



# Day 9 Home Workout

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“Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it.” - Ralph Waldo Emerson

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!

# X-Factor Day Mindset

- Today is meant to help build your speed, but it is called an X-FACTOR day
- X-Factor days are relatively short
- These drills are intended to be high intensity and short in time
- 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

# 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

<http://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

<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](https://www.youtube.com/watch?v=_koAkJJVT7Y)

# 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>





## Phase 2

# X-Factor Drills



# Homemade wicket drills Pt. 1

Set up wickets 5-6 feet apart. In practice we use the wickets in the picture, at home you can use any strait object in place of the actual wicket. For example: sticks, paint stirrs, wooden spoons, etc. Line them up like a ladder, five-six feet apart. Five for short legs, six for longer legs. (see next slide for more)



[Click here for demonstrations of a few wicket drills \(first 0:45\)](#)

# Homemade wicket drills Pt. 2

There should be nine wickets lined up. As you run through them you are concentrating on driving the knees up, foot is flexed in air like on the picture below. You will run through these

1. Regular run. Just run through and concentrate in form.
2. Arms straight to your sides
3. Arms out in a T like you are pretending to be an airplane.
4. Cross your arms on your chest.
5. Outstretch your arms in front of you and then make a fake gun.
6. "Raise the Roof" action while running. Just like it sounds. Your hands are up and pushing up to the sky as you are running.
7. Repeat regular run.

Here some "X-Factor" workouts, creative and alternative:  
<https://www.youtube.com/watch?v=e2DMP74EJqM&t=243s>

[Click here for demonstrations of a few wicket drills \(first 0:45\)](#)



\*Remember: This is a speed drill. Do not slow down. Do not look down. Keep your head up and work on driving your knees.

<https://www.youtube.com/watch?v=psMGT1XU7l4>

# Lateral Plyometric Jumps

Complete the Lateral Plyo Jump for 30 second. Use a belt to form your line. Start by jumping left to right for 30 seconds. To challenge yourself, as you jump laterally, move forward so that you finish at the end of the line. The link above gives you specific information on positioning. Make sure that when you land you are absorbing the jump into a squat. It should be a quiet jump, not a pounding land.

4 sets of 30 seconds with a ten second rest.

**Targets:** Power, agility

**Equipment Needed:** Line or obstacles



<https://www.verywellfit.com/lateral-plyometric-jumps-dynamic-power-balance-3119999>



# Wall Swings

- 3 sets of 5 seconds for each leg
- All you need is a wall!
- These should be fast with full range of motion
- Video shows this at 0:58

<https://www.youtube.com/watch?v=e2DMP74EJqM&t=243s>



# Squat Bounces

- Bounce in the squat position for 20 seconds
- Be light on your feet!

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





# Russian Lunges

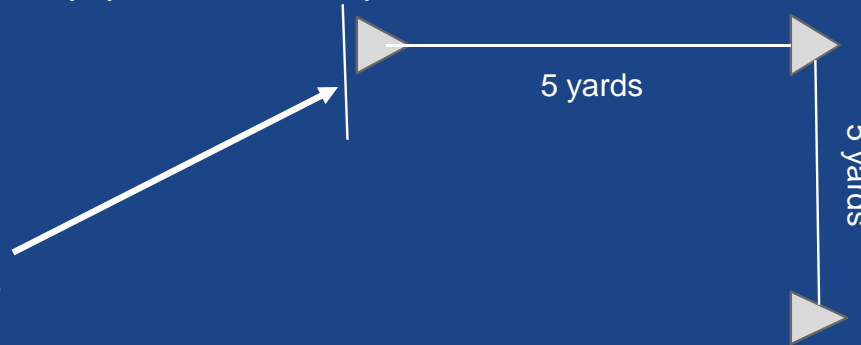
- 2 sets of 5
- The top video shows a few more continuous reps,  
<https://www.youtube.com/watch?v=3HaADL8jK78>
- Bounce in lunge position 3x, then explode into the air to new lunge position
- but the BOTTOM video shows exactly how we want to do ours at 1:11

<https://www.youtube.com/watch?v=e2DMP74EJqM>



# L Drills

L Drills, aka Cone Drills, are a popular agility training exercise used by coaches and professional trainers to develop rapid change of direction ability and speed. Equipment: use soup cans instead of cones.



- Set your cones up for the 3 Cone Drill.
- Start at the line in a 3 Point Stance.
- Come out low for about 5 yards, maintaining medium speed control, touching the line at the center cone.
- Once you touch the line, immediately return to the start cone, and touch the line using the *same hand*.
- Next, turn and sprint back around the center cone, planting off your inside foot for a *hard turn* and *figure eight* around the end cone (again, planting your inside foot).
- Make a sharp cut around the middle cone, turning on your inside foot, and sprint back to the starting cone, to finish the drill.
- Repeat 3 - 5 times.

[https://www.youtube.com/watch?v=2oJQYY\\_faCs](https://www.youtube.com/watch?v=2oJQYY_faCs)



# Phase 3

## Conditioning



## 4 x 100

- You have ONE job for conditioning: 4 sprints of 100 yard meters (roughly 100 yards)
- If you don't have 100 yards of space, figure it out (suggestion: 8 sprints of 50 yards).
- We want to “run like a sprinter” when do this... don't jog these... it defeats the purpose
- Record your times
- Rest 2-3 mins between each one
- Goal is to beat your previous time for each run



# GREAT WORK TODAY!!



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