

**DOVER – SHERBORN
RAIDER FOOTBALL**

**“WORK HARD.
PLAY SMART.”**



LIFTING: SUMMER 2012

Warm-up

Category	First phase	Second phase	Third phase
Jump	Dot drills: 2 sets x 30 seconds: 1 st set: "Hopscotch w/o turn". 2 nd set: 1-leg "M's" L & R.	"Burpies" (=Squat thrusts) w/a push-up (2 x 10).	Jump Squats: Stand on balls of feet & drop down to bottom of squat pos. Hands & eyes up. Hips back.
Push	MB Chest pass w/partner (Both stand) 2 x 30 secs.	MB Chest pass w/partner (Both shuffle L & R.)	MB Chest pass w/partner: hard & fast! (2 x 30 secs.)
Lunge	1 st set: 5 F/W & 5 B/W w/arms in T. 2 nd set: 5 lateral lunges L & 5 R.	1 st set: 5 F/W & 5 B/W w/hands behind head. 2 nd set: 5 lateral lunges L & 5 R.	1 st set: 5 F/W & 5 B/W w/arms straight overhead. 2 nd set: 5 lateral lunges L & 5 R.
Core	Two-leg Supine Bridge. 2 x 30 secs.	Yoga Table ¹ (3 x 10)	Maintain "break-down pos" vs. "enemy" 2x30secs.

Day 1 = Push & Power Day: Heavy

- 1A. Closer-grip bench (Grip just i/s shoulders) 3 x 6 at Grey 8 (60%).
- 1B. Regular Bench (1st Blue 5. Then do 2nd Blue 5 twice).
(Do Closer-grip bench *first* to warm up for the Reg. Bench.)
- 2A. Full Clean (Start w/the bar on the ground. Bend knees!) 3 x 5.
1st set=65% of 1 RM. 2nd set=70%. 3rd set=75%.
- 2B. Med-ball Squat Jumps: 2 x 5.
- 3A. Standing BB Shoulder Press: 3 x 8. (In Phase 2, do Split Jerks.)
- 3B. Hip Bridge: 2 x 30 secs. (Lie across a bench w/shoulder blades on it. Feet on ground. Straighten R leg & hold it up. Then hold L leg & hold it up.)

¹ Yoga Table: Put your hands on the ground behind u w/fingertips pointing back behind u. Lock arms/elbows straight. Your knees should be just behind your heels. Feet should be slightly more than shoulder width apart. Lift hips til even/level so u r a table-top. Squeeze glutes & hold for 2 secs. Between reps, don't let your butt touch the ground.

4A. Supermen (3x8): 1st set = on stomach. Straighten all 4 limbs & lift them all at once, keeping them straight. 2nd set = on stomach. Lift opposite 2 limbs at the same time. 3rd set = in 6-pt stance. Lift opposite 2 limbs at the same time. Always hold/squeeze at the top of each rep for 2 seconds.

4B. One-leg Supine Bridge: 2 x 10 (Do 5 reps on one leg. Then 4 on the other. Each time, hold/stop at the top for 2 secs. After 10th rep, hold for 20 secs.)

Footwork: Plyos: 2 sets each: Boxes: 2-leg (on, off), 1-leg (power, fast), Split-jumps. Vert jumps. Skiers. Skaters. Standing broad jumps. Clap & plyo push-ups. Change of direction (COD): 2 Pro Agilities: 1 L, 1 R. 2 L Drills: 1 L, 1 R. Then condo: "Tempo Runs".

Day 2 = Pull & Legs Day: Heavy

1A. Step-ups w/DB's (2x12). (Do step-ups FIRST to warm-up.)

1B. Back Squat (1st Blue 5. Then do 2nd Blue 5 twice).

2A. Pull-ups (3x8) Palms face in/toward you. (Next phase: palms out).

2B. Reverse flies (3x8) Use a low weight & keep arms *slightly* bent.

3A. Lunge, hammer-curl, & press (3x8).

3B. Oblique Bridge (9 reps & hold 10th for 20 secs.) 1st set R. 2nd on L.

Footwork: Ladder. Acceleration: Linemen pull sleds & resistance harnesses. Other players do speed ropes. Change of direction (COD): Mirror dodge 2x. Star reaction drill 2x. Condo: Gassers. Flying 30's.

Day 3 = Push & Power Day: Light

1A. Reg. Bench (3 Red 10's).

1B. Closer-grip bench (Grip just i/s shoulders) 3 x 6 at Grey 8 (60%).

2A. *Full* Clean (Start w/the bar on the ground. Bend knees!) 3 x 5.

1st set=60% of 1 RM. 2nd set=65%. 3rd set=70%.

2B. Med-ball Squat Jumps: 2 x 5.

3A. Diagonal Plate Raise (3x16): Feet hip-width apart. Hold a 25-45 lb. plate at "9 & 3 o'clock". Bend knees to get down. Touch top of plate to ground. Then stand up & twist & push/extend the plate over opposite shoulder. Look through the hole.

3B. Hip Bridge: 2 x 30 secs. See the explanation above.

4A. Supermen (3x8). See the explanation above.

4B. 2-leg BB RDL (2x8). Point back toe in. (Phase 2: 1-leg DB RDL.)

Footwork = Same as Day 1

Day 4 = Pull & Legs Day: Light

1A. Back Squat (3 Red 10's)

1B. 1-leg Split-Squat w/DB's: (2x8) Switch legs on 6th rep.

2A. Upright Row (3x8) (Phase 2 = Inverted Rack Row)

- 2B. YTWU's (2x10) Remember: the slower, the better. Squeeze @ top!
- 3A. Lunge, hammer-curl, & press (3x8).
- 3B. Oblique Bridge: 1st set on R. 2nd set on L. Hold the hips up as high as possible – no sag! – and raise/rep only the top leg.
- 4A. "Tebow's": (2x10) Two-leg hip thrusts w/BB across your waist. Squeeze glutes together at the top & hold @ the top for 2 seconds.

Footwork = Same as Day 2

In Phase 2:

- "Heavy" day becomes 3 Blue 5's.
- Note: Some lifts change. See above.

In Phase 3:

- "Heavy" day becomes 1st set = 5 reps of Grey 8 and then 3 sets of Orange 4, 3, 2.

Note:

Before running:

If you are running first, do a dynamic warm-up & then do form-running: F/W, B/W, L, R.

If you lifted first, then just do form-running.

An alternate running workout is to do a circuit of stations:
(8 mins per station w/2 mins to rotate & recover)

- A. 1 plyo station
- B. 1 linear agility/COD station
- C. 1 lateral agility/COD station
- D. RB ropes
- E. Ladder or dots.

NB - Give enough recovery time b/n sets and reps.

At the end: Cool-down = Static Stretch.

(Later in the summer, do 4 stations in order to leave time at the end for a difficult condo that everyone does together for 10-12 mins: gassers, relays etc.)