



# Day 8 Home Workout

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“Tradition helps players subordinate their individual interests to the needs of the team”

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!

# 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.

See here: <http://www.youtube.com/watch?v=BjV6EUV7Nd8>

- Jog in place (30 seconds)
- High knees in place (30 seconds)
- Butt kickers in place (30 seconds)
- Lunge and Twist (10 total) →
- 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

## BIs and BACK



# Towel Curls

- 3 Sets
  - 1st set = 15
  - 2nd set = 12
  - 3rd set = 10
- Add 5-10 lbs after each set.
- If you use a backpack or a bag, just add items to your bag to increase weight.
- Keep elbows in the same spot while doing curls. The guy in the video moves his elbows a bit too much.
- If you don't have something to tie your towel around, tie the towel around your thigh and curl your own leg. No excuses!!

<https://youtu.be/ywwxbKpH3UY>



# Doorway Bicep Curls

- 3 Sets
  - 1st set= 12
  - 2nd set= 12
  - 3rd set= 12
- Work to isolate your bicep here.
- Keep your body straight and don't arch your back for any reason

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



# Single Arm Bent Over Row

- 3 Sets (each arm)
  - 1st set= 8
  - 2nd set= 8
  - 3rd set = 8
- Here is where you can get creative with your weighted object. I recommend a laundry detergent tub, gallon of water/milk, or a heavy duffel bag.



<https://www.youtube.com/watch?v=roCP6wCXPqo>

# Bird Dog Exercise

- 3 Sets (each side)
  - 1st set= 6
  - 2nd set= 6
  - 3rd set= 6
- Notice how the body is moving slowly & controlled



<https://www.youtube.com/watch?v=k2azbhhuKuM>



# Good Mornings

- 3 Sets
  - 1st set= 10
  - 2nd set= 10
  - 3rd set= 10
- PLEASE make sure you use good form here. No arched backs. You can also place hands on the hips.
- Bend slowly at the waist, while keeping the shoulders lined up w/ your hips



[https://www.youtube.com/watch?v=EjI536e\\_leY](https://www.youtube.com/watch?v=EjI536e_leY)

# Pull Ups

- 1 set - to failure
  - Do as many as you can in 1 set!
- Don't have a pull up bar? See some ideas here →



(courtesy of WikiHow)

# Phase 2

## CORE



# Leg Lifts

- 3 Sets
  - 1st set= 15
  - 2nd set= 15
  - 3rd set= 15
- Keep legs together and go slow, no need to rush
- If you feel strain on your lower back, don't lower your legs as much

<https://www.youtube.com/watch?v=lktF6euie0o>

<https://www.youtube.com/watch?v=u-yIPDiU4-8>

Leg raises (optional)

<https://www.youtube.com/watch?v=JB2oyawG9KI>



# Russian Twists

- 3 Sets
  - 1st set= 30 seconds
  - 2nd set= 45 seconds
  - 3rd set= 1 minute

<https://www.youtube.com/watch?v=wkD8rjkodUI>



# Side Planks w/ Leg Raises

- 3 sets on each arm
  - 1st set= 15
  - 2nd set= 15
  - 3rd set= 15
- As long as you do each arm, you will do 90 total leg raises for this
- Slow and controlled, notice how shoulders and hips line up

[https://www.youtube.com/watch?v=JupYk\\_YSPJs](https://www.youtube.com/watch?v=JupYk_YSPJs)



# Scissor Kicks

- 1 Set
  - Go for a minute straight. Don't cheat yourself!
- Keep knees slightly bent to take pressure off of the back

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



# Phase 3

## AGILITY/FOOTSPEED

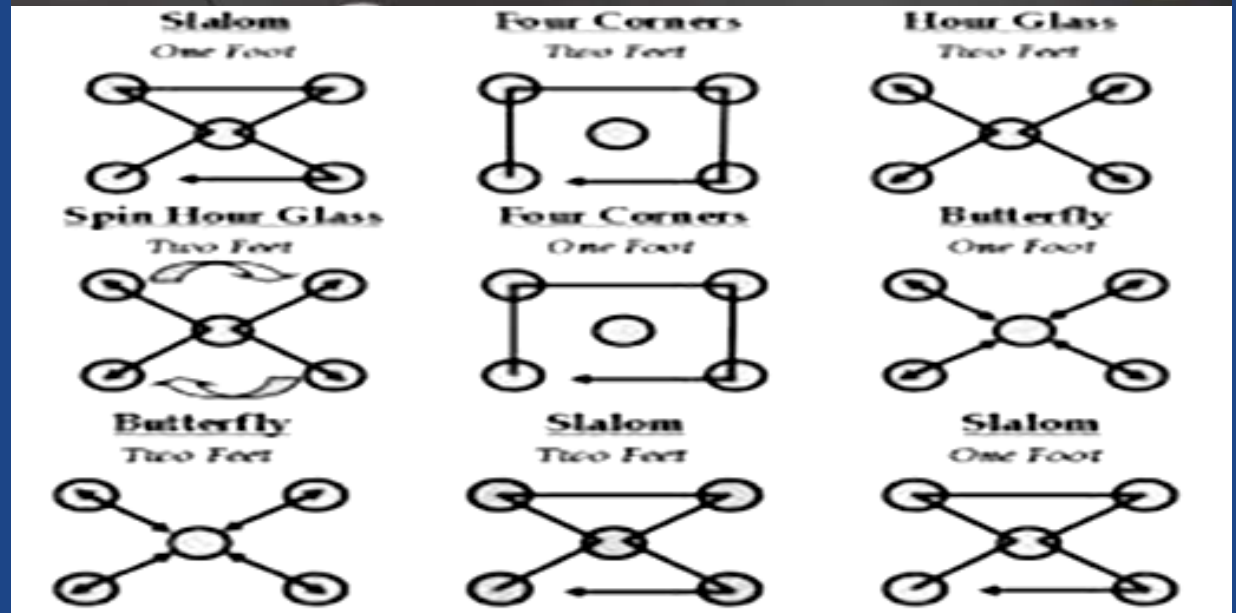




# Dot Drill

- 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](https://www.youtube.com/watch?v=Yn_eK43hP9E)

# Line Diagonal - Hop Over

- Do this 10 yards down on the RIGHT side of the line, 10 yards back on the LEFT side of the line. If your line is shorter than that, just do it a few times down and back.
- Starts at about 2:28 in the video

<https://www.youtube.com/watch?v=zc0wqDQ4wPs>



# Line Twists

- 10 yards down, 10 yards back
- This is great for your feet and hips!
- Starts at 2:58 in the video



**GREAT WORK TODAY!!**



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