



LINE

## 2013 PRE-SEASON

WEEK 2

"No person was ever honored for what he received. Honor has been the reward for what he gave." - Calvin Coolidge

START	1. Kettlebell Arm Bar x3e 2. Physioball Overhead Lunge x5e 3. MB Dribble @ 90 x10e					START	1. Ankle Mobility Variation x3e _____ 2. Supine Figure Four w/ Plate x:30e 3. BW Lunge Series (Crossover / Lateral / Rotational) x3e				
100	Monday 7/1/13	Goal	VR	Note	Pair	324	Tuesday 7/2/13	Goal	VR	Note	Pair
UPPER BODY - REPEATED EFFORT EMPHASIS	Barbell Bench Press	5	40	w/u	Int x10e	REPEATED EFFORT EMPHASIS	Power Clean Complex PCJS / PCHP / PC / FS	1e	162		3e
	Drop Set - 35 Total Reps	3	50	w/u	Ext x10e			1e	178		3e
	Keliser Internal & External Rotation	6	75		:30			1e	194		3e
	PB or MB Dead Bug Series x:10e	8	65				Prone Figure Four	1	211	Power Clean	
		10	55				Sumo Stance Deadlift Shoulder Width +2 Stance	5			10e
		12	45					4			10e
	Row Series = 4 lifts w/ no rest Barbell Inverted / DB Bent-over Row DB 1-arm / Rope High	Max		DB + Retraction				3			2
		10		DB BOR			Pair each set with	3			sets
		15		1-arm			Band Lateral X Walk	10e			
		20		Rope				10e			
	Pull-ups @ :10 Eccentric w/ Variable Grips	Max		Over	3e		PB Hip Extension Bridge Roll x5e	2			
		Max		Under	3e		Prone Bridge Lower Body Saw x6/8/10	sets			
	TRX Pec & Lat Stretches	Max		Neutral	3e		Kettlebell Front Squat	10			5e
	Pair FIRST THREE sets with	Max		Under				8			10
	Push-up Series	3						6			30
	Clap / T / Triangle / Spiderman / Sid	sets					Reverse Hyperextension Variation 1-leg / Standard / Isometric Hold	5e		1-leg	
	Line = 1 / 2 / 3 / 4 / 5 = 15	Reps						10		Std	
	Bg Skl = 3 / 4 / 5 / 6 / 7 = 25	by						30	BWMB	iso	
	Skl = 5 / 6 / 7 / 8 / 9 = 35	Pos					1-leg Balance Variations Set #1 = Touches R&R / R&L / L&L / L&R Set #2 = 1-Leg Reach Set #3 = Chop & Lift	1e		sets	3e
	Rope Climbing OR DB Farmers Walk							30e		#1&2	3e
						5e		BF&US			
KB 1/2 Kneeling Shoulder Press DB Prone 6-way Raise x:10e Standing I to T Raise w/ Band Shoulder "Giants"	5e :60 Max 1 set		Bottom Up L.W.T.Y.I.J		UPPER BODY - REPEATED EFFORT EMPHASIS	Superman Series All 4 / Upper / Lower / Opp / Same	3e 3e		30 30		
					LOWER BODY	Slide Board Lateral / Mountain Climber @ :15e	30 30				

UPPER BODY - REPEATED EFFORT EMPHASIS

REPEATED EFFORT EMPHASIS

LOWER BODY

# High School Football Strength Program

**Jason P. Shurley, Jan Todd, Terry Todd**



## High School Football Strength Program:

*The High School Athlete: Football* Michael Volkmar, 2019-05-28 BRING YOUR GAME AND YOUR PLAYERS TO THE NEXT LEVEL For the dedicated student athlete it s always football season The High School Athlete Football is the essential program for any student looking to play football in high school as well as any coach looking to revolutionize their methods Designed from the ground up for developing student athletes and drawing on scientifically proven training models The High School Athlete Football builds from fundamentals to advanced workout progressions for both freshmen and varsity players of all positions With over 100 workouts The High School Athlete Football includes everything a young athlete needs to know about physical and mental fitness nutrition and training regimens Geared towards young athletes and their immediate fitness goals The High School Athlete Football s comprehensive workout schedule takes players through an entire year from pre season to off season helping players maintain gains while driving themselves beyond their limits to achieve never before seen results The High School Athlete series provides sport specific training and nutrition information designed to enhance the winning capacity of high school athletes Based on successful strategies with proven results The High School Athlete series offers coaches and student athletes a comprehensive resource for physical and mental development and conditioning A Chance to Win Mike Gentry, 2005 These days college football is as much about strength and conditioning as it is about having outstanding athletes on your team Athletes and coaches alike are looking for building overall power and stamina while helping develop self discipline and realize athletic potential This is the complete guide to strength power training plyometrics functional conditioning and flexibility training *Coach Robert Louis Sepulveda The Early Days™ Book 1* Chris Edwards , Rene Sepulveda , 2020-06-14 Our son Todd was once asked which coach he admired most in Jr High High School and as a College Athlete without hesitation he immediately said Coach Sepulveda Notice not his dad However I totally agree with Todd Gary Hveem Athletic Director Rio Rancho Coach Sepulveda is definitely on the top five of most admired men in my life Scott Hutt Tiger Track 1972 Everything I do in track and field as a coach from organization to training of athletes I learned from my years with Coach Bob Sepulveda Dale Lindley Coach Chaparral Junior High I can think of no better word to describe Coach Sepulveda s character than Mana In the New Zealand Maori culture one who has Mana carries with them a great deal of honor presence or prestige This is Coach Sepulveda hugely respected and able to bring the best out of his athletes Coach Lorne Singer Kiwi Tiger Track 1994 This book series beginning with book 1 is an Alamogordo Tiger Tale of the Historical Crossroads of Football Track Chris Edwards it is national in scope as many associated coaches and athletes had a national or international influence in athletics politics and world events with the common theme of all being touched by the Alamogordo Track that is what I felt when I read Coach Robert Louis Sepulveda The Early Days During these dark and down days in sports due to political unrest and the public health issues this book is a refreshing look at a positive sports history with detailed research and great inspirational stories of each sports season covered A history lesson with records dating back to

the start of interscholastic sports in the early 1900 s part inspirational story with tales of NFL and Olympic heroes this book gives us hope for better days ahead by reflecting on an inspirational past Coach Sepulveda rekindles my belief in the athletes and the coaches that make up interscholastic sports Buy this book to learn and to be entertained David Andres Sportsman Continental North America Bureau From the Author About the Authors Chris Edwards 3 Track focused around fitness sports history and healthy life balance The current endeavor is a book series beginning with book 1 of a 3 part series The book series is titled Coach Robert Sepulveda the Historical Crossroads of Football Track it is national in scope as many associated coaches and athletes had a national or international influence in athletics politics and world events with the common theme of all being touched by the Alamogordo Track we are the blessed ones Michael Jordan once said Life is often compared to a marathon but I think it is more like being a sprinter long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best Many people debate who should receive the credit for Michael Jordan s success Is it Coach Phil Jackson or is it Michael Jordan These two things are not mutually exclusive This author team of Chris he is just a good hard working coach and a good responsible person who cares about the kids in his charge That for anyone who is paying attention is all the message that is necessary For anyone who is not paying attention no message is possible Interscholastic Sports programs rather in the small town of Alamogordo New Mexico or in the large cities such as Manhattan have had a history of controversy with loud and outspoken proponents and equally loud critics Alamogordo High School began an organized sports program in 1912 for Caucasian boys offering PE Track Field Basketball and Football In 1941 Alamogordo Track and Field sent another athlete to the state meet named John Bud Wilborn who medaled John Bud Wilborn Factoid Strength Training for Football NSCA -National Strength & Conditioning Association, Jerry Palmieri, Darren Krein, 2019-09-10 Absolute strength Sharp acceleration Explosive power The modern era of football demands that athletes in all positions are exposed to quality strength training programs that translate strength gains into better performance on the field and limit athlete vulnerability to injury Developed with the expertise of the National Strength and Conditioning Association NSCA Strength Training for Football shows you how to design resistance training programs that will help athletes excel on the field The book will help you understand the specific physical demands of the six groups of positions offensive and defensive linemen tight ends fullbacks and linebackers wide receivers and running backs defensive backs quarterbacks and kickers and punters You will also find the following 11 testing protocols for measuring and assessing athletes strength power speed agility endurance and anaerobic capacity 11 total body exercises with 14 variations 20 lower body exercises with 13 variations 23 upper body exercises with 29 variations 15 core exercises with 35 variations 115 sample programs 90 of which are position specific for off season preseason in season and postseason resistance training Each resistance training exercise consists of a series of photos and a detailed list of primary muscles trained beginning position and movement phases breathing guidelines modifications and variations and coaching tips to guide you in selecting the right

exercises for a program You ll also learn how to structure those programs based on the goals and length of each season and for each position Backed by the NSCA and the knowledge and experience of successful high school college and professional football strength and conditioning professionals Strength Training for Football is the authoritative guide for creating football specific resistance training programs to help your athletes optimize their strength and successfully transfer that strength to the field Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

**Essentials of Strength Training and Conditioning** NSCA -National Strength & Conditioning Association,2021-06 Developed by the National Strength and Conditioning Association NSCA and now in its fourth edition Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students This comprehensive resource created by 30 expert contributors in the field explains the key theories concepts and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance The scope and content of Essentials of Strength Training and Conditioning Fourth Edition With HKPropel Access have been updated to convey the knowledge skills and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist CSCS exam The evidence based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities The fourth edition contains the most current research and applications and several new features Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use Updated research specifically in the areas of high intensity interval training overtraining agility and change of direction nutrition for health and performance and periodization helps readers better understand these popular trends in the industry A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements Ten additional tests including those for maximum strength power and aerobic capacity along with new flexibility exercises resistance training exercises plyometric exercises and speed and agility drills help professionals design programs that reflect current guidelines Key points chapter objectives and learning aids including key terms and self study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real world settings making the information immediately relatable and usable Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information Further both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique Essentials of Strength Training and Conditioning Fourth Edition provides the most

comprehensive information on organization and administration of facilities testing and evaluation exercise techniques training adaptations program design and structure and function of body systems Its scope precision and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice Note A code for accessing HKPropel is not included with this ebook but may be purchased separately Strength and Conditioning Coaching Michael Boyle, 2025-06-30 With the guidance of Strength and Conditioning Coaching you will learn to apply the best methods offer superior training experiences and be a more successful strength professional in a very competitive industry See real results in your athletes with expert advice from coach Mike Boyle *Building Your High School Football Program* Joseph G. Pacelli, 1987 *Strength Coaching in America* Jason P. Shurley, Jan Todd, Terry Todd, 2019-12-13 It s hard to imagine but as late as the 1950s athletes could get kicked off a team if they were caught lifting weights Coaches had long believed that strength training would slow down a player Muscle was perceived as a bulky burden training emphasized speed and strategy not brute strength Fast forward to today the highest paid strength and conditioning coaches can now earn 700 000 a year Strength Coaching in America delivers the fascinating history behind this revolutionary shift College football represents a key turning point in this story and the authors provide vivid details of strength training s impact on the gridiron most significantly when University of Nebraska football coach Bob Devaney hired Boyd Epley as a strength coach in 1969 National championships for the Huskers soon followed leading Epley to launch the game changing National Strength Coaches Association Dozens of other influences are explored with equal verve from the iconic Milo Barbell Company to the wildly popular fitness magazines that challenged physicians warnings against strenuous exercise Charting the rise of a new athletic profession Strength Coaching in America captures an important transformation in the culture of American sport **Essentials of Strength Training and Conditioning 4th Edition** Haff , G. Gregory , Triplett , N. Travis , 2015-09-23 Developed by the National Strength and Conditioning Association Essentials of Strength Training and Conditioning Fourth Edition is the fundamental preparation text for the CSCS exam as well as a definitive reference that strength and conditioning professionals will consult in everyday practice *Strength Training for Football* Bruno Pauletto, 1993 Now American football players can maintain peak performance year round with the easy to follow training programmes found in Strength Training for Football **Conditioning for Strength and Human Performance** T. Jeff Chandler, Lee E. Brown, 2008 Written by leading experts in exercise science this text offers everything athletic trainers need to train athletes for maximum performance and prepare for certification Chapters review the basic science underlying strength training and conditioning and put science into practice with detailed instructions on testing assessment exercise techniques program development injury prevention and rehabilitation Case based problem solving activities case examples real world application boxes and other features engage readers in decision making and hands on training activities More than 350 full color illustrations complement the text A bound in CD ROM offers in the gym lab

assignments quizzes and a practical exam with video clips and multiple choice questions      *Whatever It Takes* Joli Sandoz, Joby Winans, 1999-08-19 The first anthology of women's personal essays on sports from Elizabeth Cady Stanton on bicycling to Anna Seaton Huntington on rowing With edge passion and depth *Whatever It Takes* demonstrates the enormous importance of sports for girls and women These essays deal with everything from finding a mentor whether it's an Olympic gold winner or a neighborhood coach to reveling in female team spirit There are historical selections as well as discussions of such developments as Title IX The contributors including world class athletes and celebrated writers from Mariah Burton Nelson and Grace Butcher to Diane Ackerman and Maxine Kumin tackle traditional favorites such as basketball and softball as well as more exotic sports from boxing and motorcycle racing to rock climbing Both timely and riveting *Whatever It Takes* will appeal to the rapidly growing ranks of female athletes and to their enthusiastic followers      *Decisions and Orders of the National Labor Relations Board* United States. National Labor Relations Board, 2015      **Johnny Parker's Ultimate Weight Training Program** Johnny Parker, Pat Scanlon, 1988      *Blue Collar Brotherhood* John Swanson, Jeff Tomlin, 2025-07-17 *Blue Collar Brotherhood* is not a book about X's and O's developing great athletes or the secret to winning championships This book is a powerful exploration of the transformational power of faith and coaching Inside the pages of this book Coach Swanson and Coach Tomlin share their profound insights about faith servant leadership and the creation of an uncommon culture that can withstand the test of time This book is a deep dive into the philosophy of Building Champions for Life inspiring the development of young men and women of character and resiliency through the power of athletics This book isn't just for football coaches It's a valuable resource for any coach parent teacher or leader who is dedicated to building an outstanding culture and creating an atmosphere of service and sacrifice Its insights are universal and its wisdom is applicable to leaders in all fields      *The Science of American Football* Jay Hoffman, 2020-11-16 The game of American football may be the greatest team sport that exists It epitomizes the need of a team first approach to achieve the desired success Success is often measured as the hoisting of a championship trophy which involved a journey that required discipline perseverance sacrifice and hard work These traits are the backbone of success in football but more importantly they are the backbone or blueprint for success in life *The Science of American Football* provides an in depth discussion on the physiology of the game of American football including the physiological strain associated with playing in various environmental extremes Acclimatization preparation and medical issues associated with each of these environmental extremes are discussed as well as medical issues occurring during the athlete's playing career common sites of injury and potential risks arising post career e.g neurological dysfunction arthritic joints obesity The book goes on to consider aspects of player selection and preparation including discussion of evidence based physical conditioning programs appropriate nutrition and specific dietary supplementation for the American football player *The Science of American Football* is the first book to focus on the physiology science and medical issues associated with the game of American football and will be key reading for students of

coaching and exercise science as well as those with a keen interest in understanding the science of American football such as coaches and players **Physiological Aspects of Sport Training and Performance** Jay Hoffman, 2014-03-31

Physiological Aspects of Sport Training and Performance Second Edition With Web Resource updates and expands on the popular first edition providing an in depth discussion of physiological adaptation to exercise Students will learn the importance of an evidence based approach in prescribing exercise while sports medicine professionals and health care providers will appreciate using the text as a primary reference on conditioning and performance of athletes A range of topics are covered including environmental influences on performance hydration status sport nutrition sport supplements and performance enhancing drugs The book is focused on physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes Physiological Aspects of Sport Training and Performance Second Edition is organized into five parts The first part examines physiological adaptation and the effects of various modes of training on biochemical hormonal muscular cardiovascular neural and immunological adaptations The second part covers principles of exercise training and prescription The third part discusses nutrition hydration status sport supplementation and performance enhancing drugs The fourth part focuses on environmental factors and their influence on sport performance The fifth and final part is focused on how certain medical and health conditions influence sport performance Updates in this second edition focus on cutting edge knowledge in sport science and sports medicine including the latest information on physiological adaptations to exercise current trends for training for power speed and agility eye opening discussions on sport supplementation and performance enhancing drugs data on training with medical conditions such as diabetes and exercise induced bronchospasm and groundbreaking information on training in heat and cold and at altitude In addition new chapters offer a practical approach to the yearly training program and sudden death in sport The second edition also incorporates the following features to enhance practical application and facilitate students learning A new web resource includes 80 drills and 41 video demonstrations that help readers understand how to implement the various exercises Chapter objectives provide an overview of key content in each chapter Chapter review questions help students assess their learning In Practice sidebars bring chapter content to life in a practical manner and help students better understand the material Students and instructors will benefit from the new web resource which features 80 drills and detailed instruction on performing each drill The drills can be used for a dynamic warm up or to enhance speed and agility Most drills are accompanied by at least one photo showing how to perform a key movement of the drill Forty of the drills are accompanied by a video of the drill being performed in its entirety and a dynamic warm up routine video features 10 warm up exercises Physiological Aspects of Sport Training and Performance Second Edition provides a strong basis for understanding adaptation to exercise and appreciating how changes in program variables can alter training adaptations All the information in this text is presented in an attractive reader friendly format that is conducive to learning The text serves



as both a key educational tool and a primary reference for exercise prescription for athletes      **Functional Training**

**Handbook** Craig Liebenson, 2014-04-21 Reach a whole new level of physical training with Functional Training Handbook whose big picture approach to movement fosters lifelong health mobility and athletic development This practical guide delivers clear how to information an array of sport specific guidelines and key principles that will keep your clients at peak performance Join the revolution to improve sports performance treat injury and re train patterns with this comprehensive guide to the body and its movement Features Sport specific chapters include Baseball Basketball Cycling Dance Football Golf Hockey Mixed Martial Arts Olympic Weight Lifting Skiing Soccer Swimming Surfing and Tennis Emphasis on functional exercise explores the physics of weight bearing and balance to reduce repetitive motion injuries Guides to injury prevention safe workouts re injury avoidance and practical strategies for active athletes      *A Strength and Conditioning Program for High School Football Athletes* Steven J. Weeks, 1986      *Postsurgical Orthopedic Sports Rehabilitation* Robert C.

Manske, 2006-01-01 Written by well known experts in a reader friendly style this is the only book to focus specifically on post surgical guidelines for successful rehabilitation of the knee and shoulder for sports patients Content covers basic concepts related to soft tissue healing as well as core concepts in sports medicine rehabilitation all of which lay the groundwork for discussions of specific protocols Detailed descriptions of the latest post surgical procedures for various knee and shoulder pathologies equip readers with essential knowledge needed to recommend the most effective treatment plans Includes a separate section on multiple ligament knee injuries Numerous photos and radiographs of topics discussed in the text serve as excellent visual references in the clinical setting Detailed descriptions of the most current surgical protocols for various knee and shoulder pathologies help readers recommend the best treatment based on proven rehabilitation plans The inflammatory response is described with regard to its role in soft tissue healing following surgical procedures of the knee and shoulder Protocols based on the most recent research available promotes evidence based practice A chapter on rotator cuff injuries includes authoritative up to date information on this topic A chapter on cartilage replacement focuses on the nuts and bolts of rehabilitation for this common injury offering current hands on information about one of the fastest changing treatment protocols Contributors are expert therapists and physicians respected leaders in their field Each chapter highlights post op guidelines and protocols in a consistent format that s immediately accessible and easy to reference Comprehensive information on soft tissue healing is presented A separate section on multiple ligament knee injuries presents hard to find information that s rarely covered in other resources or literature

## Decoding **High School Football Strength Program**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**High School Football Strength Program**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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### High School Football Strength Program Introduction

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