



**COMPLETE CONDITIONING**

# **FIELD HOCKEY**

***COMPLETE CONDITIONING – FIELD  
HOCKEY***

***DVD MANUAL***



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## *Introduction*

Welcome to Complete Conditioning Field Hockey! By purchasing the DVD and this manual, you have taken the first steps toward developing a year-round speed and conditioning program for your team or individual athlete. Our management team has been training athletes since 1995, and we are proud to share our expertise with you! By implementing our program, you will be able to improve speed, agility, quickness, power, and overall athletic ability! Our research and experience has led to the development of Complete Conditioning Field Hockey, and we are positive that this program will have your athletes ready for the season and will continue to improve performance year-round.

While it is important to train hard for maximum results, it is even more vital to TRAIN SMART! Our program designs offer proper work load and rest for every athlete during each phase of their training. Our drills and exercises teach proper form and technique so that your players can not only improve performance for the upcoming season, but build a foundation for improvement that they will carry on throughout their life and athletic career. No matter how old or how advanced the athlete, Complete Conditioning Field Hockey can be modified to challenge anyone looking to improve and excel.

Please read through this entire manual and take all the steps listed when creating your program. If you encounter any problems or have any feedback for us, there are several ways to contact our management team. You can find us on the web at [www.sportsspecificconsulting.com](http://www.sportsspecificconsulting.com) or reach us over the phone at 1-800-440-FAST. Our mailing address is below:

Sport Specific Consulting  
P.O. Box 1413  
Ashburn, VA 20147

Our athlete training business, True Athlete Performance, is located in northern Virginia and Maryland. Please check out our program at [www.TrueAP.com](http://www.TrueAP.com)! Again, thank you for your business, and good luck as you develop your speed and conditioning program!

Sincerely,

Sport Specific Consulting:

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## *How to Use CCP*

1. Watch the entire DVD! Review and take notes, making sure you are familiar with each exercise and all of the progressions.
2. Read the this manual, familiarizing yourself with the program design sheets and how the workouts are organized.
3. Know your seasons! This is an important step so that you can know when each phase ends and a new phase begins. As each phase is designed to improve performance and prepare an athlete for competition, it is important to follow these guidelines closely. Below is a guide to find the dates for each season:
  - a. First, you need to know when the season starts! Look at your calendar and write the date of the first practice for field hockey season.  
**In-Season Start Date:** \_\_\_\_\_.
  - b. Second, determine the start of your pre-season. Simply look at your calendar and find the date 12 weeks prior to the season start date listed above.  
**Pre-Season Start Date:** \_\_\_\_\_.
  - c. Third, determine the offseason start date by finding the date in your calendar 4 weeks following the last game of the season.  
**Off-Season Start Date:** \_\_\_\_\_.
4. You are now ready to begin your Complete Conditioning Program! Follow the templates shown in this manual and fill out each workout using the blank sheets provided. Be sure to vary the drills from each dynamic to give each athlete a well-rounded program and maximize performance.





## *Sample Season Guide*

*Season Start Date:* March 15<sup>th</sup>, 2010

*Season End Date:* May 7<sup>th</sup>, 2010

*In-Season Start Date:*  
March 15<sup>th</sup>, 2010

*Pre-Season Start Date (12 weeks prior to In-Season Start Date):*  
December 21<sup>st</sup>, 2009

*Off-Season Start Date (4 weeks after Season End Date):*  
June 4<sup>th</sup>, 2010



## *Program Design Basics*

|                          | <i>I. Off-Season</i>     | <i>II. Pre-Season</i> | <i>III. In-Season</i> |
|--------------------------|--------------------------|-----------------------|-----------------------|
| <i>Focus</i>             | Conditioning             | Power                 | Maintenance           |
|                          | General / Sport-Specific | Sport-Specific        | General               |
|                          | Form and Technique       | Form and Technique    | Form and Technique    |
| <i>Sets</i>              |                          |                       |                       |
|                          | Varies by Exercise       | Varies                | Varies                |
|                          |                          |                       |                       |
| <i>Reps</i>              |                          |                       |                       |
|                          | 4                        | 2                     | 4                     |
|                          |                          |                       |                       |
| <i>Days/week</i>         | 2                        | 3                     | 1                     |
| <i>Rest Between Sets</i> |                          |                       |                       |
|                          | 60 seconds               | 20 seconds            | 40 seconds            |
|                          |                          |                       |                       |





## Workout Basics

| <i>Dynamic</i>   | <i>I. Off-Season</i> | <i>II. Pre-Season</i>                | <i>III. In-Season</i> |
|--|----------------------|--------------------------------------|-----------------------|
| <i>Linear Speed<br/>Agility<br/>Power<br/>Quickness/<br/>F.S./Reaction</i> | 4 Total Exercises    | 8 Total Exercises – 1 Linear         | 4 Total Exercises     |
|  | 1 From Each Dynamic  | 3 Agility                            | 1 From Each Dynamic   |
|  |                      | 1 Power<br>3 Quickness-F.S.-Reaction |                       |
| <i>Core</i>  | 2 Exercises          | 2 Exercises                          | 2 Exercises           |
|  |                      |                                      |                       |
|  |                      |                                      |                       |
| <i>Balance</i>   | 2 Exercises          | 2 Exercises                          | 2 Exercises           |
|  |                      |                                      |                       |
|  |                      |                                      |                       |
| <i>Anaerobic<br/>Conditioning</i>  | 2 Exercises          | 1 Exercise                           | Nothing               |
|  |                      |                                      |                       |
|  |                      |                                      |                       |



## *Exercise List – Linear Speed*

| Exercise/<br>Equipment  | Sets                       | Reps                  | Duration                           | Rest                  |
|---|----------------------------|-----------------------|------------------------------------|-----------------------|
| Sprint Series/<br>Cones (3)                                     | 1 Ankling                  | Varies with<br>Season | 10 yards with 20 yard sprint-out   | Varies with<br>Season |
|   | 2 High Knees               |                       | 10 yards with 20 yard sprint-out   |                       |
|   | 3 High Knee Butt Kicks     |                       | 10 yards with 20 yard sprint-out   |                       |
|   | 4                          |                       |                                    |                       |
|   | 5                          |                       |                                    |                       |
| Hurdle<br>Cycles/ 12 in.<br>Hurdles (6)                         | 1 Right Leg Only           | Varies with<br>Season | Sprint out 20 yards                | Varies with<br>Season |
|   | 2 Left Leg Only            |                       | Sprint out 20 yards                |                       |
|   | 3 Doubles                  |                       | Sprint out 20 yards                |                       |
|   | 4 Singles                  |                       | Sprint out 20 yards                |                       |
|   | 5                          |                       |                                    |                       |
| Wall Drill/<br>No<br>Equipment                                  | 1 Power Down               | Varies with<br>Season | 10 reps followed by 20 yard sprint | Varies with<br>Season |
|   | 2 Power Up                 |                       | 10 reps followed by 20 yard sprint |                       |
|   | 3 1,3,5,7                  |                       | 20 sec. followed by 20 yard sprint |                       |
|   | 4 Continuous               |                       | 10 sec. followed by 20 yard sprint |                       |
|   | 5                          |                       |                                    |                       |
| Resisted<br>Starts/<br>SPARQ<br>Launch<br>Trainer,<br>Cones (3) | 1 Resist 5 yards           | Varies with<br>Season | Sprint out 20 yards                | Varies with<br>Season |
|   | 2 Resist 10 yards          |                       | Sprint out 20 yards                |                       |
|   | 3 Resist 15 yards          |                       | Sprint out 20 yards                |                       |
|   | 4                          |                       |                                    |                       |
|   | 5                          |                       |                                    |                       |
| Resisted<br>Running/ NZ<br>Cord and<br>Belt, Cones<br>(2)       | 1 Resisted Skips           | Varies with<br>Season | 20 yard contrast sprint            | Varies with<br>Season |
|   | 2 Resisted Running (Light) |                       | 20 yard contrast sprint            |                       |
|   | 3 Resisted Running (Heavy) |                       | 20 yard contrast sprint            |                       |
|   | 4                          |                       |                                    |                       |
|   | 5                          |                       |                                    |                       |





## Exercise List – Agility

| Exercise/<br>Equipment                                    | Sets                                  | Reps                     | Duration                           | Rest                  |
|---|---------------------------------------|--------------------------|------------------------------------|-----------------------|
| Sprint<br>Cuts/<br>Cones (5)                              | 1 Ready Position                      | Varies<br>with<br>Season | Once through                       | Varies with<br>Season |
|   | 2 Exaggerated Cuts                    |                          | Once through                       |                       |
|   | 3 Full Speed                          |                          | Once through                       |                       |
|   | 4 Carioca/Sprint                      |                          | Once through                       |                       |
|   | 5                                     |                          | Once Through                       |                       |
| Sprint-<br>Backpedal/<br>Cones (5)                        | 1 Sprint/ Backpedal                   | Varies<br>with<br>Season | Once through                       | Varies with<br>Season |
|   | 2 Sprint/ Forward Carioca             |                          | Once through                       |                       |
|   | 3 Sprint/ Backward Carioca            |                          | Once through                       |                       |
|   | 4 Sprint/ Sprint                      |                          | Once through                       |                       |
|   | 5                                     |                          |                                    |                       |
| Resisted<br>Carioca/<br>NZ Cord<br>and Belt,<br>Cones (2) | 1 Slow Shuffle-Rest-Contrast          | Varies<br>with<br>Season | 5 Yards                            | Varies with<br>Season |
|   | 2 Fast Out-Slow Back-Rest-Contrast    |                          | 5 Yards                            |                       |
|   | 3 Fast Out-Carioca Back-Rest-Contrast |                          | 5 Yards                            |                       |
|   | 4                                     |                          |                                    |                       |
|   | 5                                     |                          |                                    |                       |
| 3 Hurdle<br>Cutting/<br>6 in.<br>Hurdles (3)              | 1 Doubles                             | Varies<br>with<br>Season | 12 seconds with 10 yard sprint-out | Varies with<br>Season |
|   | 2 Singles (Cross in Front)            |                          | 12 seconds with 10 yard sprint-out |                       |
|   | 3 Singles (Cross Behind)              |                          | 12 seconds with 10 yard sprint-out |                       |
|   | 4 Doubles/ Shuffle Back               |                          | 12 seconds with 10 yard sprint-out |                       |
|   | 5                                     |                          |                                    |                       |
| Hurdle<br>Weave/ 6<br>inch<br>Hurdles (6)                 | 1 Sprint/ Backpedal                   | Varies<br>with<br>Season | Sprint out 20 yards                | Varies with<br>Season |
|   | 2 Shuffle                             |                          | Sprint out 20 yards                |                       |
|   | 3 Sprint/ Shuffle                     |                          | Sprint out 20 yards                |                       |
|   | 4                                     |                          |                                    |                       |
|   | 5                                     |                          |                                    |                       |





## Exercise List – Power

| Exercise/<br>Equipment  | Sets                     | Reps                  | Duration                        | Rest                  |
|---|--------------------------|-----------------------|---------------------------------|-----------------------|
| Jump Series/<br>No Equipment  | 1 Squat Jump             | Varies with<br>Season | 5 Jumps                         | Varies with<br>Season |
|   | 2 Quick Jump             |                       | 5 Jumps                         |                       |
|   | 3 Ankle Flip             |                       | 10 Jumps                        |                       |
|   | 4 Scissor Jump           |                       | 5 Each Leg                      |                       |
|   | 5                        |                       |                                 |                       |
| Rotational<br>Power Throw/<br>No Equipment                              | 1 Backward Lunge Slams   | Varies with<br>Season | 10 reps each side               | Varies with<br>Season |
|   | 2 Rotational Throwdowns  |                       | 10 reps each side               |                       |
|   | 3 Partner Lunge Toss     |                       | 10 reps each side               |                       |
|   | 4                        |                       |                                 |                       |
|   | 5                        |                       |                                 |                       |
| Chimney<br>Jumps/<br>12 inch<br>Hurdles (6)                             | 1 Power Jumps            | Varies with<br>Season | Once through, tuck on even reps | Varies with<br>Season |
|   | 2 Quick Jumps            |                       | Once through, tuck on even reps |                       |
|   | 3 Ankle Flips            |                       | Once through, tuck on even reps |                       |
|   | 4                        |                       |                                 |                       |
|   | 5                        |                       |                                 |                       |
| Power Med<br>Ball Push-Up/<br>Med Ball<br>(3kg.)                        | 1 Med Ball Walk          | Varies with<br>Season | 10 Total                        | Varies with<br>Season |
|   | 2 Push-Up                |                       | 10 Total                        |                       |
|   | 3 Power Push-Up          |                       | 10 Total                        |                       |
|   | 4                        |                       |                                 |                       |
|   | 5                        |                       |                                 |                       |
| Resisted<br>Bounding<br>(Linear and<br>Lateral)/<br>NZ Cord and<br>Belt | 1 Vertical Jump-Contrast | Varies with<br>Season | 5 Jumps                         | Varies with<br>Season |
|   | 2 Linear Jump-Contrast   |                       | 5 Jumps                         |                       |
|   | 3 Lateral Jump-Contrast  |                       | 5 Jumps                         |                       |
|   | 4                        |                       |                                 |                       |
|   | 5                        |                       |                                 |                       |



## *Exercise List – Quickness/ First Step/ Reaction*

| Exercise/<br>Equipment        | Sets              | Reps                  | Duration               | Rest                  |
|-------------------------------|-------------------|-----------------------|------------------------|-----------------------|
| Ball Drops/<br>Balls, Cones   | 1 Ready Position  | Varies with<br>Season | Once Through           | Varies with<br>Season |
|                               | 2 Rapid Fire      |                       | Once Through           |                       |
|                               | 3 180s            |                       | Once Through           |                       |
|                               | 4 Sprint/Shuffle  |                       | Once Through           |                       |
|                               | 5                 |                       |                        |                       |
| Linear<br>Ladders/<br>Ladder  | 1 Singles         | Varies with<br>Season | 10 Yard Sprint         | Varies with<br>Season |
|                               | 2 Doubles         |                       | 10 Yard Sprint         |                       |
|                               | 3 33s             |                       | 10 Yard Sprint         |                       |
|                               | 4 44s             |                       | 10 Yard Sprint         |                       |
|                               | 5 Lateral Hops    |                       | 10 Yard Sprint         |                       |
|                               | 6 Bunny Hops      |                       | 10 Yard Sprint         |                       |
| Lateral<br>Ladders/<br>Ladder | 1 Doubles         | Varies with<br>Season | 10 Yard Sprint         | Varies with<br>Season |
|                               | 2 Singles         |                       | 10 Yard Sprint         |                       |
|                               | 3 Single 22s      |                       | 10 Yard Sprint         |                       |
|                               | 4 Double 22s      |                       | 10 Yard Sprint         |                       |
|                               | 5 Single Scissors |                       | 10 Yard Sprint         |                       |
|                               | 6 Double Scissors |                       | 10 Yard Sprint         |                       |
| 3 Cone<br>Crazy/<br>Cones (3) | 1 Ready Position  | Varies with<br>Season | 9 signals, 3 each cone | Varies with<br>Season |
|                               | 2 Rapid Fire      |                       | 9 signals, 3 each cone |                       |
|                               | 3 Continuous      |                       | 9 signals, 3 each cone |                       |
|                               | 4                 |                       |                        |                       |
| Dot Drill/<br>Dot Pad         | 1 Hopscotch       | Varies with<br>Season | 10 reps                | Varies with<br>Season |
|                               | 2 Figure 8        |                       | 10 reps                |                       |
|                               | 3 Stepping        |                       | Alternate lead leg     |                       |
|                               | 4                 |                       |                        |                       |





## *Exercise List – Core*

| Exercise/<br>Equipment                                     | Sets             | Reps                  | Duration     | Rest                  |
|--|------------------|-----------------------|--------------|-----------------------|
| Sit-Up/<br>No Equipment<br>or Add Med<br>Ball              | Sit-Up           | Varies with<br>Season | 20 Reps      | Varies with<br>Season |
| Alternating<br>Pike/<br>No Equipment<br>or Add Med<br>Ball | Alternating Pike | Varies with<br>Season | 10 Each Leg  | Varies with<br>Season |
| Russian Twist/<br>No Equipment<br>or Add Med<br>Ball       | Russian Twist    | Varies with<br>Season | 20 Each Side | Varies with<br>Season |
| Leg Raise/<br>No Equipment<br>or Add Med<br>Ball           | Leg Raise        | Varies with<br>Season | 20 Reps      | Varies with<br>Season |
| Superman/<br>No Equipment<br>or Add Med<br>Ball            | Superman         | Varies with<br>Season | 20 Reps      | Varies with<br>Season |





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## Exercise List – Balance

| Exercise/<br>Equipment  | Sets                          | Reps               | Duration    | Rest               |
|---|-------------------------------|--------------------|-------------|--------------------|
| <i>***New exercises can be added by standing on Foam Roller, BOSU Ball, or Balance Board***</i> |                               |                    |             |                    |
| 1 Ft. Hip Flexion-Extension/<br>No Equipment  | 1 Ft. Hip Flexion-Extension   | Varies with Season | 10 Each Leg | Varies with Season |
| 1 Ft. Hip Abduction-Adduction/<br>No Equipment  | 1 Ft. Hip Abduction-Adduction | Varies with Season | 10 Each Leg | Varies with Season |
| 1 Ft. Toe Touch/<br>No Equipment  | 1 Ft. Toe Touch               | Varies with Season | 10 Each Leg | Varies with Season |
| 1 Ft. Crossover Touch/<br>No Equipment  | 1 Ft. Crossover Touch         | Varies with Season | 10 Each Leg | Varies with Season |
| 1 Ft. Squat/<br>No Equipment  | 1 Ft. Squat                   | Varies with Season | 10 Each Leg | Varies with Season |





# COMPLETE CONDITIONING

## PRE-SEASON SAMPLE PROGRAM DESIGN

| Dynamic                               | Exercise/<br>Equip.                                    | Sets                                  | Reps     | Duration                     | Rest     |
|---------------------------------------|--|---------------------------------------|----------|------------------------------|----------|
| Warm-Up                               | See List   | See List                              | See List | See List                     | See List |
| Linear Speed                          | Resisted Starts/<br>SPARQ Launch<br>Trainer, Cones (3) | 1 Resist 5 yards                      | 2        | Sprint out 20 yards          | 20s      |
|                                       |  | 2 Resist 10 yards                     | 2        | Sprint out 20 yards          | 20s      |
|                                       |  | 3 Resist 15 yards                     | 2        | Sprint out 20 yards          | 20s      |
|                                       |  | 4                                     | 2        |                              | 20s      |
|                                       |  | 5                                     | 2        |                              | 20s      |
| Agility                               | Sprint Cuts/<br>Cones (5)                              | 1 Ready Position                      | 2        | Once Through                 | 20s      |
|                                       |  | 2 Exaggerated Cuts                    | 2        | Once Through                 | 20s      |
|                                       |  | 3 Full Speed                          | 2        | Once Through                 | 20s      |
|                                       |  | 4 Carioca/Shuffle                     | 2        | Once Through                 | 20s      |
|                                       |  | 5                                     | 2        |                              | 20s      |
| Agility                               | Resisted Shuffle/<br>NZ Cord and Belt,<br>Cones (2)    | 1 Slow Shuffle-Rest-Contrast          | 2        | 5 Yards                      | 20s      |
|                                       |  | 2 Fast Out-Slow Back-Rest-Contrast    | 2        | 5 Yards                      | 20s      |
|                                       |  | 3 Fast Out-Carioca Back-Rest-Contrast | 2        | 5 Yards                      | 20s      |
|                                       |  | 4                                     | 2        |                              | 20s      |
|                                       |  | 5                                     | 2        |                              | 20s      |
| Agility                               | 3 Hurdle Cutting/<br>6 in. Hurdles (3)                 | 1 Doubles                             | 2        | 12 sec with 10 yd sprint-out | 20s      |
|                                       |  | 2 Singles (Cross in Front)            | 2        | 12 sec with 10 yd sprint-out | 20s      |
|                                       |  | 3 Singles (Cross Behind)              | 2        | 12 sec with 10 yd sprint-out | 20s      |
|                                       |  | 4 Doubles/ Shuffle Back               | 2        | 12 sec with 10 yd sprint-out | 20s      |
|                                       |  | 5                                     | 2        |                              | 20s      |
| Power                                 | Resisted<br>Bounding/ NZ<br>Cord and Belt              | 1 Vertical Jump-Contrast              | 2        | 5 Jumps                      | 20s      |
|                                       |  | 2 Linear Jump-Contrast                | 2        | 5 Jumps                      | 20s      |
|                                       |  | 3 Lateral Jump-Contrast               | 2        | 5 Jumps                      | 20s      |
|                                       |  | 4                                     | 2        |                              | 20s      |
|                                       |  | 5                                     | 2        |                              | 20s      |
| Quickness/<br>First Step/<br>Reaction | Dot Drill/ Dot Pad                                     | 1 Hopscotch                           | 2        | 10 reps                      | 20s      |
|                                       |  | 2 Figure 8                            | 2        | 10 reps                      | 20s      |
|                                       |  | 3 Stepping                            | 2        | 10 reps/ alt. lead leg       | 20s      |
|                                       |  | 4                                     | 2        |                              | 20s      |
|                                       |  | 5                                     | 2        |                              | 20s      |
| Quickness/<br>First Step/<br>Reaction | 3 Cone Crazy/<br>Cones (3)                             | 1 Ready Position                      | 2        | 9 signals, 3 each cone       | 20s      |
|                                       |  | 2 Rapid Fire                          | 2        | 9 signals, 3 each cone       | 20s      |
|                                       |  | 3 Continuous                          | 2        | 9 signals, 3 each cone       | 20s      |
|                                       |  | 4                                     | 2        |                              | 20s      |
|                                       |  | 5                                     | 2        |                              | 20s      |





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| Dynamic                         | Exercise                                     | Sets                  | Reps | Duration     | Rest |
|---------------------------------|--|-----------------------|------|--------------|------|
| Quickness/ First Step/ Reaction | Ball Drops/ Balls, Cones                     | 1 Ready Position      | 2    | Once Through | 20s  |
|                                 |  | 2 Rapid Fire          | 2    | Once Through | 20s  |
|                                 |  | 3 180s                | 2    | Once Through | 20s  |
|                                 |  | 4 Sprint/Shuffle      | 2    | Once Through | 20s  |
|                                 |  | 5                     | 2    |              | 20s  |
| Core                            | Superman/<br>No Equipment or<br>Add Med Ball | Superman              | 2    | 20 reps      | 20s  |
|                                 |  |                       | 2    |              | 20s  |
|                                 |  |                       | 2    |              | 20s  |
|                                 |  |                       | 2    |              | 20s  |
| Core                            | Sit Up/ No<br>Equipment or<br>Add Med Ball   | Sit Up                | 2    | 10 reps      | 20s  |
|                                 |  |                       | 2    |              | 20s  |
|                                 |  |                       | 2    |              | 20s  |
|                                 |  |                       | 2    |              | 20s  |
|                                 |  |                       | 2    |              | 20s  |
| Balance                         | Floor  | Hip flexion/extension | 1    | 10 Reps      | 20s  |
|                                 |  | Hip Abd/Add           | 1    |              | 20s  |
|                                 |  | Toe Touch             | 1    |              | 20s  |
|                                 |  | Cross Over Toe Touch  | 1    |              | 20s  |
|                                 |  | 1 Ft. Squat           | 1    |              | 20s  |
| Balance                         | Bosu   | Hip flexion/extension | 1    | 10 Reps      | 20s  |
|                                 |  | Hip Abd/Add           | 1    |              | 20s  |
|                                 |  | Toe Touch             | 1    |              | 20s  |
|                                 |  | Cross Over Toe Touch  | 1    |              | 20s  |
|                                 |  | 1 Ft. Squat           | 1    |              | 20s  |
| Anaerobic                       |  | 1                     | 2    |              | 20s  |
|                                 |  | 2                     | 2    |              | 20s  |
|                                 |  | 3                     | 2    |              | 20s  |
|                                 |  | 4                     | 2    |              | 20s  |
|                                 |  | 5                     | 2    |              | 20s  |





# COMPLETE CONDITIONING

## IN-SEASON SAMPLE PROGRAM DESIGN

| Dynamic                            | Exercise/<br>Equipment       | Sets                   | Reps     | Duration                     | Rest     |
|------------------------------------|------------------------------|------------------------|----------|------------------------------|----------|
| Warm-Up                            | See List                     | See List               | See List | See List                     | See List |
| Linear Speed                       | Sprint Series/<br>Cones (3)  | 1 Ankling              | 4        | 10 yds with 20 yd sprint-out | 40s      |
|                                    |                              | 2 High Knees           | 4        | 10 yds with 20 yd sprint-out | 40s      |
|                                    |                              | 3 High Knee Butt Kicks | 4        | 10 yds with 20 yd sprint-out | 40s      |
|                                    |                              | 4                      | 4        |                              | 40s      |
|                                    |                              | 5                      | 4        |                              | 40s      |
| Agility                            | Sprint Cuts/<br>Cones (5)    | 1 Ready Position       | 4        | Once through                 | 40s      |
|                                    |                              | 2 Exaggerated Cuts     | 4        | Once through                 | 40s      |
|                                    |                              | 3 Full Speed           | 4        | Once through                 | 40s      |
|                                    |                              | 4 Carioca/Shuffle      | 4        | Once through                 | 40s      |
|                                    |                              | 5                      | 4        |                              | 40s      |
| Power                              | Jump Series/ No<br>Equipment | 1 Squat Jump           | 4        | 5 Jumps                      | 40s      |
|                                    |                              | 2 Quick Jump           | 4        | 5 Jumps                      | 40s      |
|                                    |                              | 3 Ankle Flip           | 4        | 10 Jumps                     | 40s      |
|                                    |                              | 4 Scissor Jump         | 4        | 5 Each Leg                   | 40s      |
|                                    |                              | 5                      | 4        |                              | 40s      |
| Quickness/ First<br>Step/ Reaction | Ball Drops/<br>Balls, Cones  | 1 Ready Position       | 4        | Once Through                 | 40s      |
|                                    |                              | 2 Rapid Fire           | 4        | Once Through                 | 40s      |
|                                    |                              | 3 180s                 | 4        | Once Through                 | 40s      |
|                                    |                              | 4 Sprint/Shuffle       | 4        | Once Through                 | 40s      |
|                                    |                              | 5                      | 4        |                              | 40s      |





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| Dynamic | Exercise   | Sets                  | Reps | Duration | Rest |
|---------|--|-----------------------|------|----------|------|
| Core    | Sit-Up/<br>No Equipment or<br>Add Med Ball           | Sit-Up                | 4    | 20 Reps  | 40s  |
|         |  |                       | 4    |          | 40s  |
|         |  |                       | 4    |          | 40s  |
|         |  |                       | 4    |          | 40s  |
|         |  |                       | 4    |          | 40s  |
| Core    | Alternating Pike/<br>No Equipment or<br>Add Med Ball | Alternating Pike      | 4    | 20 Reps  | 40s  |
|         |  |                       | 4    |          | 40s  |
|         |  |                       | 4    |          | 40s  |
|         |  |                       | 4    |          | 40s  |
|         |  |                       | 4    |          | 40s  |
| Balance | Floor  | Hip flexion/extension | 1    | 10 Reps  | 40s  |
|         |  | Hip Abd/Add           | 1    |          | 40s  |
|         |  | Toe Touch             | 1    |          | 40s  |
|         |  | Cross Over Toe Touch  | 1    |          | 40s  |
|         |  | 1 Ft. Squat           | 1    |          | 40s  |
| Balance | Bosu   | Hip flexion/extension | 1    | 10 Reps  | 40s  |
|         |  | Hip Abd/Add           | 1    |          | 40s  |
|         |  | Toe Touch             | 1    |          | 40s  |
|         |  | Cross Over Toe Touch  | 1    |          | 40s  |
|         |  | 1 Ft. Squat           | 1    |          | 40s  |





# COMPLETE CONDITIONING

## OFF-SEASON SAMPLE PROGRAM DESIGN

| Dynamic                            | Exercise/<br>Equipment                                    | Sets                                  | Reps     | Duration                        | Rest     |
|------------------------------------|---|---------------------------------------|----------|---------------------------------|----------|
| Warm-Up                            | See List  | See List                              | See List | See List                        | See List |
| Linear Speed                       | Wall Drill/<br>No<br>Equipment                            | 1 Power Down                          | 4        | 10 reps with 20 yd sprint-out   | 60s      |
|                                    |   | 2 Power Up                            | 4        | 10 reps with 20 yd sprint-out   | 60s      |
|                                    |   | 3 1,3,5,7                             | 4        | 20 sec. with 20 yd sprint-out   | 60s      |
|                                    |   | 4 Continuous                          | 4        | 10 sec. with 20 yd sprint-out   | 60s      |
|                                    |   | 5                                     | 4        |                                 | 60s      |
| Agility                            | Resisted<br>Shuffle/<br>NZ Cord and<br>Belt, Cones<br>(2) | 1 Slow Shuffle-Rest-Contrast          | 4        | 5 Yards                         | 60s      |
|                                    |   | 2 Fast out-Slow back-Rest-Contrast    | 4        | 5 Yards                         | 60s      |
|                                    |   | 3 Fast out-Carioca back-Rest-Contrast | 4        | 5 Yards                         | 60s      |
|                                    |   | 4                                     | 4        |                                 | 60s      |
|                                    |   | 5                                     | 4        |                                 | 60s      |
| Power                              | Chimney<br>Jumps/<br>12 inch<br>Hurdles (6)               | 1 Power Jumps                         | 4        | Once through, tuck on even reps | 60s      |
|                                    |   | 2 Quick Jumps                         | 4        | Once through, tuck on even reps | 60s      |
|                                    |   | 3 Ankle Flips                         | 4        | Once through, tuck on even reps | 60s      |
|                                    |   | 4                                     | 4        |                                 | 60s      |
|                                    |   | 5                                     | 4        |                                 | 60s      |
| Quickness/ First Step/<br>Reaction | 3 Cone<br>Crazy/<br>Cones (3)                             | 1 Ready Position                      | 4        | 9 signals, 3 each cone          | 60s      |
|                                    |   | 2 Rapid Fire                          | 4        | 9 signals, 3 each cone          | 60s      |
|                                    |   | 3 Continuous                          | 4        | 9 signals, 3 each cone          | 60s      |
|                                    |   | 4                                     | 4        |                                 | 60s      |
|                                    |   | 5                                     | 4        |                                 | 60s      |





# COMPLETE CONDITIONING

| Dynamic   | Exercise   | Sets                  | Reps | Duration     | Rest |
|-----------|--|-----------------------|------|--------------|------|
| Core      | Russian Twist                                    | Russian Twist         | 4    | 20 each side | 60s  |
|           |  |                       | 4    |              | 60s  |
|           |  |                       | 4    |              | 60s  |
|           |  |                       | 4    |              | 60s  |
|           |  |                       | 4    |              | 60s  |
| Core      | Leg Raise/<br>No<br>Equipment or<br>Add Med Ball | Leg Raise             | 4    | 20 reps      | 60s  |
|           |  |                       | 4    |              | 60s  |
|           |  |                       | 4    |              | 60s  |
|           |  |                       | 4    |              | 60s  |
|           |  |                       | 4    |              | 60s  |
| Balance   | Foam Roller                                      | Hip flexion/extension | 1    | 10 Reps      | 60s  |
|           |  | Hip Abd/Add           | 1    |              | 60s  |
|           |  | Toe Touch             | 1    |              | 60s  |
|           |  | Cross Over Toe Touch  | 1    |              | 60s  |
|           |  | 1 Ft. Squat           | 1    |              | 60s  |
| Balance   | Balance Disc                                     | Hip flexion/extension | 1    | 10 Reps      | 60s  |
|           |  | Hip Abd/Add           | 1    |              | 60s  |
|           |  | Toe Touch             | 1    |              | 60s  |
|           |  | Cross Over Toe Touch  | 1    |              | 60s  |
|           |  | 1 Ft. Squat           | 1    |              | 60s  |
| Anaerobic |  | 1                     | 4    |              | 60s  |
|           |  | 2                     | 4    |              | 60s  |
|           |  | 3                     | 4    |              | 60s  |
|           |  | 4                     | 4    |              | 60s  |
|           |  | 5                     | 4    |              | 60s  |
| Anaerobic |  | 1                     | 4    |              | 60s  |
|           |  | 2                     | 4    |              | 60s  |
|           |  | 3                     | 4    |              | 60s  |
|           |  | 4                     | 4    |              | 60s  |
|           |  | 5                     | 4    |              | 60s  |





# COMPLETE CONDITIONING

## PRE-SEASON PROGRAM DESIGN

DATE

| Dynamic                         | Exercise/ Equip. | Sets     | Reps     | Duration | Rest     |
|---------------------------------|------------------|----------|----------|----------|----------|
| Warm-Up                         | See List         | See List | See List | See List | See List |
| Linear Speed                    |                  | 1        | 2        |          | 20s      |
|                                 |                  | 2        | 2        |          | 20s      |
|                                 |                  | 3        | 2        |          | 20s      |
|                                 |                  | 4        | 2        |          | 20s      |
|                                 |                  | 5        | 2        |          | 20s      |
| Agility                         |                  | 1        | 2        |          | 20s      |
|                                 |                  | 2        | 2        |          | 20s      |
|                                 |                  | 3        | 2        |          | 20s      |
|                                 |                  | 4        | 2        |          | 20s      |
|                                 |                  | 5        | 2        |          | 20s      |
| Agility                         |                  | 1        | 2        |          | 20s      |
|                                 |                  | 2        | 2        |          | 20s      |
|                                 |                  | 3        | 2        |          | 20s      |
|                                 |                  | 4        |          |          | 20s      |
|                                 |                  | 5        | 2        |          | 20s      |
| Agility                         |                  | 1        | 2        |          | 20s      |
|                                 |                  | 2        | 2        |          | 20s      |
|                                 |                  | 3        | 2        |          | 20s      |
|                                 |                  | 4        | 2        |          | 20s      |
|                                 |                  | 5        | 2        |          | 20s      |
| Power                           |                  | 1        | 2        |          | 20s      |
|                                 |                  | 2        | 2        |          | 20s      |
|                                 |                  | 3        | 2        |          | 20s      |
|                                 |                  | 4        | 2        |          | 20s      |
|                                 |                  | 5        | 2        |          | 20s      |
| Quickness/ First Step/ Reaction |                  | 1        | 2        |          | 20s      |
|                                 |                  | 2        | 2        |          | 20s      |
|                                 |                  | 3        | 2        |          | 20s      |
|                                 |                  | 4        | 2        |          | 20s      |
|                                 |                  | 5        | 2        |          | 20s      |
| Quickness/ First Step/ Reaction |                  | 1        | 2        |          | 20s      |
|                                 |                  | 2        | 2        |          | 20s      |
|                                 |                  | 3        | 2        |          | 20s      |
|                                 |                  | 4        | 2        |          | 20s      |
|                                 |                  | 5        | 2        |          | 20s      |
| Quickness/ First Step/ Reaction |                  | 1        | 2        |          | 20s      |
|                                 |                  | 2        | 2        |          | 20s      |
|                                 |                  | 3        | 2        |          | 20s      |
|                                 |                  | 4        | 2        |          | 20s      |
|                                 |                  | 5        | 2        |          | 20s      |





# COMPLETE CONDITIONING

## PRE-SEASON PROGRAM DESIGN (Continued)

| Dynamic   | Exercise | Sets | Reps | Duration | Rest |
|-----------|----------|------|------|----------|------|
| Core      |          |      | 2    |          | 20s  |
|           |          |      | 2    |          | 20s  |
|           |          |      | 2    |          | 20s  |
|           |          |      | 2    |          | 20s  |
|           |          |      | 2    |          | 20s  |
| Core      |          |      | 2    |          | 20s  |
|           |          |      | 2    |          | 20s  |
|           |          |      | 2    |          | 20s  |
|           |          |      | 2    |          | 20s  |
|           |          |      | 2    |          | 20s  |
| Balance   |          |      | 1    |          | 20s  |
|           |          |      | 1    |          | 20s  |
|           |          |      | 1    |          | 20s  |
|           |          |      | 1    |          | 20s  |
|           |          |      | 1    |          | 20s  |
| Balance   |          |      | 1    |          | 20s  |
|           |          |      | 1    |          | 20s  |
|           |          |      | 1    |          | 20s  |
|           |          |      | 1    |          | 20s  |
|           |          |      | 1    |          | 20s  |
| Anaerobic |          | 1    | 2    |          | 20s  |
|           |          | 2    | 2    |          | 20s  |
|           |          | 3    | 2    |          | 20s  |
|           |          | 4    | 2    |          | 20s  |
|           |          | 5    | 2    |          | 20s  |





# COMPLETE CONDITIONING

## IN-SEASON PROGRAM DESIGN

DATE

| Dynamic                         | Exercise/ Equip. | Sets     | Reps     | Duration | Rest     |
|---------------------------------|------------------|----------|----------|----------|----------|
| Warm-Up                         | See List         | See List | See List | See List | See List |
| Linear Speed                    |                  | 1        | 4        |          | 40s      |
|                                 |                  | 2        | 4        |          | 40s      |
|                                 |                  | 3        | 4        |          | 40s      |
|                                 |                  | 4        | 4        |          | 40s      |
|                                 |                  | 5        | 4        |          | 40s      |
| Agility                         |                  | 1        | 4        |          | 40s      |
|                                 |                  | 2        | 4        |          | 40s      |
|                                 |                  | 3        | 4        |          | 40s      |
|                                 |                  | 4        | 4        |          | 40s      |
|                                 |                  | 5        | 4        |          | 40s      |
| Power                           |                  | 1        | 4        |          | 40s      |
|                                 |                  | 2        | 4        |          | 40s      |
|                                 |                  | 3        | 4        |          | 40s      |
|                                 |                  | 4        | 4        |          | 40s      |
|                                 |                  | 5        | 4        |          | 40s      |
| Quickness/ First Step/ Reaction |                  | 1        | 4        |          | 40s      |
|                                 |                  | 2        | 4        |          | 40s      |
|                                 |                  | 3        | 4        |          | 40s      |
|                                 |                  | 4        | 4        |          | 40s      |
|                                 |                  | 5        | 4        |          | 40s      |





# COMPLETE CONDITIONING

## IN-SEASON PROGRAM DESIGN (Continued)

| Dynamic | Exercise | Sets | Reps | Duration | Rest |
|---------|----------|------|------|----------|------|
| Core    |          |      | 4    |          | 40s  |
|         |          |      | 4    |          | 40s  |
|         |          |      | 4    |          | 40s  |
|         |          |      | 4    |          | 40s  |
|         |          |      | 4    |          | 40s  |
| Core    |          |      | 4    |          | 40s  |
|         |          |      | 4    |          | 40s  |
|         |          |      | 4    |          | 40s  |
|         |          |      | 4    |          | 40s  |
|         |          |      | 4    |          | 40s  |
| Balance |          |      | 1    |          | 40s  |
|         |          |      | 1    |          | 40s  |
|         |          |      | 1    |          | 40s  |
|         |          |      | 1    |          | 40s  |
|         |          |      | 1    |          | 40s  |
| Balance |          |      | 1    |          | 40s  |
|         |          |      | 1    |          | 40s  |
|         |          |      | 1    |          | 40s  |
|         |          |      | 1    |          | 40s  |
|         |          |      | 1    |          | 40s  |





# COMPLETE CONDITIONING

## OFF-SEASON PROGRAM DESIGN

DATE

| Dynamic                         | Exercise/ Equip. | Sets     | Reps     | Duration | Rest     |
|---------------------------------|------------------|----------|----------|----------|----------|
| Warm-Up                         | See List         | See List | See List | See List | See List |
| Linear Speed                    |                  | 1        | 4        |          | 60s      |
|                                 |                  | 2        | 4        |          | 60s      |
|                                 |                  | 3        | 4        |          | 60s      |
|                                 |                  | 4        | 4        |          | 60s      |
|                                 |                  | 5        | 4        |          | 60s      |
| Agility                         |                  | 1        | 4        |          | 60s      |
|                                 |                  | 2        | 4        |          | 60s      |
|                                 |                  | 3        | 4        |          | 60s      |
|                                 |                  | 4        | 4        |          | 60s      |
|                                 |                  | 5        | 4        |          | 60s      |
| Power                           |                  | 1        | 4        |          | 60s      |
|                                 |                  | 2        | 4        |          | 60s      |
|                                 |                  | 3        | 4        |          | 60s      |
|                                 |                  | 4        | 4        |          | 60s      |
|                                 |                  | 5        | 4        |          | 60s      |
| Quickness/ First Step/ Reaction |                  | 1        | 4        |          | 60s      |
|                                 |                  | 2        | 4        |          | 60s      |
|                                 |                  | 3        | 4        |          | 60s      |
|                                 |                  | 4        | 4        |          | 60s      |
|                                 |                  | 5        | 4        |          | 60s      |





# COMPLETE CONDITIONING

## OFF-SEASON PROGRAM DESIGN (Continued)

| Dynamic   | Exercise | Sets | Reps | Duration | Rest |
|-----------|----------|------|------|----------|------|
| Core      |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
| Core      |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
| Balance   |          |      | 1    |          | 60s  |
|           |          |      | 1    |          | 60s  |
|           |          |      | 1    |          | 60s  |
|           |          |      | 1    |          | 60s  |
|           |          |      | 1    |          | 60s  |
| Balance   |          |      | 1    |          | 60s  |
|           |          |      | 1    |          | 60s  |
|           |          |      | 1    |          | 60s  |
|           |          |      | 1    |          | 60s  |
|           |          |      | 1    |          | 60s  |
| Anaerobic |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
| Anaerobic |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |
|           |          |      | 4    |          | 60s  |





**COMPLETE CONDITIONING**

# EQUIPMENT



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### TOPICS:

#### Performance Training

1. Speed
2. Agility
3. Quickness
4. Power
5. Reaction Time

#### Strength Training

1. Sport-specific
2. Functional
3. Core and Balance
4. Power
5. Program Design

## TEAM/INDIVIDUAL PROGRAM DESIGNS

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TO YOUR  
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## CLINIC FEES

**2 DAY CLINIC \$1600**  
**3 DAY CLINIC \$2200**

1. Up to 80 athletes/clinic
2. Coach Participation Required
3. Max 4 hours/day
4. Expenses (Not included in clinic fees)
  - a. Additional SSC Staff (\$300/trainer/day)
  - b. Air
  - c. Room
  - d. Transportation
  - e. Meals

Consulting agreement must be completed and signed prior to consulting.

## ADDITIONAL OPTIONS

*(Not included in clinic fees, additional fees apply)*

Clinic Video/DVD

Program Designs CD

Discount Equipment Sales

SSC Exercise Poster Sets

Phone Consultations: \$100/hour

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## **FEATURES**

### ***Athlete Site***

- Questionnaire to Customize Program Goals
- Pictures, Videos, and Descriptions for Each Exercise
- Track and Analyze Progress
- Access to Blogs and Weekly Tips

### ***Coach Site***

- Create Custom Programs with Database of Over 10,000 Speed, Strength, and Power Exercises
- Templates Available by Sport/ Position
- Special Team/ Group Logins – Create Your Own Private Team Page!
- Separate Workouts by Position, Goals, etc.

### ***Fitness Professional Site***

- Create Custom Workouts and Programs or Choose from Several Templates
- Alternate Exercises Provided for Equipment, Fitness Level Variations
- Keep Track of Client Progress and Communicate Easily
- Training and Nutrition Blogs and PodCasts

### ***Teacher Site***

- Allows Students to Easily Design Programs
- Muscle Group Descriptions and Difficulty Levels for Each Exercise
- Educational Links and Resources
- Online Clinics and PodCasts

