

Fireman's Drill - Field players go through daily's with a partner spending 30 seconds on each progression. The total progression with your partner should take 5 minutes and is meant to be your recovery time. Once you complete your Daily's, players must complete a field ladder. This means players must sprint to the 6 yard line 18 yard line, midfield line, opposite 18 yard line, opposite 6 yard line, and opposite end line and back. Once they finish their run they go back to doing daily's.

Testing Date	# for Varsity In Time	1st run	2nd Run	3rd Run	Daily's/Rest
July 27	All runs must be completed in time	3:30'	3:45'	4:00'	30" Each progression, 5' Total

25/35 - For this you will need 6 cones set up in a line 5 yards apart. The drill involves you sprinting to the first cone, and back to the starting cone. Continue to progress by sprinting to the next cone and the drill continues through all six cones. The cones are spread out over 25 yards and you must complete the drill in 35 seconds or less.

Testing Date	# for Varsity In Time	Sprint Time	Rest Time	Total Runs	Extra Rest
July 27	9 out of ten (must complete all ten)	35 Seconds	25 Seconds	10	4th and 7th Sprint

PSSB 12 - Players begin by doing 10 push-ups, 10 sit-ups, 10 burpees, and 10 squats to complete one cycle. As many rounds as possible in 15 Minutes

Testing Date	# for Varsity in Time	# for JV in time			
July 28	15	12			

120's - You will need a full-sized field or 120 yards of space. The drill involves you sprinting the entire length of the field, then turning around and jogging back to the original starting line. The sprint to the line is timed and the return jog is also timed.

Testing Date	# for Varsity In Time	Sprint/Return	Rest	Total Runs	Extra Rest
July 28	9 out of ten (must complete all ten)	18/42 Seconds	30 Seconds	10	4th and 7th Sprint

RPS 20- You will need a field with a standard track around it. You start by running a lap around the track in 1 Minute and 30 Seconds (1:30). Once you return you have to do 25 pushups and situps to run another lap in 1:30. You always end the lap with pushups and situps, including the final lap you do.

Testing Date	Time for Varsity	
July 29	12 Minutes	

120's - You will need a full-sized field or 120 yards of space. The drill involves you sprinting the entire length of the field, then turning around and jogging back to the original starting line. The sprint to the line is timed and the return jog is also timed.

Week of	Total Runs	Sprint Time	Return Time	Rest Time	Additional Minute
June 1	8	18 Seconds	45 Seconds	15 Seconds	3rd and 6th Sprint
June 8	8	18 Seconds	30 Seconds	30 Seconds	3rd and 6th Sprint
June 15	8	18 Seconds	30 Seconds	15 Seconds	3rd and 6th Sprint
June 22	10	18 Seconds	45 Seconds	15 Seconds	4th and 7th Sprint
June 29	10	18 Seconds	30 Seconds	30 Seconds	4th and 7th Sprint
July 6	10	18 Seconds	30 Seconds	30 Seconds	4th and 7th Sprint
July 13	10	18 Seconds	30 Seconds	15 Seconds	4th and 7th Sprint
July 20	10	18 Seconds	30 Seconds	15 Seconds	4th and 7th Sprint
July 27	Testing				

25/35 - For this you will need 6 cones set up in a line 5 yards apart. The drill involves you sprinting to the first cone, and back to the starting cone. Continue to progress by sprinting to the next cone and the drill continues through all six cones. The cones are spread out over 25 yards and you must complete the drill in 35 seconds or less.

Week of	Total Runs	Sprint Time	Rest Time	Additional Minute
June 1	6	35 Seconds	25 Seconds	3rd Sprint
June 8	8	35 Seconds	25 Seconds	4th Sprint
June 15	10	35 Seconds	25 Seconds	3rd and 7th Sprint
June 22	10	35 Seconds	25 Seconds	3rd and 7th Sprint
June 29	12	35 Seconds	25 Seconds	3rd, 7th, and 10th Sprint
July 6	12	35 Seconds	25 Seconds	3rd, 7th, and 10th Sprint
July 13	14	35 Seconds	25 Seconds	4th, 7th, and 11th Sprint
July 20	14	35 Seconds	25 Seconds	4th, 7th, and 11th Sprint
July 27	Testing			

RPS 25- You will need a field with a standard track around it. You start by running a lap around the track in 1 Minute and 30 Seconds (1:30). Once you return you have to do 25 pushups and situps to run another lap in 1:30. You always end the lap with pushups and situps, including the final lap you do.

Week of	Laps	Total Time			
June 1	3	12:00			
June 8	3	11:00			
June 15	3	10:00			
June 22	3	9:00			
June 29	4	12:30			
July 6	4	12:00			
July 13	5	13:45			
July 20	5	12:30			
July 27	Testing				

PSSB 12- Begin by doing 10 push-ups, 10 sit-ups, 10 squats, and finish with 10 burpees. This complete one cycle and you are required to do at least 12 cycles in 15 minutes

Week of	Cycles	Time			
June 1	6 Cycles	10 Minutes			
June 8	8 Cycles	12 Minutes			
June 15	8 Cycles	12 Minutes			
June 22	10 Cycles	14 Minutes			
June 29	10 Cycles	14 Minutes			
July 6	10 Cycles	13 Minutes			
July 13	10 Cycles	13 Minutes			
July 20	12 Cycles	15 Minutes			
July 27	Testing				

	Warmup	Agility Ladders	5 Cone Drill	Arrowhead Drill	Juggling	Hillers		Rest	Cool Down
June 1	Dynamic	Speed/Skill	10x10 Grid 15 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	8 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		20 Yard Runs : 5x3 Bounds, 5x3 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active
June 8	Dynamic	Speed/Skill	10x10 Grid 15 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	8 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		20 Yard Runs : 5x4 Bounds, 5x4 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active
June 15	Dynamic	Speed/Skill	10x10 Grid 15 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	8 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		20 Yard Runs : 5x4 Bounds, 5x5 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active
June 22	Dynamic	Speed/Skill	10x10 Grid 15 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	7.5 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		20 Yard Runs : 5x4 Bounds, 5x6 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active
June 29	Dynamic	Speed/Skill	15x15 Grid 18 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	7.5 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		25 Yard Runs : 5x3 Bounds, 5x3 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active
July 6	Dynamic	Speed/Skill	15x15 Grid 18 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	7.5 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		25 Yard Runs : 5x4 Bounds, 5x4 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active
July 13	Dynamic	Speed/Skill	15x15 Grid 18 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	7 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		25 Yard Runs : 5x4 Bounds, 5x5 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active
July 20	Dynamic	Speed/Skill	15x15 Grid 18 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	7 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		25 Yard Runs : 5x4 Bounds, 5x6 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active
July 27	Dynamic	Speed/Skill	15x15 Grid 18 Seconds per Rep 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle	7 Seconds or less: 4 Sets E/S: Sprint, Sprint/Shuffle, Sprint/Backpeddle		30 Yard Runs : 5x3 Bounds, 5x3 Sprints	8 Seconds : Bound 5 Seconds: Sprint	0:30	4 Min Rest Between Active

	Juggling	Juggling	Dribbling #1	Dribbling #2	P/R 1	P/R 2	Shooting 1	Shooting 2	Shooting 3	Circuit Training	Juggling Pattern
June 1	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		Right Laces and catch
June 8	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		left laces and catch
June 15	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		Right, Left, Catch
June 22	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		Left, Right, Catch
June 29	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		Right, Right Catch
July 6	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		Left, Left, Catch
July 13	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		right, Right, Left, Catch
July 20	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		left, left, right, catch
July 27	10 Min Free Form	10 Min Pattern	15 Second Dribble Test	Pro Agility with ball	Receiving Box	Y passing Drill	18 Yard Drill - Robben	Touch and Finish - Ronaldo	Poacher - Giroad		right, right, left, left, catch
											left, left, right, right, catch
											right laces, knee, catch
											left laces, knee, catch
											R laces, L laces, R knee, catch
											L laces, R Laces, L knee, catch
											R laces, L laces, L knee, catch
											L laces, R Laces, R knee, catch
											R laces, L laces, R Knee, L Knee, Catch
											L laces, R laces, L Knee, R Knee, Catch