



Day 7 Home Workout

“It’s not the will to win that matters – everyone has that. It’s the will to prepare to win that matters.” - Bear Bryant

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!

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...

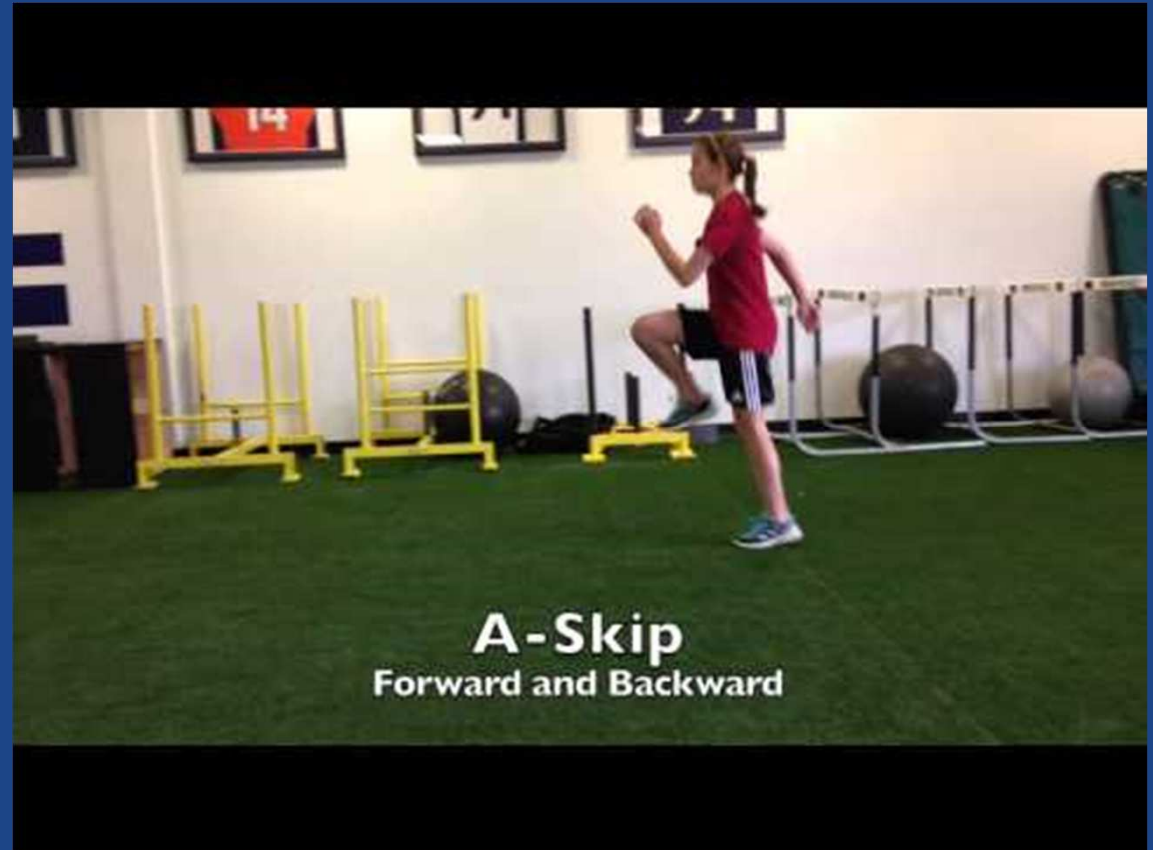
Phase 1

Speed Drills



A March

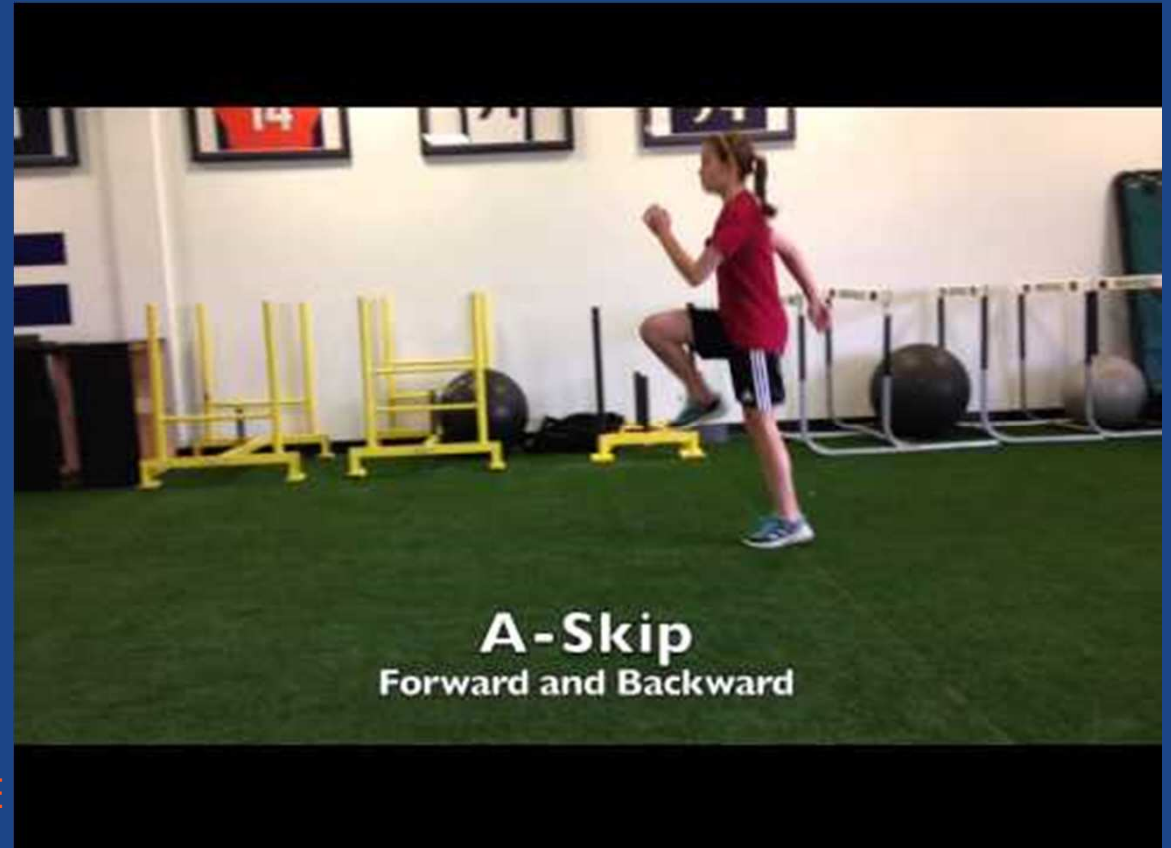
- 10 yards x 2 (down and back)
- Do these with fast pace
- Focus on getting your knee up
- You are moving opposite arm/opposite leg
- “A March” is the first drill in the video



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

<http://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

- 5 Box Jumps
- Hip-width stance
- Jump onto the box using a two foot take-off
- Both feet land on the box simultaneously
- Keep the knees in line with toes
- Complete a full hip and knee extension
- Jump or step down to begin the next repetition

This drill starts at 1:23 of the video

<https://www.youtube.com/watch?v=hxldG9FX4j4>

If you have no box, see Day 2 Workout, slide 9.

In alternative, with hurdles, in a row, see:

<https://simplifaster.com/articles/hurdles-plyometric-training/>



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=Ly9xbtn354>



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



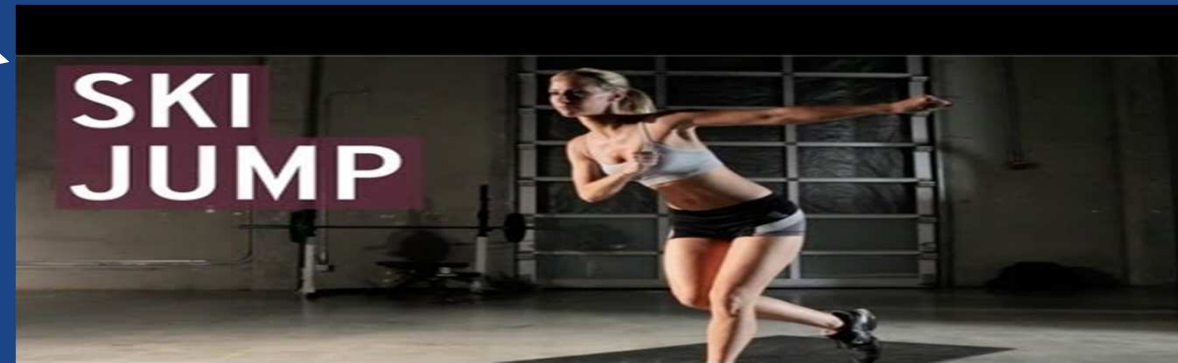
Phase 2

Conditioning



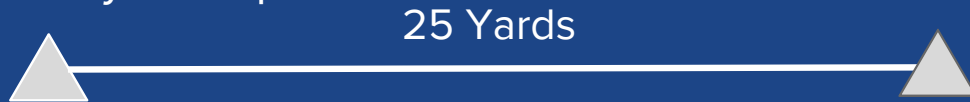
Cardio Circuit

- Invisible jump rope- 1 minute (yes, pretend you have a jump rope)
- Lunge Hops- 30 seconds <https://www.youtube.com/watch?v=IRGqUTpAsnQ>
- Skier Jumps- 60 seconds <http://www.youtube.com/watch?v=zoeyTz5FKnW>
- Frog Jumps- 30 seconds <http://www.youtube.com/watch?v=4HXEiJBMdPE>
- Step Overs- 30 seconds <http://www.youtube.com/watch?v=oUeu6jgscQw> [4HXEiJBMdPE](http://www.youtube.com/watch?v=4HXEiJBMdPE)
- 50 Jumping Jacks
REPEAT two more times



300 Yard Shuttle

- Use cones or other markers, set them 25 yards apart



- 6 times there and back = 300 yards
- Time yourself after completing this, record it
- Rest 1 minute
- Repeat TWO times. YOU CAN DO THIS!
- Make it your absolute goal to beat your previous time!
- Make sure you are going hard, both feet over the lines, and finish through at the end

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



GREAT WORK TODAY!!



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