

Youth Training Workouts
Practice Schedule
Build a Stronger, Faster & Smarter Athlete

5:30pm – 5:35pm	Coaches Talk
5:35pm – 5:45pm	(Stretch) V Stretch, Sitting feet together touch toes, On back L over R & R over L, Standing Feet together. High Knee's, Shuttle, Shuttle to run, Back Peddle, Butt Kickers & Bear Craw.
5:45pm – 6:00pm	Station 1. Speed Ladder (2 Ladders) (1) 1 Step in each (2) Sidestep two in each (3) Two in two out (4) Face Ladder In Out two feet (5) Ickey Shuffle Wicket Drill Station 2. 20 Yard Short Shuttle Drill 30 Yard 3 Cone Drill Box Jumps (3sets of 10 reps) Station 3. Tuesday Band Workout 1. Pushups 2 sets x failure w/ 1 min rest 2. Military Press 2 sets x 15 reps w/ 1 min rest 3. Side, Back Front Rotation Superset 2 sets x 8 reps w/ 1 min rest Thursday Band Workout 1. Seated Rows 2 sets x 15 reps w/ 1 min rest 2. Upright Rows 2 sets x 15 reps w/ 1 min rest 3. Curls 2 sets x 12-15 reps w/ 1 min rest Abdominal Work 6 inch holds 2 sets x 30 sec holds
6:00pm – 6:15pm	Rotate Stations 1, 2 & 3
6:15pm – 6:30pm	Rotate Stations 1, 2 & 3
6:30pm – 6:50pm	Scrimmage Work/Group Competition (FUN IS THE PURPOSE)
6:50pm – 6:55pm	Air Squats w/ position hold variation 3sets w/ 1min Rest
6:55pm – 7:00pm	Coaches Talk on Nutrition
7:00pm	Practice Ends (Protein Supplement after practice from coaches)

Station Ideas to Implement over Winter Session

1. Circle bear crawl chase
2. Pushups
3. Wall sits
4. Flying 15s
5. 3 bag drill
6. Jump Rope