

Coach Krolak



**STRENGTH TRAINING
MANUAL**

ACKNOWLEDGEMENTS

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References

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Kevin Vanderbush, Head Strength Coach, Ben Davis High School, Indianapolis, IN

Strength Training Philosophy

- I believe in simple things done with consistent excellence rather than complicated things done poorly.” (Lombardi)
- Make sure you don’t “over-coach.” Just because you know all types of exercises and techniques, you don’t always have to use them.
- Always combine practical experience with textbook theory.
- Coaching that goes on in strength and conditioning works the same as it does on the field. Coaching is more than the X’s and O’s – You must teach, explain, convince, and motivate.
- You can have the greatest ideas in the world, but if they don’t buy into what you are doing, the program won’t be successful. You must make kids believe in the program – you have to show them how it will work for them – in a way that they will understand.
- The main goal is to make better athletes – not just better lifters.
- Ask yourself - when designing a program- is the time it takes to teach/master a complicated lift the best use of your time and the athlete’s time? Examine data – to assess program, and help athletes with goal setting – both individual and team.
- Challenge athletes every day and demand success. Athletes must be working outside their comfort zones.
- I want my players to:
 - Be able to work on their own at times.
 - Know what weight to use.
 - Know when to increase the weight.
 - Have a basic understanding of what we are doing and why we are doing it.
 - Keep working when no one is watching.

Program Goals:

1. Prevent injuries
2. Train for football athleticism.

Training Guidelines for FOOTBALL ATHLETICISM

· **Ground Based Actions**

- Football is played on your feet. Every movement a football player makes is driven by the pressure he applies to the ground.

· **Multiple Joint Actions**

- Compound movements involving more than one joint more closely simulates on field activities as well as providing balance cues to muscle groups and joints that help improve overall kinesthetic sense.

· **3-Dimensional Actions**

- Incorporate exercises that work the athlete in all three planes of motion is key in the strengthening and maintenance of sport specific muscle groups.

· **Explosive Actions**

- Through explosive training the athlete can recruit more motor units and develop the fast twitch muscle fibers that are required in performing football activities

· **Core Development**

- ALL body movements start in your core--so should your physical training!

· **Specific Energy System Development**

- Football dictates that players be able to perform repetitive series of sprints at maximal intensity, with the ability to recover quickly between each sprint being the critical factor. Conditioning should target the Phosphate and Glycolic energy systems.

· **Prioritize**

- Violence and speed of movement. In the game of football there is no time to be weak and slow—*Mike Singletary, Chicago Bears.*

· **Integrate**

- Systematically integrate Plyometric, Strength, Power, Flexibility, Core, Body Composition, Muscle Fiber recruitment, and Energy System Development

Motivating the HS Athlete

1. Understanding how it will help them become a better athlete (performance enhancement/injury reduction)
2. Change in body composition/improved self-esteem
3. Wanting to reach personal goals/help team reach team goals
4. Recognition from coaches /teammates/classmates
5. Feeling that it is necessary to earn playing time or to play at the next level
6. Sense of accomplishment that comes when finished with a workout. Team/Individual goals
7. Examples
 - a. Club/Record Boards
 - b. T-Shirts
 - c. Bulletin Boards
 - d. Wall of Fame
 - e. FB Lift Contest & Highland Games

Things to Consider

It is important to point out that several set/rep schemes exist that satisfy our program goals. However, the unique nature of the high school program and athlete usually requires some strategic adjustments to be made. The challenge to the coach is to make these adjustments while maintaining the scientific soundness of the set/rep scheme. In the case of Basha football the following factors influenced our decision to adjust our strength and condition program.

- Maintain our current level of competitiveness despite a declining school population.
- New time limitations; 3-56 min and 1-112 min class per week to lift
- Class sizes that have a high athlete to coach ratio.
- Available equipment and space.
- Simplicity. Easy for the athletes to understand and use. Easy for the coach to implement and maintain.
- Accommodate athletes with vary degrees of strength and experience.

Organization

The weight-room is organized into 10 lifting pods. Pods 1A-5A is upper body while 1B-5B is lower body. The location of each pod is labeled and layouts of the pods are posted on the north and south walls. Each pod contains four lifting stations. Each station accommodates 2 athletes. Each pod accommodates 8 athletes, with 40 working Upper Body and 40 working Lower Body. With present equipment the program can handle 80 lifters. Percentages of 1 RM are used to calculate loads on Squat, Bench and Power Clean. On other lifts, the athletes, by trial and error find a weight that makes their third set difficult to complete. The weight on all three sets remains unchanged. This was done to save time by not having to change plates. Pairing athletes with similar 1RMs will also reduce the need to change plates. The athletes are given 7 minutes to complete their sets.

Set Rep Cycle

Every two weeks the number of reps that are attempted on the major three lifts (Bench, Squat and Cleans) are changed. For the other lifts, changes occur every four weeks. However, the number of sets remains three throughout the nine week cycle. Furthermore, the athlete uses the same weight for all three sets of an exercise. Using the same weight makes the transition from set to set easier and less time consuming. More importantly it allows an athlete to gauge their progress and develop an understanding when to add weight. The athlete or coach can easily make adjustments to the assigned loads based on the ease or difficulty the athlete completes his third set. Here's an easy, simple and safe way to tell...

When you can surpass your repetition range by 2 reps on your last set, for 2 workouts in a row, it's time for an increase. This is known as the '2 for 2 Rule'.

Start with anywhere from 2 to 5 lb increases for upper body exercises and 5 to 10 lbs for lower body exercises.

On the other hand, if they don't complete all 3 sets of 10 reps. then they use the same weight for the next workout. Every two weeks the targeted reps. drop by 2, the amount of weight used is increased by 5%.

SET/REP CYCLE		
WEEK	(SQUAT, BENCH, CLEANS)	OTHER LIFTS
1 Week	3 sets of 12 reps @ 70% of 1RM	3 Sets of 12
2 Weeks	3 sets of 10 reps @ 75% of 1RM	3 Sets of 10
2 Weeks	3 sets of 8 reps @ 80% of 1RM	3 Sets of 10
2 Weeks	3 sets of 6 reps @ 85% of 1 RM	3 Sets of 8
2 Weeks	6 reps, 4 reps, 2 reps @ 85%, 90%, 95% of 1RM	3 Sets of 8
One Rep Max Outs on Big Three		
All Abdominal Exercises 25 reps		

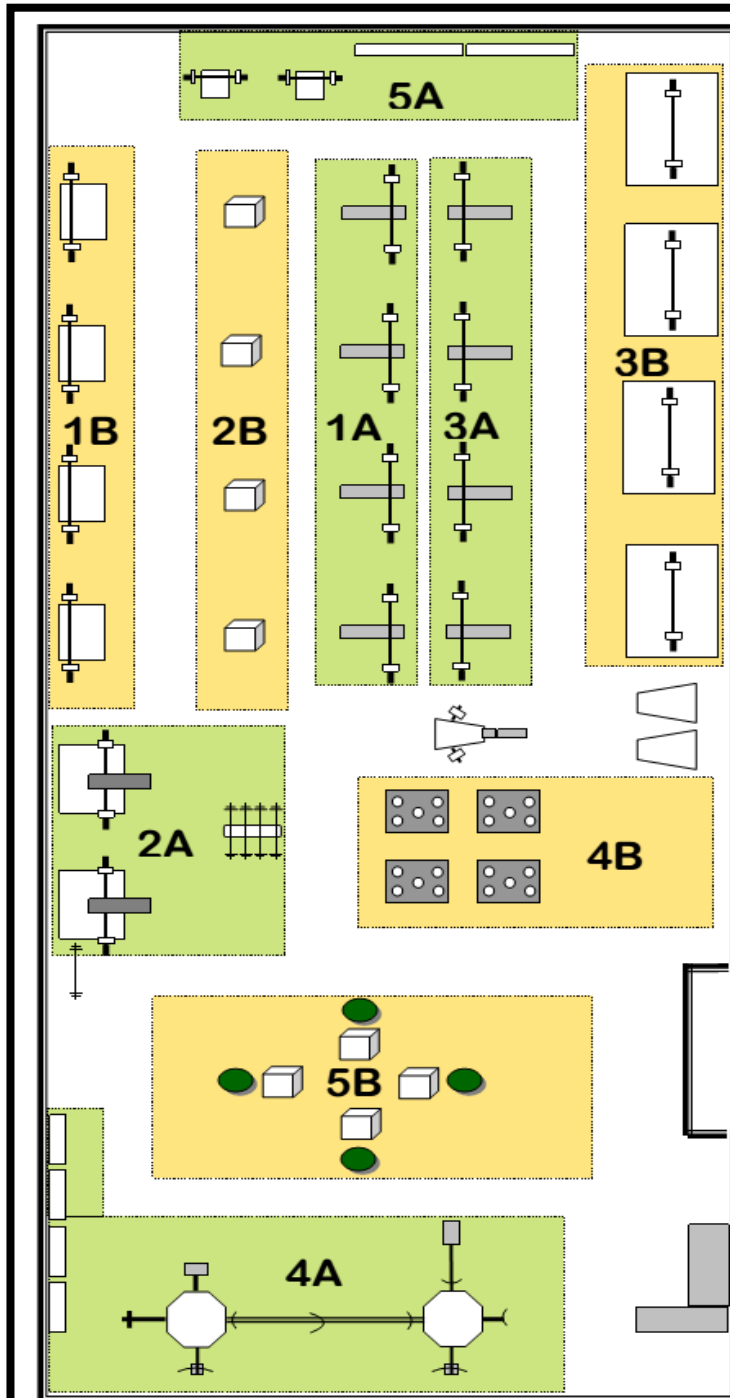
Seasonal Programs

Summer

SUMMER 09				SETS & REPS			EXERCISE STATIONS		
Mon	Tues	Wed	Thurs	WEEKS	SQUAT BENCH CLEAN	OTHER LIFTS	UPPER BODY 1A-5A		LOWER BODY 1B-5B
Skill Upper	Skill Lower	Skill Upper	Skill Lower				BENCH	#1	SQUATS
Line Lower	Line Upper	Line Lower	Line Upper	1-2	3 x 10 @ 75%	3 x 10	PUSH PRESS	#2	DEAD-LIFT
				3-4	3 x 8 @ 80%	3 x 10	INCLINE	#3	HANG CLEAN
				5-6	3 x 6 @ 85%	3 x 8	LAT PULLS & LOW ROWS	#4	BOX JUMPS
							SHOULDER SHRUGS & BAR TWISTS	#5	TIRE FLIPS

**BHS FOOTBALL
SUMMER 09**

Winter



BASHA FOOTBALL Winter 09'

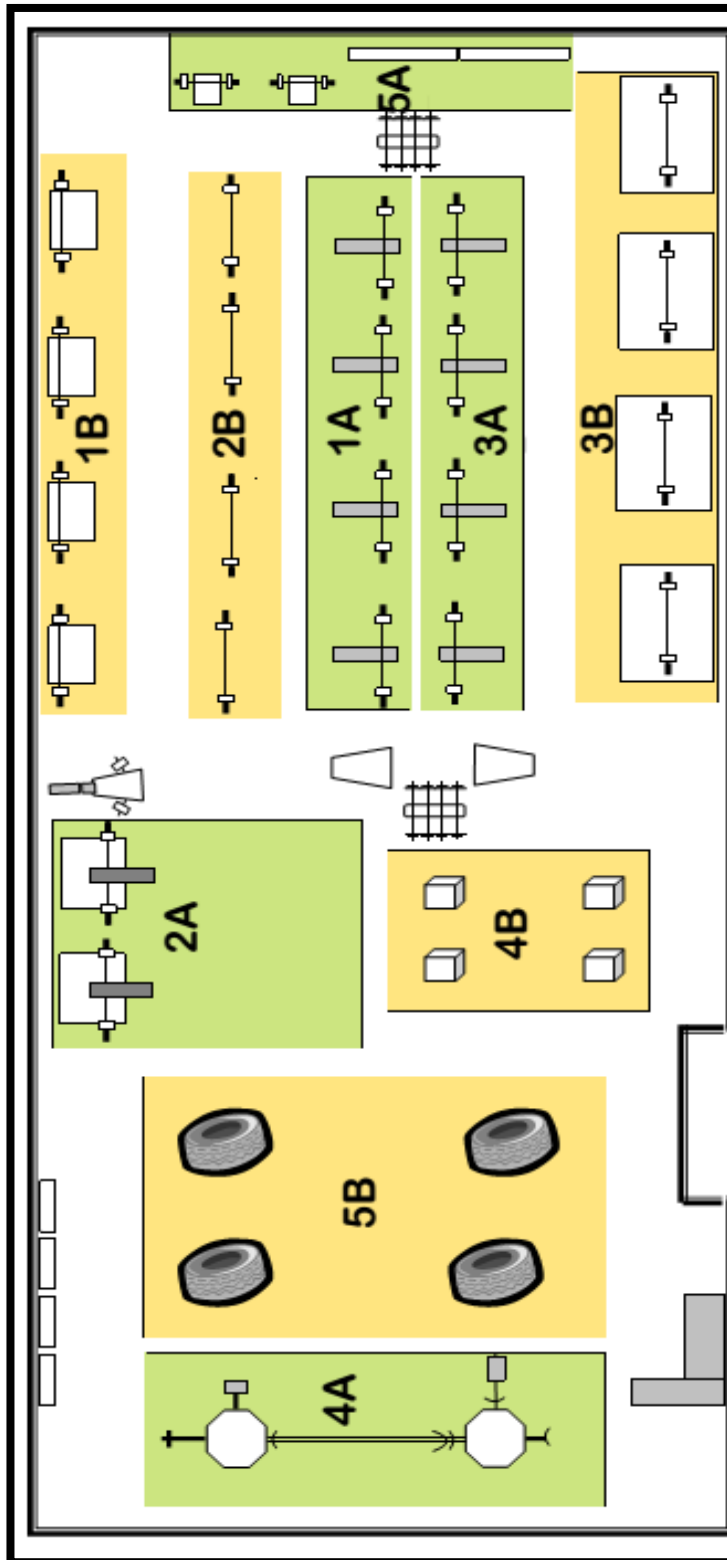
Typical Week			
Monday 56 min	Tuesday 56 min	Wed 56min	Friday 112 min
Group A Upper	Group A Lower	Group A Upper	Group A Lower
Group B Lower	Group B Upper	Group B Lower	Group B Upper
			Group A & B SAQ

EXERCISE PODS		
UPPER BODY ROUTINE A	POD	LOWER BODY ROUTINE B
Bench	#1	Parallel Squat
Military Press	#2	Single Leg Squats
Incline Press	#3	Hang/Power Clean
Lat Pull Down & Hanging Abs	#4	Dots Drill & Abs
Bicep Curl & Triceps Extension	#5	Step Ups w/Tugs

SET/REP CYCLE		
WEEK	BIG 3 (SQUAT, BENCH, CLEAN)	OTHER LIFTS
1	3 x 12 @ 70%	3 x 12
2-3	3 x 10 @ 75%	3 x 10
4-5	3 x 8 @ 80%	3 x 10
6-7	3 x 6 @ 85%	3 x 8
8-9	6, 4, 2 @ 85%, 90%, 95%	3 x 8
All Abdominal Exercises 25 reps		

- 4-Day Split Routine. Divide class:
 - ½ Upper Body & ½ Lower Body
- Warm-up:
 - 2 min sim. Jump Rope
 - Lower Body Pods 15 Air Squats (count out)
 - Upper Body Pods 15 Push Ups (count out)
- 5 Upper Body Pods & 5 Lower Body Pods
 - 4 Workout stations per Pod
 - 8 athletes per Pod with 2 athletes per station
- Rotate Pods every 7 minutes

Spring



Typical Week		
Monday 56 min	Group A Upper	Group A Lower
Tuesday 56 min	Group A Lower	Group B Upper
Wednesday 56 min	Group A Upper	Group B Lower
Friday 112 min	Group A Lower	Group B Upper
	Group A & B	SAQ

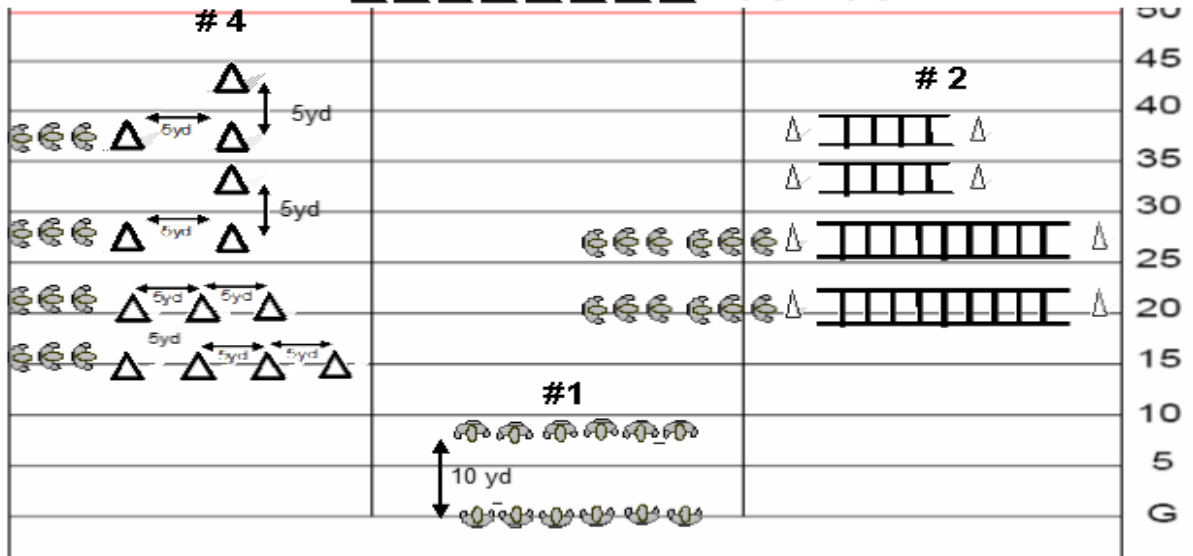
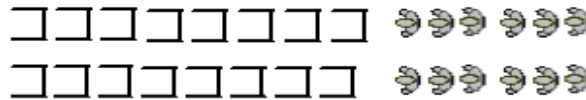
EXERCISE PODS	
UPPER BODY ROUTINE A	LOWER BODY ROUTINE B
Bench	Parallel Squat
Push Press	Sumo High Pulls
Incline Press	Power Clean
Lat Pulls & Low Rows	Jump Up to Box
EZ Bar Curls	Tires
EZ Bar Tri Ext	

WEEK	SET/REP CYCLE	
	BIG 3 (SQUAT, BENCH, CLEAN)	OTHER LIFTS
1-2	3 x 10 @ 75%	3 x 10
3-4	3 x 8 @ 80%	3 x 10
5-6	3 x 6 @ 85%	3 x 8
7-8	6, 4, 2 @ 85%, 90%, 95%	3 x 8

BASHA FOOTBALL SPRING 09

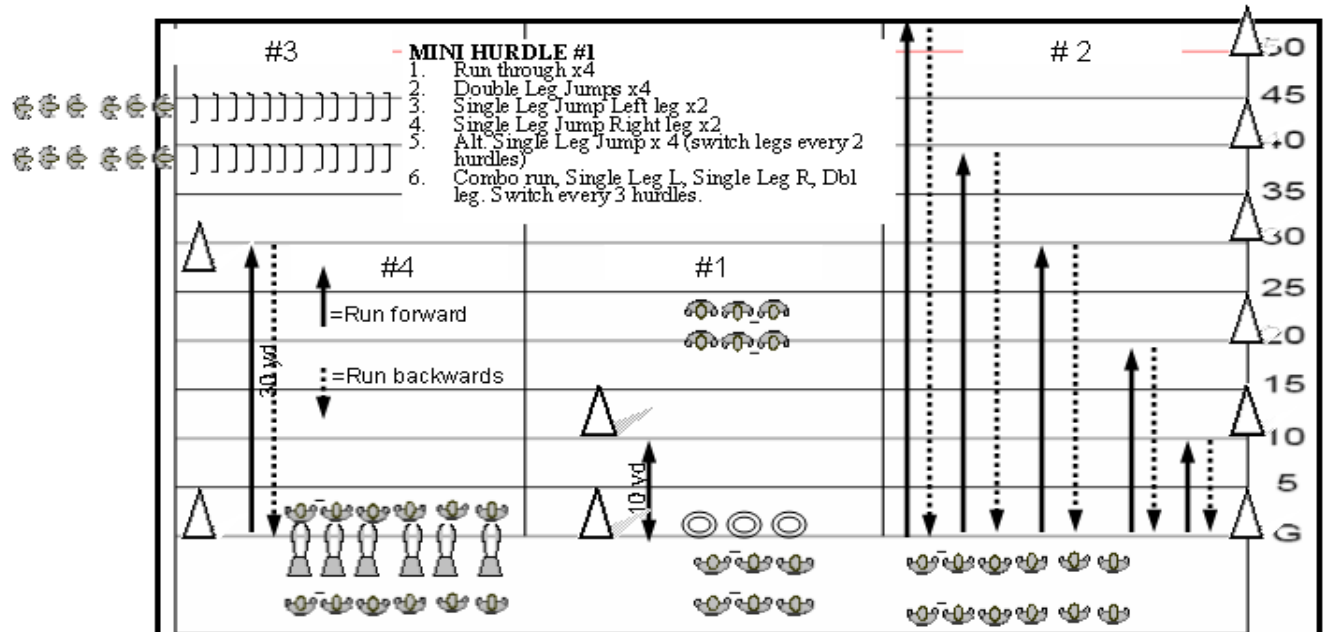
FIELD SETUP Monday & Wednesday (10 min per station)

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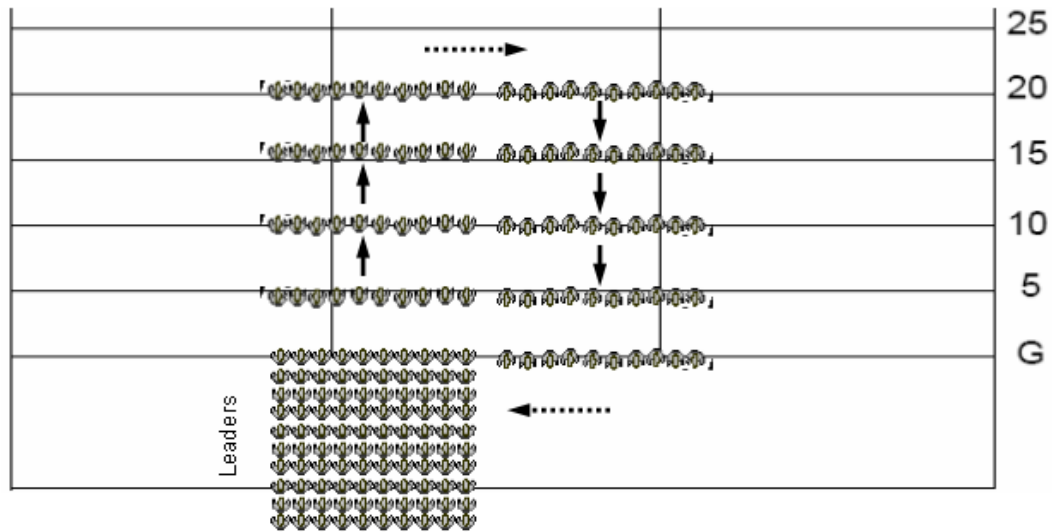
STATION	PURPOSE	EQUIPMENT	ROUTINE #
1	POWER	8 Medicine ball 2 cones 10 yards apart	Med-ball Throws #1. Each throw x4
2	AGILITY & QUICKNESS	3 Agility Ladders Lay out 2 full ladders Lay out 2 1/2 ladders 6 cones	Ladder Routine #1 Each drill x 2 with 30 sec rest . Repeat ladder routine on short ladders from a bear crawl position
3	FLEXIBILITY	2 rows of 8 full size hurdles.	Hurdle Routine #1 Each drill x 2
4	AGILITY	13 Cones 2 Stopwatches	Pro-Agility x2 L-Drill x2 60 yard shuttle run x2

FIELD SETUP Tuesday & Thursday (10 min per station)



STATION	PURPOSE	EQUIPMENT	ROUTINE #
1	POWER	2 Cones 3 Tires	Tire Flips Work to rest ratio 1:10
2	ENERGY SYSTEM DEV.	6 cones	300m shuttle run Work to rest ratio 1:3
3	POWER	10- 8" mini hurdles placed 1 to 1.5 yards apart	Mini Hurdle Routine
4	ENERGY SYSTEM DEV.	6 sleds 6 25lb, 10lb, 5lb plates 4 Cones	30 yd Sled Pulls x6

Warm-up



1. Players form lines of 5 to 10 deep. Each column is 2 ft apart. Looks like a Roman Legion
2. The leader calls out the name of the exercise and his row assumes the appropriate ready position.
 - a. Ready position: If exercise is...
 - i. forward facing then stagger feet with right foot back
 - ii. side facing then facing the back of the leader in Lber stance.
 - iii. rear facing then stagger feet with right foot forward.
3. To begin the Leader calls out "SET-GO"
 - a. On "SET-GO" all players in that row clap and shout word of the day, such as "PRIDE", "HIT" etc. When the row reaches the 10 yard line the players initiate a jog to the 20 yard line.
 - b. (*Note: If the exercise has the players moving backwards then they will turn towards the leader when its time to turn and jog*)
4. When the row reaches the 20 yard line it turns right and resets itself 15 yards to the right. On "SET-GO" from the leader the same exercise is repeated back towards the starting position.
5. When the row returns to the start it again turns to the right and resets itself behind the rows waiting to start.
6. Each subsequent row rapidly steps up to the starting line and assumes the appropriate ready position. Its leader calls out the exercise and begins when the row in front is 5 yards away.

Exercises

1. KNEE HUGS Is the athlete....

- keeping torso erect?
- pulling the knee all the way to chest on a one count?
- progressing to rising up on the toe of the opposite leg?

2. OPEN THE GATE: Is the athlete...

- *facing straight ahead while moving backwards?*
- *staying erect with slight forward lean?*
- *bringing the thigh parallel with ground when lifting it?*
- *opening hips at the waist and driving behind to the side.*

3. LUNGES: Is the athlete....

- placing Interlocked hands thumbs down against the forehead
- while lunging maintaining proper upright torso?
- while lunging keeping the knee behind the front toes?
- while lunging sinking close to the ground without touching
- while lunging picking up the back foot on return to the start position.

4. FLAMINGOS: Is the athlete....

- *maintaining balance on one foot before initiating stretch?*
- *pulling the foot upward to the glutes with the same hand before bending?*
- *reaching outward as bending with the opposite hand?*
- *maintaining the stretch and returning to the start position before stepping to the next leg?*

5. SIDE LUNGES: Is the athlete....

- *maintaining an upright torso*
- *keeping his shoulders square?*
- *dropping into the lunge with legs, not bending over?*
- *achieving full extension of the leg that is opposite the direction the player is moving?*
- *Keeping feet apart?*
- *returning to a squat position without raising up before repeating?*

6. SPIDERMANS: Is the athlete...?

- Beginning a pushup position?
- taking a large step with the right foot, placing it outside the hand and the foot flat on the ground?
- sinking the hips and keep the chest up?
- Keeping the weight on the hands push off the forward foot and move forward letting the back foot drag then stepping with it to repeat the movement?