

## Calendar Information

### Exercises:

- Abs = 4 sets of 50 (any abs exercise)
- Push-ups = 4 sets of 20-35 depending
- Planks = 4 sets of 4-pt, 2-pt, and/or all variations (at least 1min/rep)
- Parachute Man = 4 sets (include straight up and left/right crunch)
- Squat Jumps = 3 sets of 25 w/ deep squat before jump & on landing
- Jumping Jacks (make sure your elbows go above heart level)
- Lunges (4 sets of lunges at least 25 yards)
- Jump Rope = Alt. single leg, double-hop alt. single leg, double foot, figure-8, criss-cross, double jumps, A-skip, reverse hops, burn-out.

**\*\*\*PAY CLOSE ATTENTION TO REST TIME BETWEEN SETS FOR ALL EXERCISES AND RUNNING (8-Steps call for short recovery)**

### Stretching/Drills:

- Make sure you are stretching as much as possible. We can't stress this enough! Increase flexibility, and you increase your overall **speed/durability**. It is critical that you increase, or at least maintain the flexibility you gained during the off-season, spring, and summer to prevent injury during the season.

### DYNAMIC PLAN:

1. 1x FIELD-LAP
2. 10-JACKS + "Ready"/3-Claps
3. HIGH KNEES
4. CORE STRETCH+TWIST
5. HEEL KICKS
6. RIGHT OVER LEFT HANG
7. LEFT OVER RIGHT HANG
8. A-SKIPP
9. QUAD STRETCH
10. WALKING LUNGES – 10yds
11. KNEE HUGS – 10yds
12. CARIOCA – Down
13. CALF STRETCH
14. CARIOCA – Back
15. GLUTE PULLS – 10yds
16. ELBOW TO ANKLE – 10yds
17. BOUNDING – (PWR SKIP)
18. SCORPIONS – FACE DOWN
19. SCORPIONS – FACE UP
20. ANKLE CIRCLES (In & Out)

### STATIC PLAN:

1. Cool down... + "Ready"/3-Claps
2. SHOULD WIDTH – HANG
3. WIDE APART – HANG
4. FEET TOGETHER – HANG
5. ARM CIRCLES/CROSS-CHEST
6. QUAD STRETCH
7. DELTIOD PULL
8. TRICEP STRETCH + LEAN
9. LEAN RT/LT/MID – GROIN
10. CALF STRETCH
11. BUTTERFLY
12. CROSS-RIGHT LOOK-RIGHT
13. Mtn. CLIMBER (Lt knee down)
14. 10-COUNT ANKLE ROLL

### **Drills:**

- Make sure you are using good technique and have good posture/body position(s). It is essential that you can do these drills with ease because we will do them every day in practice for flexibility, speed, or football technique (Also see Dynamic Stretching sample routine).
- **Alternative Drill-List (NOT in any order):** shuffling, jogging hip-flips, medicine ball drills, hit position, get-offs, catching the football, hash-hops, buddy-neck drills, technical ball drills, tip-toe/heel drills (great for ankle/shin strengthening), stress-ball or grip-master for finger & hand strength.

### **Injured Athletes and Those Who Are Hurting:**

- ICE! ICE! ICE!
- No need to over do it. This is a perfect time to get the much needed rest you need to heal yourself before season starts.
- We would like those of you who are injured to ice at least 5 times a day, and try not to use that body part too much.
- To stay in shape, you can do pool workouts (swim laps or run in the water). You can also ride a bike at a good pace for 25-45 minutes.
- ICE the hurting body part after any work out.
- **ICE NOT HEAT!!!!**

*\*These workouts are not mandatory, but we wouldn't want you to waste all of the conditioning/flexibility you gained. You all worked too hard to stop now. Work hard over the dead-period, and push yourself to improve.*

**Double-Days & "The 8-Steps" will be here before you know it!**

# **IRVINE FOOTBALL**

## **Dead-Period Conditioning Packet**

***Will you be ready for Aug 23rd?***