



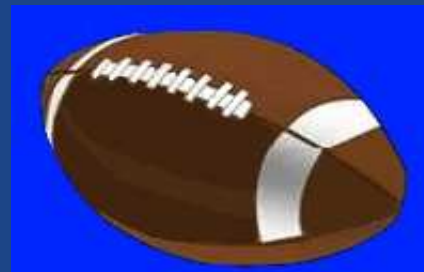
# Day 11 Home Workout

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““Make each day your masterpiece.” - John Wooden

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) →
- Jumping jacks (25 total)

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



- 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=GOsRt9pVHjl>

# 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

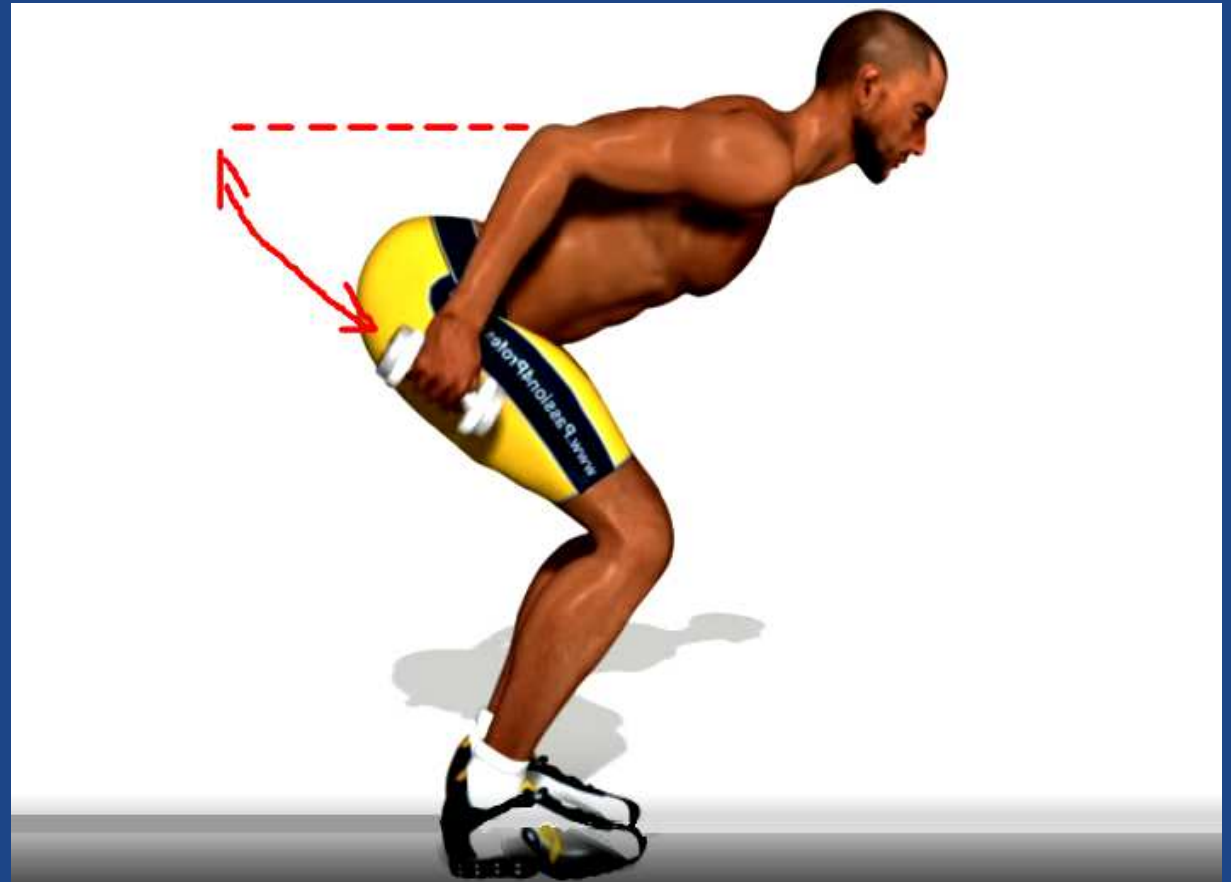


<https://www.youtube.com/watch?v=cq4GdncpL7k>

# Tricep Kickbacks

- 3 Sets (use canned goods, books, bricks, etc.)
  - 1st set= 10
  - 2nd set= 10
  - 3rd set = 10

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





# Overhead Triceps Extension

- 3 Sets (use an object from last exercise, or use laundry detergent tub for this one)
  - 1st set= 12
  - 2nd set= 12
  - 3rd set= 12



<https://www.youtube.com/watch?v=-Vyt2QdsR7E>



# 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.

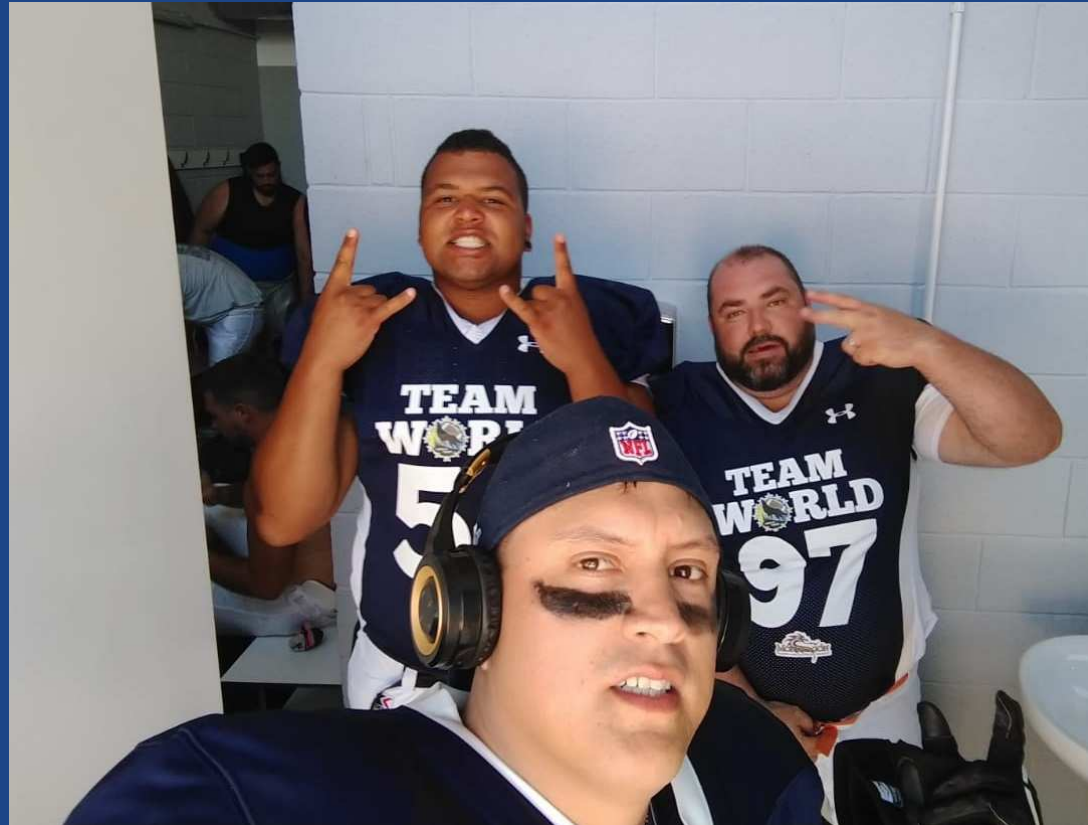
\*REMEMBER... one rep is when you touch both shoulders.

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



# Phase 2

## CORE



<https://www.gridironelitetraining.com/core-exercises-for-football-players/>

# Body Saws (get that towel back out!)

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

<https://www.youtube.com/watch?v=FGLRgxxG084>



# Windshield Wipers

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



[https://www.youtube.com/watch?v=X59\\_4RrU\\_aA](https://www.youtube.com/watch?v=X59_4RrU_aA)

# Side Plank Stars

- 4 Sets, 15 seconds on each side (hold it longer if you can)

Hips off the ground, straight line from heels to head. Your body should be straight!



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

# 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>

## Phase 3

# AGILITY / FOOTSPEED





# Step 1: Build Your Own Ladder

- You need one of the following items: duct tape, paint sticks, twigs that are about 1 foot long, or small pieces of wood that are thin and about 1 foot long.
- Here are great DIY ladder instructions:  
<https://www.instructables.com/id/Agility-Ladder-free-and-easy/>
- DO NOT leave and go to the store for this stuff if you do not have it. It is important we continue to practice good social distancing.
- Basically, we need to make a ladder that has 10-12 rungs and is about 15 feet in length. Make it happen!

# Step 2: Ladder Agility Drills!

- The video demonstrates all of the ladder drills
- Complete all of the following (first 15 drills), down and back...

<https://www.youtube.com/watch?v=67XP-AekUoA>

- Two foot run
- Ladder taps
- Lateral single leg hops (left leg down, right leg back)
- Single leg forward hop (left leg down, right leg back)
- Two foot lateral run
- Fight shuffle
- Skiers
- Carioca
- Lateral in and out
- Two foot lateral hops- in and out
- High Knee Run
- Straddle Squat Hops
- Quick hopscotch
- Ali shuffle
- 180 degree rotations



**\*Complete the rest of intermediate and advanced to push yourself!!**

# 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=jZ90U2IfGSo>

GREAT WORK TODAY!!



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