The Daily, Weekly, Monthly & Yearly Planning of Your High School Football Strength Training Program

University of Minnesota Head Strength and Conditioning Coach

Cal Dietz, M.Ed. dietz011@umn.edu

21 Big Ten/WHCA Titles
10 National Championships
Over 300 All-Americans
These Methods Can Be Used In Many Different Ways

• The only “bad” program is one that does not change
• The success of the program depends on constant change
  –Daily, Weekly, Monthly, and Yearly
• New stimuli must be given to the athlete at various times during the season
  –This is not to be mistaken for simply returning to previous stimuli
  –You must come up with novel ways of stimulating and stressing your athletes in order to spur change for the better
Key Factors For Successful Programming

- High Volume
- High Intensity
- High Frequency
- High Expectations
Organizing Training

• Training session and days
  – A single workout or practice session
  – For most, this is the same as the training day
  – For advanced athletes, several sessions may comprise a day

• Training week
  – A series of several training days together – Train 5 to 6 Days

• Training month
  – A series of several training weeks
  – Often organized towards a common goal

• Training year
  – A collection of training months with different or similar goals that work towards the overall performance goal for the year
Training Session Example:

Monday - Day 1

1) Complete a proper dynamic warm prior to any activity
2) Choose from a list of **Dynamic Warm Ups**.
3) Choose a type of **Agility Drill** or **Ladder Drill**
4) Complete a **Strength Program** or **Adaptability Program**, this can be yours or one from XLathlete
5) Choose a football specific **Prehab** workout
6) Complete a **Core Training Session** and/or a **Stretching Workout**
7) Drink a post activity exercise drink like **Chocolate Milk**
Training Session Example:
Tuesday - Day 2- Extra Day

1) Complete a proper dynamic warm prior to any activity
2) Choose from a list of Dynamic Warm Ups
3) Choose an Agility Drill to complete
4) Complete a Game Speed Conditioning Plan or General Conditioning
5) Complete a Core Rotational Training Session and/or a Stretching Workout
6) Drink a post activity exercise drink like Chocolate Milk
In-Season and Off-Season: Getting Started

- **Dynamic Warm Up**
  - Most effective way of preparing for training, practice and competition

- **What it does**
  - Increase blood flow
  - Increase body and muscular temperature
  - Improve kinesthetic awareness – moving the arms and legs across the midline
  - Injury prevention – superior to static stretching
Different Types of Warm Ups

• Dynamic Running – **First** - Start high and slow.
• Dynamic Walking – **Second** – Best - 1 – 2 – 3
• Dynamic Still – **Third** – Best - 1 – 2 – 3

• Various types of warm ups provided on XLATHLETE.com
Cone Agility Drills

- Develop speed and ability to change direction
- **Examples**
- Helpful coaching points
- Do your drills in a competitive atmosphere
  - Run the drills fast and accurately
  - Take as few step as possible
  - Stay low – keep your center of gravity (hips) low to allow for effective and easy changes in direction

- **Single Leg Isometric Deadlift**
Ladder Drills

• Common misconception: ladder drills train speed
  – Ladder drills do not make an athlete faster
  – There is not enough intensity and force to stimulate changes in neuromuscular velocity output

• What they do:
  – Learn skill or pattern – stay in good position.
  – Develop footwork awareness
  – Train the body to quickly adapt to uncertain or unknown situations (throw/catch balls simultaneously)
  – Include math problems to challenge the brain
Prehab Exercise

• 2 sets of 2 to 3 **Exercises** Paired

• Examples
  – **Balance Single Leg Squat** (knees, quads, ACL)
  – **Piston Squat – With Band** (knees, quads, ACL)
  – **TKE** (quads, prevention of tendonitis)
  – **4 Way Ankle Kicks** (hips, glutes, groin)
  – **3 Way Ham Press** (hamstrings)
  – **Cuban Press Figure 8** (rotator cuff)
Organizing The Training Session

• Perform the most valuable exercises or those that require coordination first

• Three keys to follow
  – Do main sport exercises before assistance exercises
  – Dynamic, power-type drills before slow exercises
    • Cleans before squats
  – Exercise larger muscle groups before smaller ones
Guidelines with Percentages and Reps

- 55% - 74% - Reps of 5 to 3 – With Variables
- 75 % - 4 to 2 – Out-of-season – In-season
- 80 % - 4 to 1 – Out-of-season – In-season
- 85 % - 3 to 1 – Out-of-season – In-season
- 92 % - 2 to 1 – Out-of-season – In-season

Rule Number One (Speed/Quality)

Cluster Training-Set of 3 Reps (1+1+1) 10 Sec
Guidelines with Percentages and Reps

• Assisted lifts DB Bench
• 4 weeks @ 4 x 8 – Range is 100 – 115
• Total weight lifted is 13,810 – 32 reps
• Weeks- 1/ 3200- 2/ 3360- 3/ 3570- 4/ 3680
• Preferred Week 1 – 4 x 8 = 32, 2 – 4 x 6 = 32, 3 –
  3 x 7 = 21, 4 – 3 x 6 = 18
• Range is 100 - 135
• Weeks- 1/ 3200- 2/ 2640- 3/ 2520- 4/ 2430
Football Specific Prehab

- Groin
- Pool Workouts
- Shoulder Circuits
- Scap Circuit
- YWTL Circuit
Chocolate Milk For Recovery

Why Refuel?
1. The nutrients found in 16 oz of flavored milk cannot be matched in other workout products
2. Many of my athletes prefers chocolate milk over supplements
3. The ratio of carbohydrates to protein is ideal for recovery after strenuous activity
Chocolate Milk For Recovery

1. Key nutrients and electrolytes for overall health such as Calcium, Vitamin D, Phosphorus, and Magnesium

2. Potassium helps with muscle contraction and the regulation of bodily fluids

3. B-Vitamins help convert food into energy that can be used by exercising muscles
Chocolate Milk For Recovery

Why Refuel?

1. It is important to drink chocolate milk within a 30 minute window following strenuous activity

2. Improves body composition and recovery as research has shown

3. Chocolate milk is 90% water
Chocolate Milk For Recovery

1. Recovery is most important factor in training
2. Get boosters involved in buying process
3. Administration feels very comfortable about milk
4. The cost is as effective as the product
Weekly Lifting Sessions

• 3 days a week
  – Total body workouts each day
  – Includes upper and lower body
  – Extra days includes other sports

• 4 day split
  – 2 days of lower body, 2 days of upper body
  – Wednesday - extra day – other sports

• 5 days a week
  – 3 days of lower body, 2 days of upper body
  – Saturday includes other sports
Weekly Lifting Sessions

• It is helpful to vary training loads from day to day and week to week

• Rule of 60% for In-Season
  – The number of reps used during the in-season should be about 60% of the number of reps used on the out-of-season workout
Organizing Monthly Training

• Combining four weeks of training towards one goal (such as improving strength or increasing speed) is convenient and effective

• Basic Design
  – 3-6 weeks hard training
  – 1 week lighter training (download week)
  – Allows for effective training and a recovery week before the next month of training
  – During the light week, the athlete’s bodies can catch up to the training, rebuild, and adapt to a higher state
Organizing Monthly Training

• Training Cycles Possibilities
  1. 3-6 weeks hard training
  2. 1 week lighter training (download week if needed)
  3. If 9 weeks of training is available- then break into 4 weeks cycles with a lift week in middle
Organizing Monthly Training

- **Training Cycles Possibilities**
- **3 Day Per Week Body Part Training**
  1. Day 1 – Medium Loading
  2. Day 2 – Heavy Loading
  3. Day 3 – Light Loading – High Reps Endurance
- **2 Day Per Week Body Part Training**
  1. Day 1 – Medium or Light Loading/Endurance
  2. Day 2 – Heavy Loading
Organizing Monthly Training

- Working Various Motor Task

Figure 20: Increase in power in the vertical jump in place after 6 weeks of training with various weights: 1) 50% of maximum. 2) 90% of maximum and 3) combination of 90% and 50% of maximum.
Organizing Yearly Training

• Several months of training towards a specific goal makes training more effective
• Goal would be to apply more stress over a long period of time
• The type of stress that you want to apply in the beginning is volume based
Organizing Yearly Training

- Off-Season Training Plan
- Volume Plan
Various Methods For Increasing Volume

- Adaptability Training

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Db Incline – Lat Pull Down - 1 set

Complete as many sets as possible in 7 Minutes.
Various Methods For Increasing Volume

- Conditioning - Week Build Up Plan
- Stadium Walking – Bare Foot Training
- Pool Workout
- Tempo Running - 75% Below Top End Speed
- Metabolic Game Speed Conditioning – Preview
Off Season Building Of Athletes

• Play other sports!
  – Improve ability to see plays develop and make plays
  – Improve running and jumping abilities
  – Improve hand-eye coordination
  – Condition the athletes

• Examples
  – Basketball, Russian Basketball, Trash Ball, Tennis, Racquetball, Volleyball, Table Tennis, Soccer
Improving Performance

- **Explosive Strength Deficit Test**
  - An effective way to decide if an athlete needs to develop more strength (through strength training) or more speed (through plyometric and explosive training)

- **To Develop Speed Strength**
  - Use 55% - 75% of 1-Repetition Maximum

- **To Develop Strength**
  - Use 80% - 95% of 1-Repetition Maximum
Football Conditioning

• **Metabolic Game Speed Conditioning** – Preview
  – Decrease injuries
  – Very specific to football

• **Interval Training** – Key to increasing fitness levels
  – Intensity is key
  – Use speed or conditioning
Human Performance: Current Practices

- Two ways to get better
  - Increase strength
  - Increase speed

- Rate of Force Development
  - A very important factor in explosive sports
  - The ability to develop force quickly
    - The development of maximum strength takes time
    - This is often much more time than the athlete has
Core Training

• An important aspect of training often left out
  – **Rotational Movements** for stabilization in running

• Developing the ability to absorb and resist force with the core musculature
  – When making contact with an opponent, the core must quickly tighten and absorb force, or the body will crumble

• Ways of training the core to absorb force
  – **Oscillatory Box Push Up** and Clap Push Ups or Fast Drop Push up
Questions?

• Thank you for your interest!
• Please feel free to visit:

www.xlathlete.com

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