



Day 6 Home Workout

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.”

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

Thanks to Coach Greg Eichler 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!

Dynamic Warm Up/Stretching

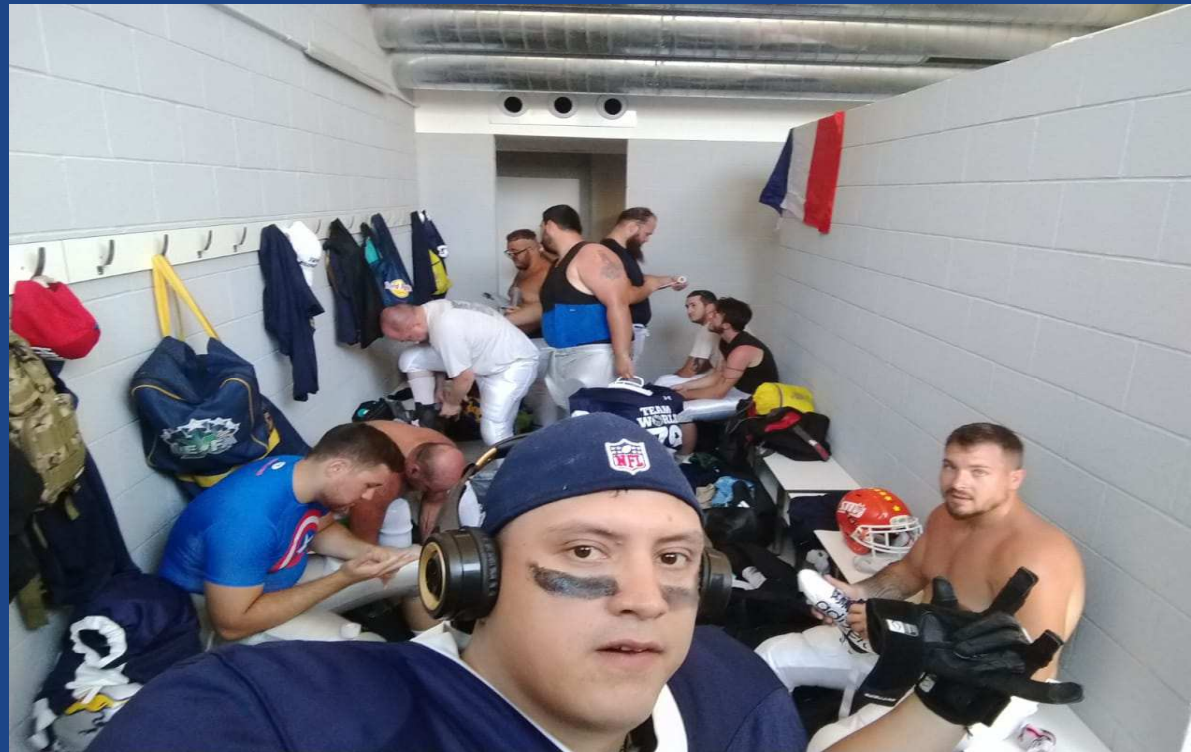
These can be done running in place, but it is best if they are done outside in the yard or driveway.

- Jog in place (30 seconds)
- High knees in place (30 seconds)
- Butt kickers in place (30 seconds)
- Lunge and Twist (10 total) <http://www.youtube.com/watch?v=BjV6EUV7Nd8>
- Jumping jacks (25 total)
- Arm circles (15 seconds of small, 15 seconds of big) <https://www.youtube.com/watch?v=140RTNMciH8>
- Hip rotations (pretend you are stepping over a fence with each leg, one at a time. When one leg goes forward and then backwards, that is 1 rep) (5 reps per leg)
- Bodyweight squats, holding arms straight in front (20 total)
- Stretching
 - Spread legs, down to the middle (10 seconds)
 - Down to the right (10 seconds)
 - Down to the left (10 seconds)
 - Legs together, down to the middle (10 seconds)
 - Flamingo stretch (pull foot back so it almost touches rear end) (10 seconds)
 - Sit on the ground, butterfly stretch (10 seconds)
 - Bring your feet closer to your pelvis, do it again (10 seconds)



Phase 1

CHEST AND TRIS



Single Arm Sliding Push Ups w/ Towel

- 3 Sets EACH ARM

- 1st set = 8
- 2nd set = 8
- 3rd set = 8

*If this is too difficult, try normal push ups



<https://www.youtube.com/watch?v=GOsRt9pVHjI>

Lateral Sliding Push Ups w / Towel

- 3 Sets EACH ARM

- 1st set = 8
- 2nd set = 8
- 3rd set = 8

*If this is too difficult, try normal push ups

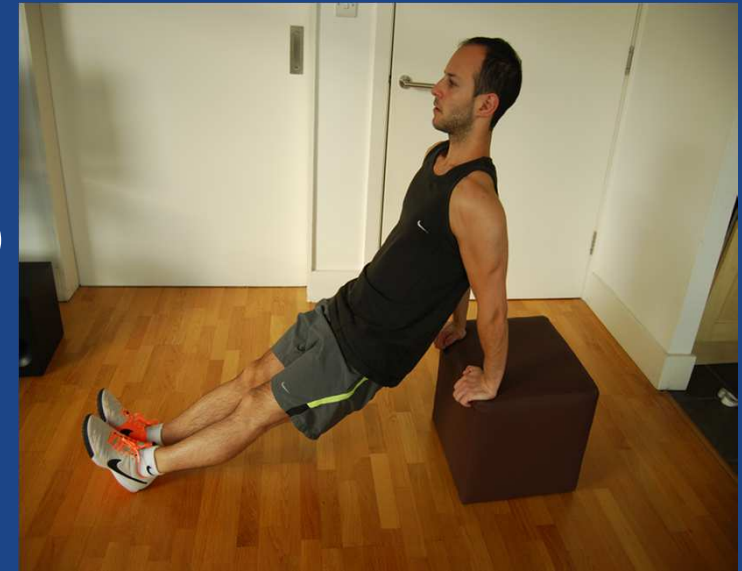


<https://www.youtube.com/watch?v=cq4GdncpL7k>

Dips

- 3 Sets (use a stairwell, chair, countertop, etc.)
 - 1st set= 12
 - 2nd set= 10
 - 3rd set = 8

<https://www.youtube.com/watch?v=x9u9JXhiYJU>



Skullcrusher

- 3 Sets
 - 1st set= 10
 - 2nd set= 10
 - 3rd set= 10

Find an elevated surface, about a foot or two off the ground!



<https://www.youtube.com/watch?v=ro0bIBJfvJo>

Shoulder Taps

- 3 Sets
 - 1st set= 6-10
 - 2nd set= 6-10
 - 3rd set= 6-10

The difficulty of this will depend on your body weight and upper body strength. If you are lighter try and do about 8-10 reps per set. If you are heavier aim for about 6-7 reps per set.

***REMEMBER...** one rep is when you touch both shoulders.

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



Phase 2

CORE



Body Saws (get that towel back out!)

- 3 Sets
 - 1st set = 15 slides
 - 2nd set = 15 slides
 - 3rd set = 15 slides
- Video of the drill, slides (vs. extensions) proposed here, shows at 0:27



<https://www.youtube.com/watch?v=FGLRgxxgG084>

Windshield Wipers

- 3 sets
 - 1st set= 15
 - 2nd set= 15
 - 3rd set= 15



https://www.youtube.com/watch?v=X59_4RrU_aA

Dead Bugs

- 2 Sets
 - 1st set= 10
 - 2nd set= 10

After you move your right arm/left leg AND you left arm/right leg, that is ONE rep. The man in the video completes TWO reps.



<https://www.youtube.com/watch?v=bnUCeMM-j-A>

Cross Body Mountain Climbers

- 1 Set
 - 1 Minute NON-STOP
- Push yourself to go longer if possible!

<https://www.youtube.com/watch?v=9p-8sXwh-7k>



Cross Body Mountain Climbers

Phase 3

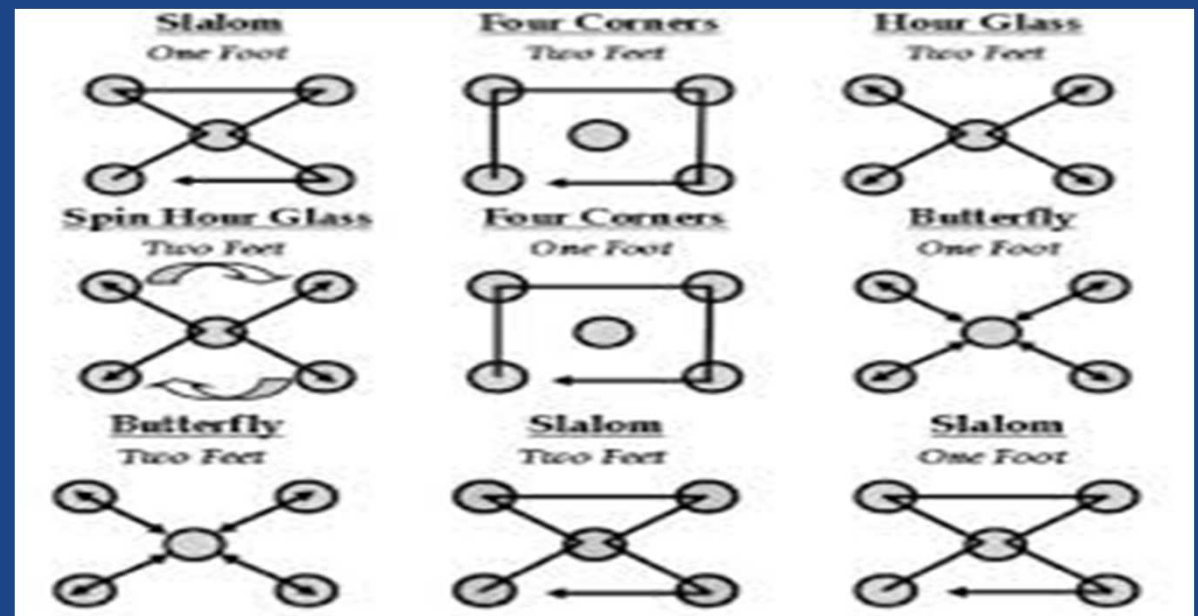
AGILITY / FOOTSPEED



Dot Drill

- You can draw dots with chalk or mark them in the dirt with a stick. Be creative!!
- Each type of movement should be done SIX times.
- The video covers most of these movements in the chart next to this box →
- Key here is quick feet!

<https://www.youtube.com/watch?v=IMF2Xuelq4M>



Line Hops

- Put down a piece of tape or draw a line in the ground/dirt that is a few inches wide
- Do each of these for 30 seconds
 - Front to back both feet
 - Front to back right foot
 - Front to back left foot
 - Side to side both feet
 - Side to side right foot
 - Side to side left foot
 - Scissors (see in video)



https://www.youtube.com/watch?v=Yn_eK43hP9E

Circle Around the Cone Drill

- 3x each directions
- You do not need cones for this, just a few small markers
- Key Points
 - Stay tight to cones
 - Keep feet under shoulders
 - Explode out of the “shuffles”

<https://www.youtube.com/watch?v=jZ90U2lfGSo>



GREAT WORK TODAY!!



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