching reduces the risk of injury by more than 30% and that when only static stretching is taking place it can weaken the muscles and has the same effect as not stretching at all. Therefore we recommend that dynamic stretching **ALWAYS** be done prior to static stretches. In addition, static stretching is much more beneficial post workout, and should be done when the muscles are warmed up.



Dynamic Stretching Exercises

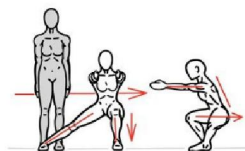
Jumping Jacks



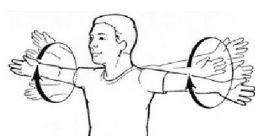
Walking Knee Hugs



Sumo squat Walk



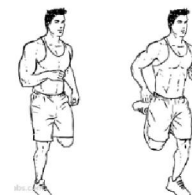
Arm Circles



High knees

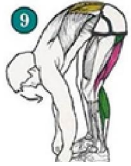


Butt kickers



Static Stretching Exercises

Toe touches. (Feet together) (feet apart right/left/middle) 10 count



- Feet together, knees slightly bent (as close to locked)
- Bend forward keeping the back straight and try to touch toes
- Touch chin towards chest.
- Repeat with feet apart reaching to right leg, then again to left leg.
- Last down the middle trying to reach behind to the floor through legs.

Hamstring stretch - 10 count



- Sit on the ground with both legs straight out in front of you
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg
- Allow the left leg to lie relaxed on the ground
- Bend forward keeping the back straight
- You will feel the stretch in the hamstring of the right leg
- Repeat with the other leg

Butterfly – 10 count



- Sit with tall posture
- Ease both of your feet up towards your body and place the soles of your feet together, allowing your knees to come up and out to the side
- Resting your hands on your lower legs or ankles and ease both knees towards the ground You will feel the stretch along the inside of your thighs

Shoulder stretch – 10 count



- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
 - Place your right arm, parallel with the ground across the front of your chest
 - Bend the left arm up and use the left forearm to ease the right arm closer to your chest
 - You will feel the stretch in the shoulder
- Repeat with the other arm

Tricep stretch – 10 count



- stand tall with feet shoulder-width apart, arms extended overhead.
- Bend your right elbow and reach your right hand to touch the top middle of your back.
- Reach your left hand overhead and grasp just below your right elbow.
- Gently pull your right elbow down and toward your head.
- Switch arms and repeat.

Bicep stretch – 10 count



- Begin by standing with your hands clasped behind your back.
- Turn your clasped palms downward,
- then lift your hands up until you feel tension in your biceps.
- Hold the stretch for 10 seconds.
- Release the stretch then repeat two more times.

Calf stretch – 10 count



- Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall.
 - Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor
 - Keep your hips facing the wall and the rear leg and spine in a straight line
 - You will feel the stretch in the calf of the rear leg
- Repeat with the other leg

Triphasic Training:

It is the training of the full spectrum of muscle movement. For youth they basically just need to know that there are three phases to a muscle and they all must be worked on. Each phase of the off season program will be broken up into 3 phases of focus.

- Eccentric = Muscle lengthening
- Isometric = No length change
- Concentric = Muscle shortening

Triphasic block

2-3 week Eccentric (Muscle lengthening) – Slow into reps normal out of reps.

Example, Squat – 6 seconds down, then back up.

2-3 week Isometric (hold of muscle) – the holding in change of direction of a the movement.

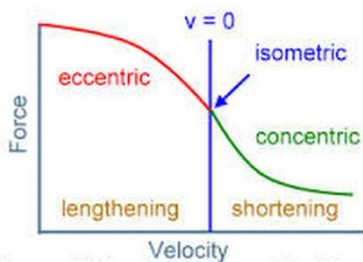
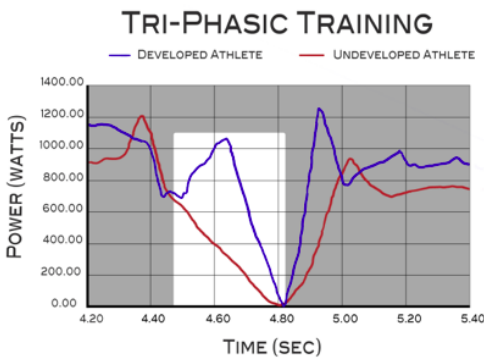
Example, Squat – normal down, hold for 6 seconds, then back up.

2-3 week Concentric (Muscle shortening) – Normal into rep and slow out of rep.

Example, Squat – normal down, then 6 second back up.

Below is an example of a 3x a week program.

first number is the time into rep. second number is the time you would hold, 3rd number is the time out of rep, last numbers are the numbers of sets and reps



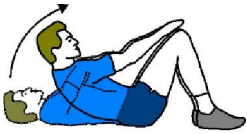
Force-Velocity Curve of a Muscle

Eccentric 3 weeks																	
Monday	in	hold	out	set	rep	Wednesday	in	hold	out	set	rep	Friday	in	hold	out	set	rep
Pushups	5 s	0	0	5	10	Decline pushups	5 s	0	0	5	10	Incline pushups	5 s	0	0	5	10
Plank	-	-	-	5	20 s	Triceps dip	5 s	0	0	5	10	Side plank	5 s	0	0	5	10
Air squats	5 s	0	0	5	10	Box jumps	5 s	0	0	5	10	lunges	5 s	0	0	5	10
Hill climbers	-	-	-	5	10	Lateral lunge	5 s	0	0	5	10	setups	5 s	0	0	5	10
ladders	-	-	-	3	-	cones	-	-	-	3	-	Dot drill	-	-	-	3	-
Isometric 3 weeks																	
Monday	in	hold	out	set	rep	Wednesday	in	hold	out	set	rep	Friday	in	hold	out	set	rep
Pushups	0	5 s	0	5	10	Decline pushups	0	5 s	0	5	10	Incline pushups	0	5 s	0	5	10
Plank	-	-	-	5	20 s	Triceps dip	0	5 s	0	5	10	Side plank	0	5 s	0	5	10
Air squats	0	5 s	0	5	10	Box jumps	0	5 s	0	5	10	lunges	0	5 s	0	5	10
Hill climbers	-	-	-	5	10	Lateral lunge	0	5 s	0	5	10	setups	0	5 s	0	5	10
ladders	-	-	-	3	-	cones	-	-	-	3	-	Dot drill	-	-	-	3	-
Concentric 3 weeks																	
Monday	in	hold	out	set	rep	Wednesday	in	hold	out	set	rep	Friday	in	hold	out	set	rep
Pushups	0	0	5 s	5	10	Decline pushups	0	0	5 s	5	10	Incline pushups	0	0	5 s	5	10
Plank	-	-	-	5	20 s	Triceps dip	0	0	5 s	5	10	Side plank	0	0	5 s	5	10
Air squats	0	0	5 s	5	10	Box jumps	0	0	0	5	10	lunges	0	0	5 s	5	10
Hill climbers	-	-	-	5	10	Lateral lunge	0	0	5 s	5	10	setups	0	0	5 s	5	10
ladders	-	-	-	3	-	cones	-	-	-	3	-	Dot drill	-	-	-	3	-

3 times a week workout

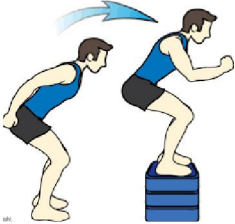
Lower body and core:

Setups



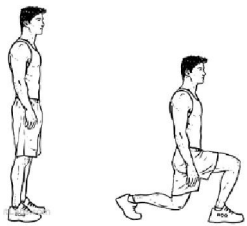
- Lie down on your back.
- Bend your legs and place feet firmly on the ground to stabilize your lower body.
- Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck.
- Curl your upper body all the way up toward your knees. Exhale as you lift.
- Slowly, lower yourself down, returning to your starting point. Inhale as you lower.

Box/stair jumps



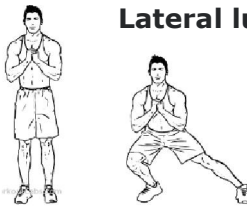
- Stand in an athletic position, with your feet shoulder-width apart, at a comfortable distance from the box.
- When you're ready to jump, drop quickly into a quarter squat, then extend your hips, swing your arms, and push your feet through the floor to propel yourself onto the box.
- Don't "stick" your landing. Instead, envision the way cats land when they jump from something—you, too, should try to land this quietly.

Lunges



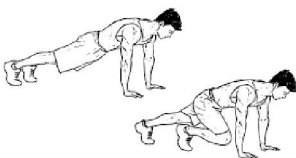
- Stand tall with feet hip-width apart.
- Take a big step forward with right leg and start to shift weight forward so heel hits the floor first.
- Lower body until right thigh is parallel to floor and right shin is vertical (it's okay if knee shifts forward a little as long as it doesn't go past right toe). If mobility allows, lightly tap left knee to ground while keeping weight in right heel.
- Press into right heel to drive back up to starting position.
- Repeat on the other side.

Lateral lunge



- Stand tall with feet hip-width apart.
- Take a big step sideways with right leg and start to shift weight sideways so heel hits the floor first.
- Lower body until right thigh is parallel to floor and right shin is vertical
- Press into right heel to drive back up to starting position.
- Repeat on the other side.

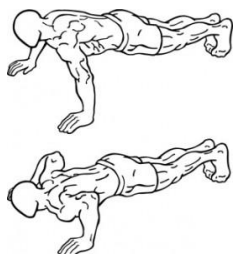
Hill climbers



- Start in a plank (pushup) position with arms and legs long.
- Keep your abs pulled in tight and your body straight and squeeze your glutes
- Pull your right knee into your chest. As the knee draws to the chest, pull your abs in even tighter so your body doesn't sag or come out of its plank position.
- Quickly switch and pull the left knee in. At the same time you push your right leg back, pull your left knee in to the chest using the same form.
- Continue to switch knees. Pull the knees in right, left, right, left—always switching simultaneously so that you are using a "running" motion.
- As you begin to move more quickly be in constant awareness of your body position and be sure to keep a straight line in your spine and don't let your head droop.

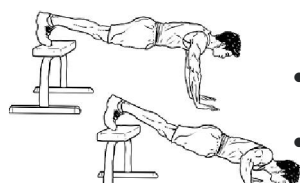
Upper body:

Pushups



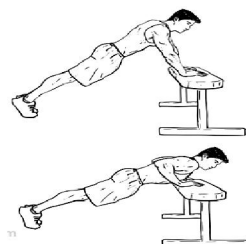
- Lie on the floor face down and place your hands about elbows apart while holding your torso up at arms length.
- Next, lower yourself downward until your chest almost touches the floor as you inhale.
- Now breathe out and press your upper body back up to the starting position while squeezing your chest.
- After a brief pause at the top contracted position, you can begin to lower yourself downward again for as many repetitions as needed.

Decline pushups



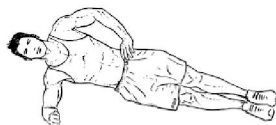
- Lie on the floor face down and place your hands about 36 inches apart while holding your torso up at arms length. Move your feet up to a box or bench. This will be your starting position.
- Next, lower yourself downward until your chest almost touches the floor as you inhale.
- Now breathe out and press your upper body back up to the starting position while squeezing your chest.
- After a brief pause at the top contracted position, you can begin to lower yourself downward again for as many repetitions as needed.

Incline pushups



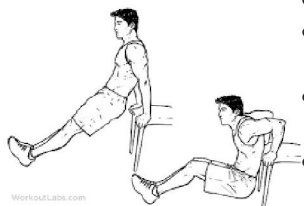
- Stand facing bench or sturdy elevated platform. Place hands on edge of bench or platform, slightly wider than shoulder width.
- Position forefoot back from bench or platform with arms and body straight. Arms should be perpendicular to body. Keeping body straight, lower chest to edge of box or platform by bending arms.
- Push body up until arms are extended. Repeat.

Side Planks



- Start on your side with your feet together and one forearm directly below your shoulder.
- Contract your core and raise your hips until your body is in a straight line from head to feet.
- Hold the position without letting your hips drop for the allotted time for each set, then repeat on the other side.

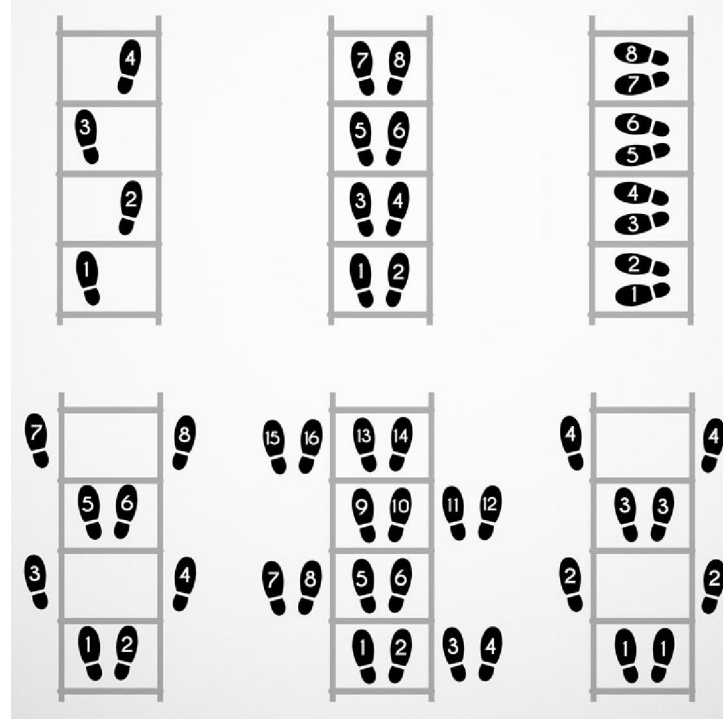
Tricep Dips



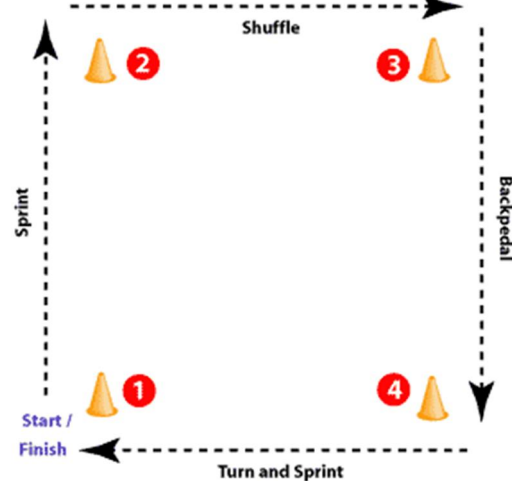
- Position your hands shoulder-width apart on a secured bench or stable chair.
- Slide your butt off the front of the bench with your legs extended out in front of you.
- Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints.
- Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, press down into the bench to straighten your elbows, returning to the starting position.
- Keep your shoulders down as you lower and raise your body. You can bend your legs to modify this exercise.

Speed agility: Wednesday and Saturdays

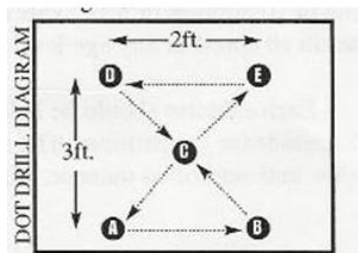
Ladder work 1x through and back each one



4 Cone work 3x



Dot drill



DOT DRILL STANDARDS

Under 50 seconds: Super Quick
 50-60 seconds: Great
 60-70 seconds: Average
 70-80 seconds: Need more work
 Over 80 seconds: Slow

1. Up and Back

- Start at one end with feet on A and B.
- Now jump quickly to C; with both feet then to D and E.
- Now come back the same way.
- Repeat 5 more times.

2. Right Foot

- Your feet from up-and-back should be on dots A and B. Now go to dot C with your right foot.
- Now go in order: Dot E D C A B.
- Repeat 5 more times.

Endurance:

15 min light jog for warm up

10 yd sprints x5 10sec break (stance/starts)

Position drills (practice and learn all positions):

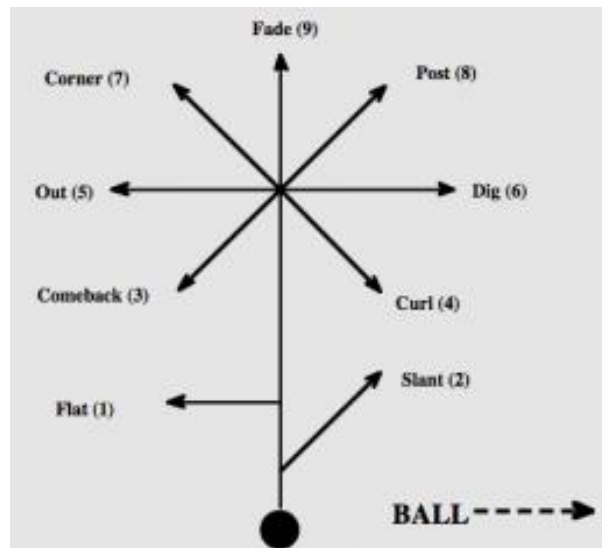
Blocking footwork: Bird Dog Drills

Get set in a proper football stance.
Step drive right, forward 6" step. Then reset.
Step reach right, 45 degree angle 6" step. Then reset.
Step pull right, 90 degree angle 6" step. Then reset.
Kick step right, straight back, lunging whole body backwards.
Restart and repeat with left foot.

Route running: Clean crisp change in direction.

Routes 1 & 2 break at 3-5 yards
Routes 3 & 4 break at 5-7 yards
Routes 5 & 6 break at 5-7 yards
Routes 7 & 8 break at 7-10 yards
Route 9 is a go route with no breaks

Work routes with or without a QB,
focusing on speed and exploding at
change in direction.



Sprint a game X4

- 10-yard sprints with a 10-second rest between sprints
- 20-yard sprints with a 20-second rest between sprints
- 30-yard sprints with a 30-second rest between sprints
- 40-yard sprints with a 40-second rest between sprints
- 50-yard sprints with a 50-second rest between sprints
- This ends one quarter.
- After each quarter take 1 min break start over.
- 4 quarters is a game

Nutrition

Healthy foods provide the energy needed for growth and physical activity. Whether your child or teen is a more serious athlete or participates in more leisurely daily physical activity, nutrients are an important part of a healthy diet.

Macronutrients: Carbohydrates, protein and fats provide energy for physical activity.

	Benefits	Good sources
Carbohydrates	<ul style="list-style-type: none"> Provide the glucose athletes need for energy. 	<ul style="list-style-type: none"> Whole grains, vegetables, fruits, milk and yogurt.
Protein	<ul style="list-style-type: none"> Builds and repairs muscle, hair, nails and skin. Also helps maintain glucose when doing physical activity for long periods of time. 	<ul style="list-style-type: none"> Lean meat and poultry, fish, eggs, dairy products, beans and nuts.
Fats	<ul style="list-style-type: none"> Help the body absorb vitamins A, D, E, K. Protect the body's organs and provide insulation. Is a source of energy. 	<ul style="list-style-type: none"> Lean meat and poultry, fish, nuts, seeds, dairy products, and olive and canola oils. Fat from chips, fried foods and baked goods should be minimal.

Micronutrients: These are the vitamins and minerals people need to stay healthy.

Athletes need to be extra careful and make sure they get enough calcium, vitamin D and iron.

	Recommended daily allowance	Benefits and sources
Calcium	<ul style="list-style-type: none"> 1000 mg/day for 4 to 8 years of age 1300 mg/day for 9 to 18 years of age 	<ul style="list-style-type: none"> Calcium helps build strong bones to resist breaking and stress fractures. Good sources include milk, yogurt, cheese, broccoli, spinach, and fortified grain products.
Vitamin D	<ul style="list-style-type: none"> 600 IU/day for 4 to 18 years of age 	<ul style="list-style-type: none"> Helps the body absorb calcium. Good sources include fortified foods such as milk, and safe sun exposure. Dairy products other than milk, such as yogurt, do not contain vitamin D.
Iron	<ul style="list-style-type: none"> 8 mg/day for 9 to 13 years of age 11 mg/day for boys and 15 mg/day for 	<ul style="list-style-type: none"> Iron helps carry oxygen to all the different parts of the body that need it. Teens need more iron for healthy growth, increased amounts of blood and muscle. Good sources include eggs, leafy green vegetables, fortified whole grains and lean meat.

Source: Dietary reference intakes: [The essential guide to nutrient requirements](#); Institute of Medicine: [Dietary reference intakes for calcium and vitamin D](#); Health Canada, [Dietary reference intakes](#)

Fluids

Fluids, especially water, are very important for athletes because they:

- prevent dehydration, and
- help maintain a healthy body temperature.

To stay healthy, athletes need to drink plenty of fluids before, during and after exercise. The amount of fluid an athlete needs depends on many factors, including age, body size, degree of physical activity, and the environment.

- **Before exercise**, athletes should drink **400 to 600 mL of water** (2 to 3 hours before the event).
- **During exercise**, athletes should drink **150 to 300 mL** every 15 to 20 minutes. If the total time spent exercising or participating in a sport is less than an hour, water is usually enough. If the activity lasts longer than an hour and/or takes place in hot, humid weather, sports drinks (which contain sodium and glucose) are recommended.
- **After exercise**, athletes need to drink enough to replace the fluid they lost from sweating. Sodium-containing fluids (sport drinks) and snacks will help quench thirst and keep fluids in the body.

Meal planning helps ensure your young athlete gets what he or she needs, especially when getting ready for an athletic event.

Before an event:

- Meals should include sources of carbohydrates, protein and good fat.
- Limit fiber intake.
- Avoid meals high in fat because they can make you feel tired.

Meal timing is very important. Athletes should:

- Eats a meal at least 3 hours **before an event** to allow digestion and to avoid stomach upset during the event.
- Have a snack or liquid meal 1 to 2 hours **before an early morning practice or an event**, and then a full breakfast after.
- **Have pre-game snacks or liquid meals** 1 to 2 hours before any event to allow digestion.
- Use sports drinks, fruit or granola to help keep energy levels high **during an event**.