

DSHS Football – Suggested Training During Shelter In Place

There will be 3 components that we suggest you do each day. These components can be done in 2 split sessions so that you can rest for as long as needed in between. This will carry us through Spring Break. After Spring Break when we find out what the school format will look like we can adjust accordingly. The 3 components to do each day are:

1) **Daily Weight/Core Training**- can be body weight or gym equipment (if you have it) 4 session (day) cycle with day 5 being a rest day then repeat the cycle. Questions? Coach Gi-yijieg57@gmail.com

2) **Daily Speed/Mobility Training**- follow instructions for exercises/runs listed for each session (it is in a 4 session format as well to correlate with the Weight/Core workouts). The sessions for this session are located after the Weight/Core Training Section – Questions? Coach Brown - tbrown@djud.net

3) **Daily Agilities/Position Specific Drills**- we will do 2 days of alternating agility and position specific drills keeping with our 4 session on 1 session rest cycle that we are doing for the other components- Agility/Offensive Position Drill Questions? Coach Smyte- ssmyte@djud.net. Defensive Drill Questions- tbrown@djud.net

1) Weight/Core Training- 2 different choices

- 1) Body Weight Training- 3 different cycles per Session (A/B/C) x 4 sessions –rest day 5 then repeat
- 2) Gym Equipment Workout- follows our regular weight room type workout. 3 sessions hitting on big lifts, Session 4 – use one of the body weight sessions for session 4- rest day 5 then repeat

Component 1 Body Weight Training

Session 1

A. 3-4 x 45sec @ each

Jumping jacks

Shoulder taps

Mountain climbers

Sit ups

B. 3 x 1min @ each

- 1- jump rope or ski jumps
- 2- push ups
- 3- Russian twists
- 4- flutter kicks
- 5- T-plank rotations(<https://youtu.be/3eaQ4dPCNMM>)

C. 3-4sets

Dead bug x 20

Bird dog x 20

Session 2

A. 3-4sets

Running high knees x 30sec

Lizard lunge + twist x 10

Single leg glute bridges x 15/15

Iron cross x 10

B. Tabata x 6-8 alternating

1- jumping or reverse lunges

2- hollow hold or rocks

3- power ski jumps(https://youtu.be/T-3b6t2r_V8)

4- arch holds or rocks

C. 3-4sets

Side plank knee tucks x 10-20/each side

Reaching(Superman) plank x 30-60sec

Session 3

A. 3 x 20 reps at each

Tuck ins or sit ups

Push ups

Squats

B. Emotm x 10-20min

Odd minutes- 45sec Amrap no push up burpees

Even minutes- 30sec wall sit

C. 3sets

Anti rotation plank(one arm/one leg) x 15-30sec each

V-sit hold x 15-30sec

Session 4

A. 3 x 45sec at each

Jumping jacks

Plank leg lifts

Scorpions

B. 5sets; for quality. Do not rush.

Push ups x Amrap with 4sec descent

Split or Bulgarian squats x 15/15 with 4sec descent

Anchored sit ups or see the lights x 20 with 4sec descent

C. 4sets

Plank hip rotations x 20-40(https://youtu.be/j5PUJTTpR_Y)

K-ups x 20-40(<https://youtu.be/Dn4E8yJkwW4>)

Weight workouts for those with gym equipment:

Day 1:

1)Front squats- Build to a heavy 3

Then 5 sets of 1-2 at heavy 3 weight

Or

Single arm front rack squats (done with DB or KB) 4 sets of 8 each arm

2)Barbell RDLs - Build to a tough set of 8

Then 3 more sets of 6-8

3)Goblet reverse lunges (4x6-8 each side)

4)Lunge holds 4x30seconds each leg

Core: monster ups x 30 seconds

Russian twists x 30

3 rounds

Day 2:

1)Power cleans - Build to a heavy for the day.

2)Barbell Deadlifts - Build to a heavy 5

- then 4 sets of 2-4 at heavy 5

3)DB bench - 4 x 8 - 10 reps at working weights

4)Single arm push up holds x30seconds each 3 sets
5)Standing Cuban Press with DB (3x12)
Core: weighted planks x 45 seconds
leg raises x 15
3 rounds

Day 3:

1)Barbell bentover rows- build to heavy 5
then Emotm x 10 minutes x 3-5/min
2)Goblet squats (4x12)
3)T-Holds (3x40 seconds each)
4)barbell curls (4x10)
5)Push ups 4x max reps
6)DB OH carries 4x15-20 steps each arm
Core: 4x15 seated knee tucks
4x40 seconds flutter kicks

Day 4:

Pick one of the body weight workout sessions listed before Gym Equipment Workout and do it!!!

Component 2- Daily Speed/Mobility Training- Session 1-Long Speed

LONG SPEED

Track Drills

10 Yard High Knees

10 Yard A-Skips

10 Yard B-Skips

10 Yard Butt-kickers

10 Low High Knees

10 Yard Side A-Skips

10 Yard Side Low High Knees

4 x 200 Meter Sprints

4 x 30 Yard Sprints

4 x 20 Yard Sprints

1 x 400 Meter Sprints

Session 2- Mobility Work

MOBILITY WORK

Squat Holds

3 x 45Sec Holds

Coaching Points: Heels on the ground. Fight to keep chest up.

Duck Walks

3 x 15 Yard Walks

Coaching Points: Fight to keep chest up. Pick foot straight off the ground with toe up.

Hip Opener Stretch

3 x 45Sec Holds

Coaching Points: Make sure the leg in an L position and not a V position. Make sure not to lean and stay completely upright.

Ankle Flexibility Circuit

2 x 30 sec Holds Big Toe

2 x 30 sec Front Foot

2 x 6 Reps Each leg Knee to Wall

Session 3- Posterior Chain Development For Speed/Strength

SPEED WORK

Hip Flexor Holds

3 x 25 Yards with 5 sec Holds on each step

Coaching Points: Emphasize the knee and toe being up.

Make sure the back leg is completely locked squeezing the glute.

Hamstring Bridge

3 x 45 Sec Holds

Coaching Points: Make sure to push as high as you can on your heels.

Hip Circuit

3 x Each Leg

20 Reps of Straight Leg Lifts

20 Reps of Leg Kicks Forward

20 Reps of Leg Kicks Backward

Session 4- Short Speed Work-

Note: focus on a) get off- Z's in knees, explode out not up, no false step

b) acceleration-elbows in, forward lean, full ankle, hip extension

c) finish through the yd. marker

- 1) Warm up run- 200 yds @ 50% rest 15 sec.
- 2) 100 yds @ 50% rest 15 sec.
- 3) 50 yds @ 75% rest 15 sec.
- 4) 40 yds @ 75% rest 15 sec.
- 5) 40 yds @ 100% x 2 rest 15 sec. between
- 6) 30 yds @ 100% x 4 rest 15 sec. between
- 7) 20 yds @ 100% x 4 rest 15 sec. between
- 8) 10 yds @ 100% x 6 rest 10 sec. between
- 9) 5 yds @ 100% x 6 rest 10 sec.

Component 3- Agilities/Position Specific Drills

Session 1- **Agilities/Position Specific** –choose 2 agility drills to do a day-rotate

- 1) Star Drill - set up cones or cans or tape or any small objects in a 10 yd. box
 - Start in middle of box then go upper right, lower left, upper left, lower right then sprint through upper right- 3 reps 15 sec.rest
 - Coaching Point (CP)- stay low, keep feet under hips,finish!!!
- 2) Ladder Drills- use chalk or any kind of marker if you don't have a ladder
 - Do front high knees, side shuffle, side- 2 leg in 1 leg out, front-Ickie shuffle - do each direction-10 sec. rest
 - CP- quick feet, balance-feet under hips, no dead arms,finish
- 3) T Drill- set up 4 cones, cans, sticks whatever you can run around in a T shape -start at bottom of T then weave around the 3 objects that make up the top of the T. Objects-5 yards apart-3xRt/Lt-10sec.rest
 - CP- balance-feet under hips, qk.feet on turn,no shoulder lean,finish
- 4) Box Drill- set up 4 cones,cans,sticks,whatever and set a 10 yd. box
 - rep 1- all forward fast as you can with as tight a turn as possible
 - rep 2- forward to side shuffle,flip hips side shuffle, forward,
 - rep 3- forward, side shuffle, backwards,forward
 - rep 4-backwards, forward, sideshuffle, forward
 - Repeat 4 reps going opposite direction- 10 sec. rest between reps
- 5) 5-10-10 Drill- set up 3 cones or lines or sticks 5 yds. from each other.
 - Rep 1, 2, 3- go right for 5yds., left for 10 yds. right for 10yds
 - Rep 4, 5, 6 - go left for 5 yds., right for 10 yds. left for 10 yds.
 - Rest 10 sec. between rep 1,2,3,5,6 and 25 sec. between 3 and 4

1) Daily Position Specific Drills- Offense

QB's-

note: QB footwork drills should be done with a football always in the ready to throw position-inside back leg pec height-bent knees,boxer stance

Footwork Drills -cone drills- can use cans etc. if no cones
-W cone drill- backfoot slide – Rt/Lt
-W cone drill with side escape-Rt/Lt
-W cone drill with spin out escape-Rt/Lt
-line drill- ski jumpers- 2 legs together-quickfeet
-line drill- straddle line-alternate leg scissors-
-line drill-Steve Youngs – step over line with back
Foot then front foot then back over the line in same
Order coming back over the line

Trunk/Arm Drills Warmup -trunk twist throw, goofy foot throw, bull pen
Note: Following Drills incorporate footwork/throwing motion.

Throw to sibling/parent/hanging tire/target/spot-don't need a runner
Back Foot Angle Throw -1 step-out,hitch,curl,slant
-3 step back foot angle plant-seam,corner,dig,post
-3 step reset back foot- drag,swing,seam,GatorHitch
Movement Drills -Play Action- Slant Pass-Vert,Post,Seam,Comeback
- Rip/Liz – hitch.corner, throwback
-Naked- Vert,Comeback,Waggle,Flat

WR - footwork- 10 yd. carioca and break –fast hips, balance, tight break-R/L
- W drill –feet under hips-R/L
- 4 cone wrap around cone drill-5 yds. Apart–fast feet under hips
arms pumping, elbows in, quick acceleration out from cone-R/L
- 5 yds apart All Angles break drill- burst forward for 5 yds,speed
break Lt.for 5 yds, vertical for 5 yds, dig break Rt. For 5
yds,vertical for 5 yds. Post break Lt for 5 yds., vertical for 5
yds., Corner Break Rt for 5 yds, vertical for 5 yds and finish
with a curl break
- Imaginary Press Release- capture the flag –fire feet,active hands
-ball drills - note if you have a sibling or parent who can throw to you and
they might not be good throwers reduce the space and you can
change your body angles to approximate different body angles
or positions at the top stem of a route ex. corner route-45 degree
angle looking back over opposite shoulder have them throw and
you adjust or out angle they throw you adjust.

- If you have someone who can throw- lucky you.
 - You can also throw to self – on bed lean over edge throw ball
Noose the catch – try throwing in different spots to develop muscle memory.
- route drills-
- run every route in our route tree-left/right w/ and w/o press
Focus: proper depth, accelerating out of the break with balance
 - Hitch-1st outside step after 5 yds.hips back 1st,not shoulders
Speed Out-roll off outside leg at 5 yds,. Hips 1st not shoulders
 - Slant- 2x off outside foot, 45 angle, accelerate through break
Press- diamond release
 - Curl-1st outside step past 10 yds.drop hips,hips 1st back to QB
Not shoulders, work back to QB. Press-Top Gun
 - Dig- hard break off outside step at 15 yds.hips 1st into break, not
Shoulders, accelerate stay as flat as possible.Press-stays on
 - Corner- 1st inside step after 10 yds. Break hard at 45 angle away
From QB, accelerate look over shoulder away from QB
Press-stays on
 - Post- 3 types- Bang- backside of Rip/Liz-3x off outside foot,
must get inside of DB.Press-win quick
 - Regular-4x off outside foot, gain speed through
Route,45 angle, hips lead into break
Press-stays on can quick move def.
 - Read – Angle dictated by coverage-2-split safeties
-cov.3/1-sponge safety. 0Press-win quick
 - Vertical-burst,break cushion,outside step for separation,save box
-Press-win quick, capture the flag, stay ahead
 - Comeback- vertical,at12 yds, outside vertical move (should look
like a vert. get DB turned and in his blind spot)
at 15/16 yds drop hips, decelerate, break off inside
foot to sideline. Press: stays on try for outside release

OLine- Run Technique drills for 15 yds.

- Work all run play steps: Lexus/Ranger: Star/Steel-Zone steps 6
inch directional step: 2nd step through crotch step with balance
driving hips and arms/hands: 3rd step driving up field with width
and balance for 15 yds.

- Power Lt/Rt- down blocks with balance for OT,G and C on play side, pulling G- skip pull, lead through hole with square shoulders, balanced base on contact-drive for 15, BS OT-sift Counter Lt/Rt: same look for everyone except pulling G-now kick out or roll block- skip pull, stay tight to LOS, drop and drive hips and hands into imaginary target and drive for 10 yards- imagine DE or OLB moving and having to readjust
- Toss Rt/Lt/Sweep Rt Lt- reach blocking technique for OLine, wide lateral step play side while maintaining balance: 2nd step start advancing towards the LOS make contact or move onto level 2

Pass Technique Drills- 7 sec. with imaginary def. who does different rush techniques- ex. bull, jet, jet w/dip, spin

- Start in good balanced stance, knees bent, butt down, eyes up
- **Smoke Rt/LT/Naked Rt/Lt** – Aggressive balanced step opposite direction called
- **Ram/Lion**-Slide protection from 1st uncovered OL on play side
Ex. Ram (Rt side)- if RT is covered he will lock on the def. covering him if he is uncovered it will be a full slide with him working back to the left side into B Gap Rt. If RT covered and RG uncovered we will slide from RG. RG will slide to gap protect A gap. If RG covered and RT covered RG will block man over him and if Center was uncovered we would slide from him. Work technique in both uncovered and covered situations
– Covered- 1st step- kick step back with foot opposite QB- always protect leg and arm closest to QB-on kick step stay balanced, elbows in and at the ready, shoulders over hips, hips over feet, bench press an imaginary rusher without lunging
- Work this technique vs. all 4 listed rush techniques- both right/left
- Uncovered- drop step with leg furthest from QB, then slide step away from call side, keep shoulders square on retreat eyes focused on level 1 and 2 threats- block imaginary bull rushers, twisters
- **Roll-Rip/Liz, Slant Pass-Star/Steel Pass, Roll Rt/Lt, Sprint Rt/Lt**- Gap Protection to call side with swinging gate from first uncovered lineman- technique to work- practice zone steps to secure initial gaps to call side (step with balance to imaginary gap then work square shoulders and hips while moving their

feet)- practice swinging gate technique- zone step to call side then drop step with play side leg in opposite direction.

RB

Footwork - Imaginary ropes – can use chalk to do a ropes grid –high knees
-Upside down L and I drill. RB does footwork and angle on Inside and outside zone, counter and power-runs for 7 yards (taking him approx. 2 yds past LOS) then jump cut Rt for 2 steps and accelerate for 10 yards- focus on cutting off leg in direction of cut with balance on 1st cut and then cut off opposite foot when accelerating forward
-Zig/Zag drill- has alternating cones/cans in 3 yard intervals (both forward and sideways forcing RB to do balanced quick cuts with outside leg keeping hips over leg so no slipping
-Toss/Sweep Drill- RB 7 yds from (LOS). Place cones or cans on imaginary LOS at 12 yds., 15 yds., 18 yds., 20 yds widths. RB catches imaginary toss and accelerates with width as fast as he can then cuts off outside leg into holes at 20 yds. then 18yds. As he hits LOS he lifts knees, has shoulders leaning forward and eyes up. When RB does cuts at the 12 and 15 yd. holes he breaks through LOS and goes for 5 yds. then cuts off inside leg gaining width for 7 yards then accelerating vertically for 15 yards.

Route Work- Swing- 5 steps on a line as fast as RB can do then look at Imaginary QB, visualize catch, then accelerate with Width while closing on LOS

- Flat- attack LOS outside of an imaginary OT then burst to Sideline at angle putting RB at 4 yds at sideline
- Wheel- looks like Flat then turn up at imaginary #'s
- Seam- attack LOS outside of OT then go vertical with speed
- Triple X/Fast Screen- exactly like Swing

Defensive Drills- Coach Brown will send out Defensive Drills by position

