

Monday	
Starts & AgilityCOD	
Practice	
Lift - Total Body	

Tuesday	
Transitions & Quickness/COD	
Practice	
Medium Conditioning	

Wednesday	
Light Practice/Review	
Lift - Total Body	
Active Recovery - Rollout and Flexibility	

Ready	Warmup #1				
	Sets	Dist	%	Rest	
	Hamstring (Bent) AIS	1	30e	50%	0
	MB OH Side2Side	1	10e	3kg	15s
	Fwd/Bwd Skip	2	80f	50%	15s
	Cradle to Chest-->Lunge	1	30f	50%	15s
	Lunge w/ 3 Rotations	1	30f	50%	15s
	Side Shuffle w/ Arms	2	80f	50%	15s
	Side Leg Swing	1	30f	50%	15s
	1-2-3 Touch	2	80f	75%	15s

Ready	Warmup #2				
	Sets	Dist	%	Rest	
	Scissor Quad AIS	1	10e	50%	15s
	MB Around the World	1	10e	3kg	15s
	Stuntman Fall	2	80f	50%	15s
	Inchworm	1	30f	50%	15s
	Quad Stretch-->Lunge	1	30f	50%	15s
	Karioka	2	80f	50%	15s
	Side Lunge	2	15f	50%	15s
	Angled Speed Skaters	2	80f	75%	15s

Ready	Warmup #3				
	Sets	Dist	%	Rest	
	Calf (Bent/Straight) AIS	1	20e	50%	0
	MB Swing	1	10e	3kg	15s
	Jumping Jack Skip	2	80f	50%	15s
	Ultimate Lunge	1	30f	50%	15s
	ReachRevLunge w/Rot	1	30f	50%	15s
	Side Skips	2	30f	50%	15s
	Froggy Skip	1	30f	50%	15s
	Backpedal Striders	2	80f	75%	15s

Aim	Starts & 360°Speed				
	Sets	Reps	%	Rest	
	Power Skip	2	80f	BW	30s
	Alt Split Jumps - 2	2	12	90%	1m
	TennisBall React Sprints	1	2m	90%	0
	Compass/Clock Drill	1e	15s	90%	45s

Aim	Trans & 360°Speed				
	Sets	Reps	%	Rest	
	TennisBall React Drops	1	2m	BW	0
	Bleacher Split Run	2	30s	75%	1m
	Jump to Lateral Sprint	4	15f	90%	30s
	M-Drill	1e	1	90%	30s

Aim	Lift #2				
	Sets	Reps	%	Rest	
	Leap Stall - F/B/L/R	1e	6	75%	30s
	Clean Complex - Perform consecutively				
	Row/RDL/HC/PP/Squat	2-3	2e	<50%	<1m
	MB Chop	2	6	3kg	30s

Fire-1	Practice				
	Sets	Reps	%	Rest	

Fire-1	Practice				
	Sets	Reps	%	Rest	

Fire	Practice				
	Sets	Reps	%	Rest	

Fire-2	Lift #1				
	Sets	Reps	Wt.	Rest	
	MB OH Pass in Wall	2	15	3kg	45s
	Hang Clean	3	5	80%	2m
	Squat	3	8	75%	2m
	Bentover Row	3	8	75%	2m
	DB I/Y/T	2	30	5kg	1m
	Side Bridge	2	30s	BW	30s
	Speed Skaters	2	8e	BW	1m

Fire-2	Conditioning				
	Sets	Reps	%	Rest	
	Suicide	1-2	1	75%	0
	MB Accelerations	1-2	10s	3kg	1m
	Suicide	1-2	1	75%	0
	1-Leg Lat Line Hops	1-2	10s	90%	1m
	Suicide	1-2	1	75%	0
	Hip Pivot	1-2	10s	90%	2m
	Light Jog	1	5m	50%	0

Clear-1	Rollout				
	Sets	Hold	%	Rest	
	O/S Leg	1e	30s	NA	0
	I/S Leg	1e	30s	NA	0
	Quads	1e	30s	NA	0
	Glutes	1e	30s	NA	0
	Ham	1e	30s	NA	0
	Lats	1e	30s	NA	0
	Shoulder	1e	30s	NA	0

Clear	Cooldown #1				
	Sets	Hold	%	Rest	
	4 Way Ankle Walk	1e	80f	BW	0
	Side Lean	1e	30s	NA	0
	Pretzel	1e	30s	NA	0
	Side Lying Quad	1e	30s	NA	0
	X-Over Hamstring	1e	30s	NA	0
	Elbow Behind Head	1e	30s	NA	0

Clear	Cooldown #2				
	Sets	Hold	%	Rest	
	Wall Chest Stretch	1e	30s	NA	0
	Side Lean w/ Reach	1e	30s	NA	0
	Butterfly	1e	30s	NA	0
	Figure 4 - Face Down	1e	30s	NA	0
	Kneeling Lunge	1e	30s	NA	0
	Half Hug	1e	30s	NA	0

Clear-2	Flexibility				
	Sets	Hold	%	Rest	
	Hamstring	1e	30s	NA	0
	Modified Hurdler Push	1e	30s	NA	0
	Scissor Quad	1e	30s	NA	0
	Iron Cross	1e	30s	NA	0
	Lean Away Row	1e	30s	NA	0
	Wall Pec Deck	1e	30s	NA	0

Thursday	
Game Prep	
Game	
Post Game Cooldown	

Friday	
Light Practice/Review	
Lift - Total Body	
Active Recovery - Rollout and Flexibility	

Saturday	
Game Prep	
Game	
Post Game Cooldown	

Ready	Warmup-Pregame				
	Sets	Dist	%	Rest	
	1	30e	50%	0	
	1	20e	50%	15s	
	1	10e	50%	0	
	2	80f	50%	15s	
	1	30f	50%	15s	
	2	15f	50%	15s	
	1	30f	50%	15s	
	2	80f	75%	15s	

Ready	Warmup #4			
	Sets	Dist	%	Rest
	1	10e	50%	15s
	1	20	3kg	15s
	2	80f	50%	15s
	2	15f	50%	15s
	1	30f	50%	15s
	2	30f	50%	15s
	1	30f	50%	15s
	2	80f	75%	15s

Ready	Warmup-Pregame				
	Sets	Dist	%	Rest	
	1	30e	50%	0	
	1	20e	50%	15s	
	1	10e	50%	0	
	2	80f	50%	15s	
	1	30f	50%	15s	
	2	15f	50%	15s	
	1	30f	50%	15s	
	2	80f	75%	15s	

Aim	Game Prep				
	Sets	Reps	%	Rest	
	1	10s	75%	45s	
	1	10s	75%	45s	
	1e	10s	90%	45s	
	1	15f	90%	45s	

Aim	Lift #3			
	Sets	Reps	%	Rest
	4e	1	75%	30s
	2	5	80%	2m
	2	10e	BW	1m
	2	10	BW	1m

Aim	Game Prep				
	Sets	Reps	%	Rest	
	1	10s	75%	45s	
	1	10s	75%	45s	
	1e	10s	90%	45s	
	1	15f	90%	45s	

Fire	Game				
	Sets	Reps	%	Rest	

Fire	Practice				
	Sets	Reps	%	Rest	

Fire	Game				
	Sets	Reps	%	Rest	

Clear	Game Cooldown				
	Sets	Hold	%	Rest	
	1e	10	BBK	0	
	1e	30s	NA	0	
	1e	30s	NA	0	
	1e	30s	NA	0	
	1	10m	NA	NA	

Clear-1	Rollout			
	Sets	Hold	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0

Clear	Game Cooldown				
	Sets	Hold	%	Rest	
	1e	10	BBK	0	
	1e	30s	NA	0	
	1e	30s	NA	0	
	1e	30s	NA	0	
	1	10m	NA	NA	

Clear-2	Flexibility			
	Sets	Hold	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0



Symbol	=	Definition
%	=	Percentage of perceived effort
#	=	Pounds (lbs.)
>>>	=	50% > 75% > 90%
▲	=	Start at ___%; add 5-10lbs each set
360° Speed	=	Running/Re-directing in all directions
50%	=	A light and focused effort
75%	=	A smooth and intensified effort
90%	=	Full speed with a calm face+C10
BW	=	Bodyweight
Cooldown	=	Light stretching or rolling out
Conditioning	=	Work Capacity Augmentation
Dist	=	Distance covered for set/rep
e	=	Each side / leg / arm
Flexibility	=	Stretching to promote recovery
Hold	=	Time you hold a stretch / rollout
kg	=	Kilograms (kg X 2.2 = lbs.)
Lift	=	Exercises for the weightroom
Linear Speed	=	Running Forward
m	=	Minute(s)
MB	=	Medicine Ball
MR	=	Manual (Partner) resistance
NA	=	Not Applicable
Playing Speed	=	Combining Linear, 360°, & Conditioning
Prep	=	Explosive movements / Plyos / Ballistics
Reps	=	Repetition(s) per set (Distance covered)
Rest	=	Rest between sets
Rollout	=	Rolling muscles out on a MB or foam roller
s	=	Seconds
Sets	=	Number of set(s)
Technique	=	Controlled and deliberate practice
Time	=	Time of each set
Warmup	=	Basic movements to get started
Wt.	=	Weight percentage of 1rep max
y	=	Yards
Ready	=	General warmup - 50% effort
Aim	=	Specific warmup - 75-90% effort
Fire	=	Focus of the workout
Clear	=	Stretching and cooldown activities
Exercise 1	=	Superset --> No rest between 1 & 2; Rest after 2 only
Exercise 2	=	