

July 2020 Workout Schedule

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1) No workout	2) No workout	3) No workout	4) Happy 4th of July
5)	6) Monday Workout	7) Position Workout "A"	8) Wednesday Workout	9) Position Workout "B"	10) Friday Workout	11)
12)	13) Monday Workout	14) Position Workout "A"	15) Wednesday Workout	16) Position Workout "B"	17) Friday Workout	18)
19)	20) Monday Workout	21) Position Workout "A"	22) Wednesday Workout	23) Position Workout "B"	24) Friday Workout	25)
26)	27) Monday Workout	28) Position Workout "A"	29) Wednesday Workout *Possible Equipment handout	30) Position Workout "B" *Possible Equipment handout	31) Friday Workout *Possible Equipment handout	

The description of each workout is on page two and requires minimal "equipment". In lieu of cones, old towels or shoes can be used to mark distances/drills, agility ladders can be made with sidewalk chalk. These workouts were created with specific football movements and skills in mind. It is important more than ever that your athlete comes to the first practice in shape. Have them push themselves and each other.

Workout Descriptions

Monday Workout

- Dynamic Warmup (15 yds)
- Agility Ladder (see below)
- 15 yard bursts x10 (15 sec recovery)
- Max squat jumps (3x10)
- Walking Lunges (3x10 each leg)

Daily Strength Routine

- 50 push ups
- 100 sit ups
- 100 air squats

Agility Ladder (15 squares)

- High knees
- High knee crossover
- Icky Shuffle
- 2 in 2 out (sideways)
 - Down & back
- 1 footed hops
- Karaoke
 - Down & back

Wednesday Workout

- Dynamic Warmup (15 yds)
- 50 yard sprints x6 (30 sec recovery)
- “L” Drill x5
- Side Shuttle Drill x5
- (If possible find a race partner for the drills)

Daily Strength Routine

- 50 push ups
- 100 sit ups
- 100 air squats

“L” Drill & Side Shuttle drill
videos can be found on youtube

Friday Workout

- Dynamic Warmup (15 yds)
- Oline/Noses - 2 miles
- Skills - 4 miles
- The distances are meant to push you. If they are too short, go further.

Daily Strength Routine

- 50 push ups
- 100 sit ups
- 100 air squats

Athletes this season need to show up in shape. Not being able to practice due to conditioning will cause athletes to drop down the depth chart.

Workout Descriptions

Position Workout A (Offensive)

Running Backs/Quarterbacks - 5x each drill

- 5 yard box drill
- 45° cone weave drill
- Circle and accelerate drill
- 2 feet in, 2 feet out

Video instructions [HERE](#)

- QBs - 3 step/5 step drops - 20x each
- QBs - [footwork drills](#)
- [Speed hurdle](#) - you can set up buckets or any other item for hurdles - 5 x

Wide Receivers

- [“M” Drill](#)
 - [Speed Cuts](#)
 - [90° Box Cuts](#)
 - [3-Step Jabs](#)
 - Complete the drills minimum 5 times.
- More reps = Better skills

Offensive Line

- [2 Steps & Finish](#)
- [Set and punch](#)
- [Combo Block](#) -If possible

Position Workork B (Defensive)

Defensive Backs

- [Shuffle, pedal, & run](#)
- [Pattern speed turn](#)
- [Open field tracking](#)
 - No contact

Linebackers

- [Dip and rip](#)
- [Cross face & rip](#)
- [Lock, peek, & shed](#)
- [Zone drop & drift](#)
 - If with a group

Defensive Line

- [Lock, drive, release](#)
- [Towel Rip](#)
- [3 shade hand placement](#)

All of these drills should be completed until the athlete can perform them at game-like tempo.

Repetition is KEY.