

Week 1	Monday 6/13	
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major)		
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		
5 - 50 Yard Sprints (3-4 minutes rest in between)		
Week 1	6/15/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
U Drill 2 Times each way		
W Drill 4 Times Through		
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
2 Shuttle Runs (1-2 Minutes Rest)		
Week 1	6/17/2022	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Falling Starts, Push up starts		
20 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 5 sprints)		
Week 2	6/20/2022	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		
6 - 50 Yard Sprints (3-4 minutes rest in between)		
Week 2	6/22/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
U Drill 2 Times each way		
W Drill 4 Times Through		
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
2 Shuttle Runs (1-2 Minutes Rest)		
Week 2	6/24/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Falling Starts, Push up starts		
20 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 5 sprints)		

Week 3	6/27/22 Monday
Dynamic Warm-up	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	
Broad Jumps 2x25 Yards	
Power Skips for Height 2x25 Yards	
6 - 50 Yard Sprints (3-4 minutes rest in between)	
Week 3	6/29/2022 Wednesday
Dynamic Warm-up	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	
U Drill 2 Times each way	
W Drill 4 Times Through	
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1	
2 Shuttle Runs (1-2 Minutes Rest)	
Week 3	7/1/22 Friday
Dynamic Warm-up	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	
Falling Starts, Push up starts	
20 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 5 sprints)	
Week 4	7/4/22 Monday
Dynamic Warm-up	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	
Broad Jumps 2x25 Yards	
Power Skips for Height 2x25 Yards	
4 - 100 yard sprints (4-5 minutes between sprints)	
Week 4	7/6/2022 Wednesday
Dynamic Warm-up	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	
U Drill 2 Times each way	
W Drill 4 Times Through	
Zig-Zags	
Start and stops with proper body position	
Week 4	7/8/2022 Friday
Dynamic Warm-up	
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)	
Wall Knee Drive	
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)	

Week 5	7/11/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		
6 - 50 yards sprints (3-4 minutes between sprints)		
Week 5	7/13/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Drop off bleacher of boxes		
Start and stops with proper body position		
1 shuttle run (if time) 10 back, 20 back, 30 back		
Week 5	7/15/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Wall Knee Drive		
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)		
Week 6	7/18/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		
6 - 50 yard sprints (3-4 minutes between sets)		
Week 6	7/20/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
U Drill 2 Times each way		
W Drill 4 Times Through		
Zig-Zags		
Start and stops with proper body position		
Week 6	7/22/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Wall Knee Drive		
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)		

Week 7	7/25/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Pogo Jumps 2 x 15 seconds		
Bounding 2 x 25 yards		
Form Run 2 x 40 yards		
4 - 100 yard sprints (4-5 minutes between sprints)		
Week 7	7/27/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Start and stops with proper body position		
2 shuttle runs (10 back, 20 back, 30 back)		
Week 7	7/29/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)		
Week 8	8/1/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Broad Jumps 2x25 Yards		
Power Skips for Height 2x25 Yards		
8 50s --2 minutes rest in between sprints)		
Week 8	8/3/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
U Drill 2 Times each way		
W Drill 4 Times Through		
Zig Zags		
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
3 Shuttle Runs (1-2 Minutes Rest)		
Week 8	8/5/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Falling Starts, Push up starts		
24 - 10 Yard Sprints out of 3 point stance - Get a great Start (4 sets of 6 sprints)		

Week 9	8/8/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Form Run 2 x 40 yards		
10 - 40s --(1 minute rest in between sprints)		
Week 9	8/10/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Accelerations 3 x 80 yards total		
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
2 Shuttle Runs (1-2 Minutes Rest)		
Week 9	8/12/22	Friday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Accelerations 3 x 80 yards total		
Full Field every 5 yards (3 point stance)		
Week 10	8/15/22	Monday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Form Run 2 x 40 yards		
12 - 40s --(1 minute rest in between sprints)		
Week 10	8/17/2022	Wednesday
Dynamic Warm-up		
Sprint Drills (15 yards High Knees, Butt Kicks, A skip, B skip, Drum Major,)		
Accelerations 3 x 80 yards total		
Shuttle Runs (10 Yards and Back, 20 Yards and Back, 30 Yards and Back = 1		
2 Shuttle Runs (1-2 Minutes Rest)		