



Tampa Bay Warriors: High School Flag Football Player: Daily Routine

Goal: Build peak performance through elite training standards, with a focus on **speed, agility, explosiveness, football IQ, and injury prevention** — all while managing school, growing as a leader, and managing recovery.



5:30 AM – Wake-Up & Activation

- Hydration (electrolytes or lemon water)
- Light mobility: hip openers, shoulder rolls, cat-cow
- Visualization: mental rehearsal of plays, confidence cues
- Light breakfast: protein smoothie or oatmeal + banana



5:45–6:15 AM – Speed & Agility (Before School)


- Dynamic warm-up: A-skips, karaoke, high knees, hamstring sweeps
- Sprint mechanics: 10m starts, resisted band sprints
- Change-of-direction drills: cone zig-zags, T-drills
- Reactive footwork: agility ladder with audio/visual cues
- Cooldown: walk + foam roll



3–4x per week; alternate with mobility/recovery work on other days.



7:00 AM – 2:00 PM – School Day (Academic Focus)

- Prioritize hydration (bring a water bottle)
 - Healthy snacks between classes (e.g. almonds, granola bar)
 - Organize Track assignments and class participation
 - Optional: Watch 5–10 minutes of game film during lunch/free time
-  Flag football scholarships and college club teams are growing. Strong academics and athletic development both matter.



3:00–3:30 PM – Pre-Practice Fuel & Activation

- Snack: peanut butter sandwich or protein bar + fruit
- Prep: ankle/knee taping, light band work, mental cue review



3:30–5:30 PM – Flag Football Practice (Field Session)

- **Warm-up (15 min):** Dynamic stretches, Ladder/footwork
- **Skill Work (30–40 min):**
 - Routes, contested catches, QB timing
 - Pull flag technique, defense drills: stance, back pedal, eyes/threat detection, key reads
- **Tactical Play (30 min):**
 - Full or half-field scrimmage with coach feedback
 - Situational play calls (red zone, 2-point conversion)
- **Conditioning (15–20 min):**
 - Sprint intervals or shuttle runs
- **Cooldown (10 min):** Static stretching, diaphragmatic breathing

6:00 PM – Dinner & Recovery

- Balanced meal: grilled chicken or salmon, quinoa, steamed veggies
- Electrolyte drink or hydration boost
- 10 minutes of foam rolling or stretching (glutes, calves, shoulders)

7:00–8:30 PM – Academics & Film Study

- Homework, projects, or tutoring
- 20 min optional film session: analyze own practice or high-level flag football footage (National Team or elite youth tournaments)

9:00 PM – Night Routine

- Light snack: Greek yogurt, peanut butter, apples
- Light static stretching or yoga poses (pigeon, seated forward fold)
- Journaling: 1 win, 1 focus point for tomorrow
- Screens off 30 min before sleep
- **In bed by 9:30–10:00 PM** (Target 8–9 hours)



Weekly Breakdown

Day	Focus
Mon–Thu	Full schedule: school + AM agility + PM practice
Friday	High-intensity team scrimmage
Saturday	Strength training + mobility + recovery
Sunday	Active recovery, walk or yoga + film review



In-Season Strength Training (2x/week – after practice or Saturdays)

- **Explosive Lifts (Olympic-style):** Dumbbell snatch, kettlebell swings
- **Core Stability:** Abdominals, plyometrics, bird dogs, planks
- **Injury Prevention:** Resistant band work, light dumbbell routine
- **Bodyweight Control:** Pull-ups, push-ups, pistol squats