

## Sprint WorkOut Program

### Week 1-2

8 X 20 Yards  
8 X 40 Yards  
6 X 60 Yards  
3 X 80 Yards  
1 X 100 Yards

### Week 2-3

10 X 20 Yards  
10 X 40 Yards  
8 X 60 Yards  
5 X 80 Yards  
3 X 100 Yards

### Week 4-5

12 X 20 Yards  
10 X 40 Yards  
10 X 60 Yards  
7 X 80 Yards  
5 X 100 Yards

### Rest Period For Weeks 1-6

20 seconds for 20's  
20 sec. for 40's  
30 sec. for 60's  
35 sec. for 80's  
40 sec. for 100's

- 1. Triangle Cones:** Set up three cones(any marker) in the shape of a triangle and 6 yards apart from each other. Start at Cone A, sprint to Cone B, turn and sprint to Cone C, sprint back to Cone B, and then back peddle to Cone A.
- 2. Doggies:** Place markers at five yard intervals up to 25 yards (one marker at 5 yards, next at 10 yards, 15, 20, and 25) Line up at the starting line and sprint to first marker and then back, second marker and back, third, etc.....
- 3. Zig-Zag Cone Drill:** Set up 10 cones in a zig-zag formation. Sprint to the first cone while lowering your center of gravity as you approach each cone. When you reach the second cone, plant your outside foot, open up your hips and drive to the next cone.
- 4. FC York Drill:** Set-up your cones in the shape of the capital "W" with each cone placed eight yards away from each other. Start at Cone A, sprint to Cone B, back peddle to Cone C, Sprint to Cone D and back peddle to Cone E.
- 5. 5-10-15 Shuttle**
  - a. Sprint-turn—Sprint Back
  - b. Sprint Out—Backpedal Back
  - c. Backpedal Out—Sprint Back
  - d. Shuffle Out—Carioca Back
  - e. Repeat 10x

## Skill/Conditioning Program

The entire program should take 45 minutes to an hour. It is important that you go through the entire program without pause other than the planned rest intervals.

### Ball Control:

1-minute: jog while dribbling the ball, changing directions and speed. Do this in a confined space where many changes are necessary

1-minute head juggling

1-minute ball throw the ball up, jump and while you are in the air, trap the ball with your chest, settle the ball to your feet and move off quickly— repeat

1-minute thigh juggling

1-minute ball throw the ball up, jump and while you are in the air, trap the ball with your chest, settle the ball to your feet and move off quickly— repeat

1-minute foot juggling with no spin on the ball

2-minutes shoulders, chest, thighs, feet and head combined juggling using all parts of your body; both

**Strength and Flexibility:**

- 60 Jumps      two-footed jumping forward and backward over the ball
- 15 Figure 8's      standing position with legs spread and knees straight, roll the ball in a figure 8 pattern with your hands around legs.
- 60 Jumps      two-footed jumping side to side over the ball
- 15 Roll  
Arounds      sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back
- 60 Jumps      throw the ball up in air, jump and catch the ball, throw the ball back up, before you hit the ground. Remember to "hang in the air"
- 30 Sit-ups  
touch      Touch the ball on the ground over your head and back up and touch your toes
- 30 Push-ups