



Day 2 Home Workout

“How you do anything is how you do everything”

Created by Coach Greg Eichler, Gobles Football in
Gobles, MI

Thanks to Coach Greg Eichler and Football Coaches
Connection for sharing this with Team Europe



Basic Guidelines

- Be creative with how you do things. Find items around the house/yard you can use as weight: laundry detergent tubs, buckets filled with heavy items, suitcases, logs, etc.
- We WILL start each workout with a dynamic warm up
- We WILL work the core every other day
- We WILL strength train M/W/F, conditioning/running T/Th
- We WILL work in some agility, change of direction, foot speed on strength days
- Everyday we strength train, we will focus on a few parts of your body.
- Everything here is intended to be complete with minimal or no weight equipment. If you have dumbbells or other things, use them when needed!
- Have fun!

Speed/Conditioning Day Mindset

- You will need space for most of these drills, ideally a distance of 25 yards
- You can probably use your backyard or a sidewalk. If you can access bigger spaces, even better
- This is TECHNIQUE specific and you must pay attention closely to how each drill is done
- Do these with INTENSITY and PURPOSE!
- We want to be explosive in each of these drills
- Because this is a SPEED day, we will be using speed drills as part of our “warm up”... we want to do these while the body is fresh and rested...

Phase 1

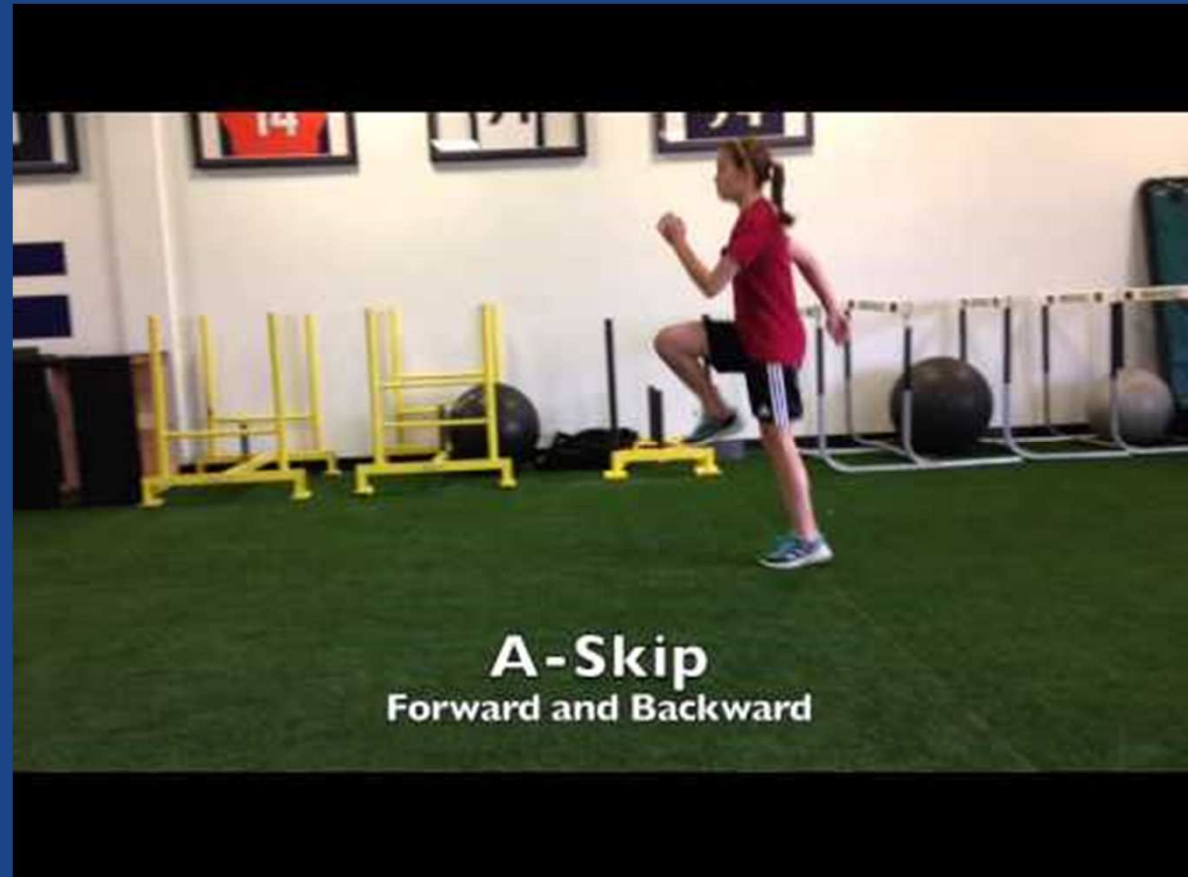
Speed Drills



A March

- 10 yards x 2 (down and back)
- Do these with fast pace
- Focus on getting your knee up
- You are moving opposite arm/opposite leg
- “A March” is the first drill in the video

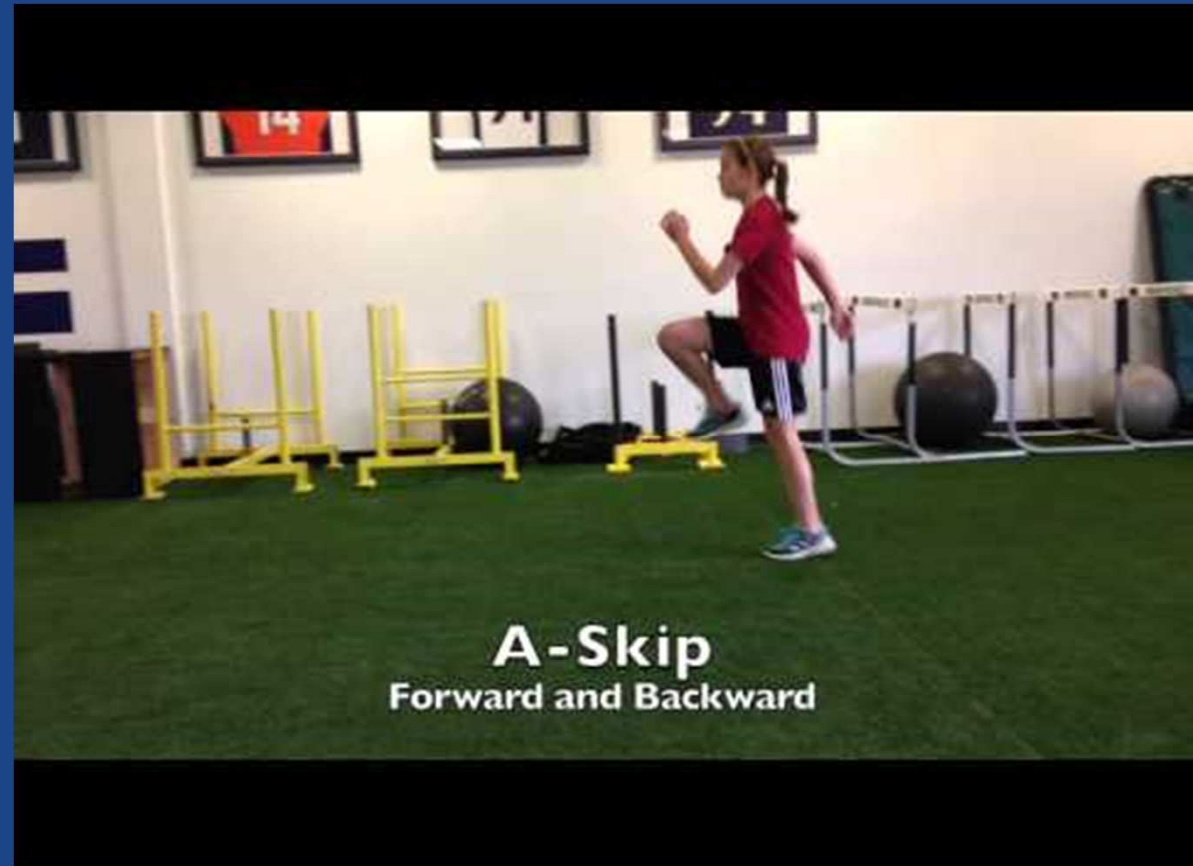
<https://www.youtube.com/watch?v=NDoK3Xn7ihE>



A Skip

- 10 yards x 2 (down and back)
- Do these with fast pace
- Focus on getting your knee up
- You are moving opposite arm/opposite leg
- ONLY go forward each way, not backwards
- “A Skip” is the second drill in the video

<https://www.youtube.com/watch?v=NDoK3Xn7ihE>



High Knees

- 10 yards x 2 - as many repetitions as you can there and back
- Think speed when doing these high knees (this is not a warm up drill today, this a speed drill today)
- Keep arms at a 90 degree angle
- Stay on the toes

https://www.youtube.com/watch?v=_koAkJJVT7Y



Speed Butt Kickers

- 20 yards x 2 (there and back)
- Run at 75-80% of your full sprinting speed
- Stay tall
- Work on heel recovery (returning heel to ground after it hits the butt)

<https://www.youtube.com/watch?v=OdoXnT4szpA>



Box Jumps

- Jump over 5 imaginary boxes in a row, down and back
- Pound your force into the floor and explode HIGH in the air and as far as possible
- These are short bursts, so go hard!

BOX JUMPS DEMONSTRATION

<https://twitter.com/i/status/1017358993960947713>



Lunge Walk Overs

- 20 yards x 2 (there and back)
- Remember: opposite arm/opposite leg
- Nice, long strides while maintaining balance
- Video shows at 2:15-3:18

<https://www.youtube.com/watch?v=Ly9xbtzn354>



Prime Times

- 20 yards x 2 (there and back)
- Straight legged
- We are racing when we do these...get after it!
- Keep front out in front of your body
- Video shows this at 5:06-5:40

<https://www.youtube.com/watch?v=Ly9xbtzn354>



Butt Kick & Reach

- 20 yards x 2 (there and back)
- Stay tall, you may want to lean forward, but stay tall
- The key is to RACE... run fast
- Video shows this at 1:58-2:15

<https://www.youtube.com/watch?v=Ly9xbtzn354>



Full Sprints

- 3 full sprints, 10 yards each
- 100% speed
- Have someone time you if you can
- Record your time if you have a recorder. Try and beat your previous time on every attempt.
- Remember good sprinting form!
 - 90 degree arms
 - High knees
 - Pound force into the ground



Phase 2

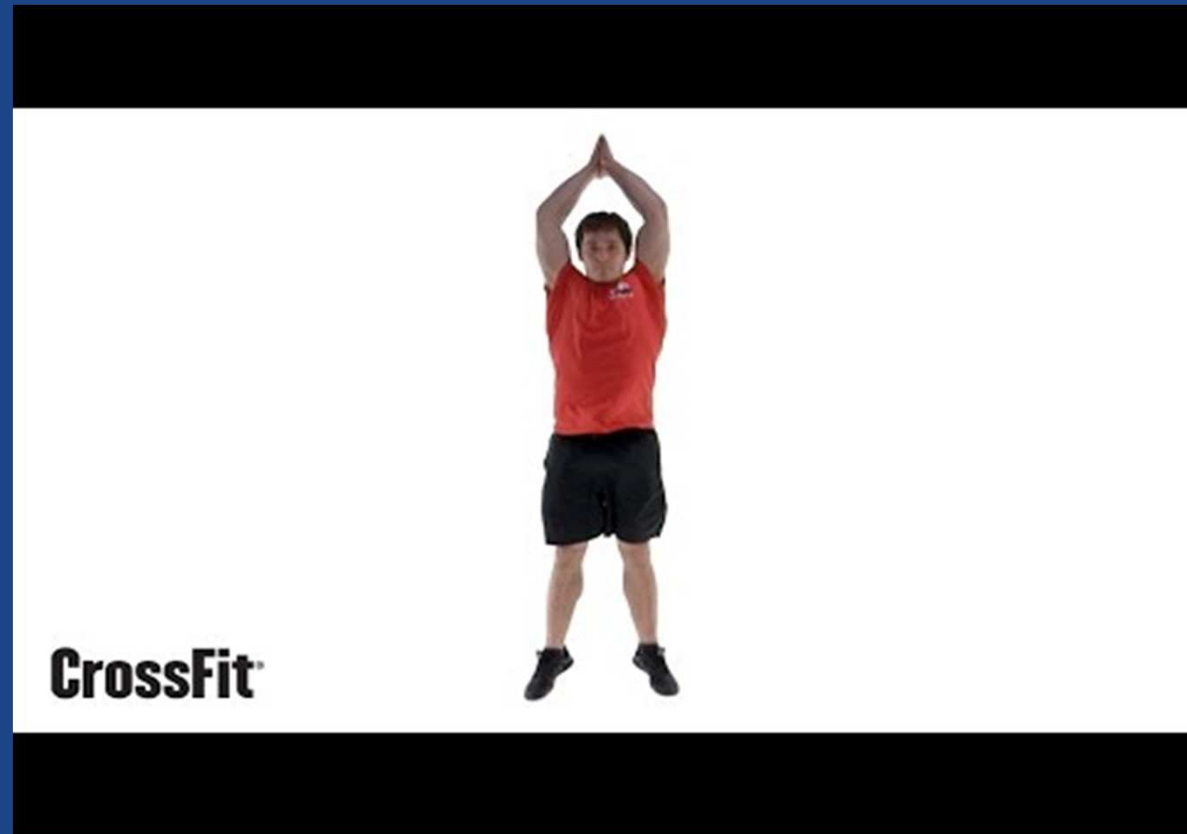
Conditioning



Descending Burpee Ladder

- Video demonstrates a burpee
- Begin by doing 10 burpees, rest 60 seconds.
- Now do 9 burpees, rest 60 seconds.
- Now do 8 burpees, rest 60 seconds.
- Continue lowering reps by 1 on each set until you hit

<https://www.youtube.com/watch?v=TU8QYVW0gDU>



Jumping Jacks

- 100 Jumping Jacks!
- You can split these into 4 sets of 25 or 2 sets of 50. Whatever works for you. Do not make this easier for yourself, push yourself!



300 Yard Shuttle

- Use cones or other markers, set them 25 yards apart
- 6 trips = 300 yards
- Time yourself each run and record it
- Rest 1 minute between each set
- Repeat TWO times. YOU CAN DO THIS!
- Goal is to match or beat each time
- Full out sprints

<https://www.youtube.com/watch?v=7NZYHnVjfYY>



GREAT WORK TODAY!!



<https://www.facebook.com/IAAFLTEAMEUROPE/>