

# CONDITIONING PROGRAM

Speed, Agility, and Conditioning are three major components of sport that need to be trained just like strength, size, and power are developed in the weight room. It is true that no matter what your genetic disposition for speed and agility may be, you can enhance these qualities with proper training. Correct Conditioning should always be in the forefront. Running long distance will only make you slower

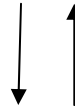
## **SPEED ENDURANCE – Primary Energy System: ATP-PCr and LA**

Goal: To improve VO<sub>2</sub>max and increase lactate threshold

### 1. Gassers

#### a. Shuttle Run (Count over & back as 1)

- i. **15** - From the sideline, sprint to the other sideline, stop and change direction, and sprint back. Continue until you have reached the appropriate repetitions.



- ii. **5** - From the baseline, sprint to the foul line, stop and change direction and sprint back. Continue until you have reached the appropriate repetitions.

#### b. **10:10** – Sprint for 10 seconds. Rest for 10 seconds and continue

#### c. **9 Second Sprint** – From the baseline, sprint to the opposite baseline and back in 9 seconds or less. Rest and Repeat

#### d. **22's** - From the baseline, sprint to the opposite baseline and back, then sprint back again to the opposite baseline and back in 22 seconds or less.

### 2. Interval Drills

#### a. **10 X 30 in 5 Minutes** – Run ten 30 yard runs (baseline to baseline) in 5 minutes. Ex. Sprint to the other baseline, turn and jog back, walk when you reach the foul line, walk to the start and repeat.

#### b. **Power Alleys** – From the baseline, jog to the foul line, Sprint to the other foul line, Walk to the other baseline. Turn and repeat

#### c. **Two-Fers** –Sprint to the other baseline and back, when you get back – sprint up and back from the baseline to the foul line for 10 repetitions (up and back = 2); Sprint to the other baseline and back, when you get back – shuffle up and back from the baseline to the foul line for 10 repetitions; Sprint to the other baseline and back, when you get back – sprint up and backpedal back from the baseline to the foul line for 10 repetitions

**3. Gauntlet**

- a. Run 1 mile as fast as possible (Goal time is 6:00 to 6:15)
- b. Rest 1 minute
- c. Run ½ mile as fast as possible (Goal time is 3:00 to 3:07)
- d. Rest 1 minute
- e. Run ¼ mile (440 yards) as fast as possible. (Goal time is 1:30)
- f. Rest 1 minute
- g. Run ½ lap (220 yards) as fast as possible (Goal time is 45 seconds)
- h. Rest 1 minute
- i. Run ¼ lap (110 yards)

**4. Pacer Run**

- a. Is a progressive cardiovascular run that measures aerobic capacity. Utilizing cones or painted lines, mark off 21 yards and 32 inches (20 meters). The pacer cadence, which can be found on the Strength & Conditioning website, progressively increases in intensity as you run. The program will tell you when to begin, from that point you must run to the 20 meter line prior to the next beep. When you here the next beep you will progress back to the start. If you reach the line prior to the beep you must wait until you hear the beep to progress back to the next line. Continue running back and forth remembering the intensity will progressively increase. The activity is complete as soon as you do not reach the intended line before the beep sounds. Each time you run 20 meters counts as 1 lap. Keep track of your laps and record your final lap count so that you can see your improvements over the course of the summer.

**5. Court Shuttle I**

- a. From the baseline, run to the foul line and back, then to the 3 pt line and back, then to mid court and back. Touch each line

**6. Court Shuttle II**

- a. From the baseline, run to the foul line and back, then to the 3 pt line and back, then to mid court and back, then to the other 3 pt line and back, and finally to the other baseline and back. Touch each line

**7. Foul Line, 3 pt Line, Mid-Court, Opposite 3pt Line, Opposite Foul Line, Baseline**

- a. Do the required number of sprints to each of the desired location then go immediately to the next. All begin from the baseline. Rest 15 seconds between each sprint.

**8. 30 Sprint Workout**

- a. Place a marker at the baseline and out at the foul line, the 3 pt line, mid-court, the other 3 pt line, the other foul line and finally the other baseline. Sprint to the other baseline, run through the line. Walk back to the end line where you just crossed for your rest time then sprint the second sprint back to the start line. Do ten of these sprints. Walk back to the start line then sprint to the other foul line. Again run through the line, walk back to it and sprint back to the start line. Do ten of these. Do the same for the ten to the other 3 pt line, ten to mid-court, ten to the closest 3 pt line, and ten to the closest foul line.

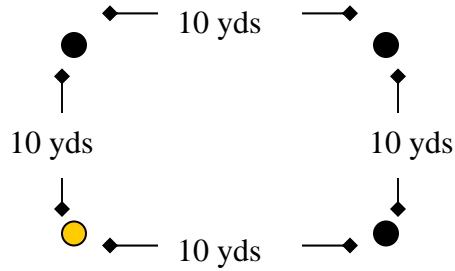
## AGILITIES – Primary Energy System: ATP-PCr and LA

### 1. Ladder Drills

- a. Various Drills

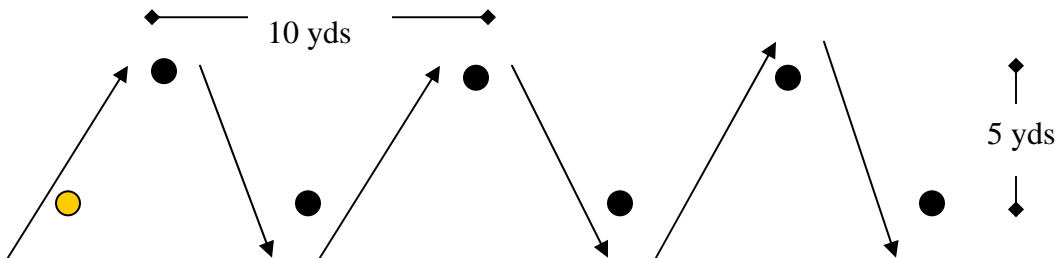
### 2. 4 Cone Box Drills

- a. Set up markers on the elbows and blocks to form a box shape. Move around the cones using the combination of movement listed. Vary your directions.
  - i. Movements include: sprint, shuffle, backpedal, carioca



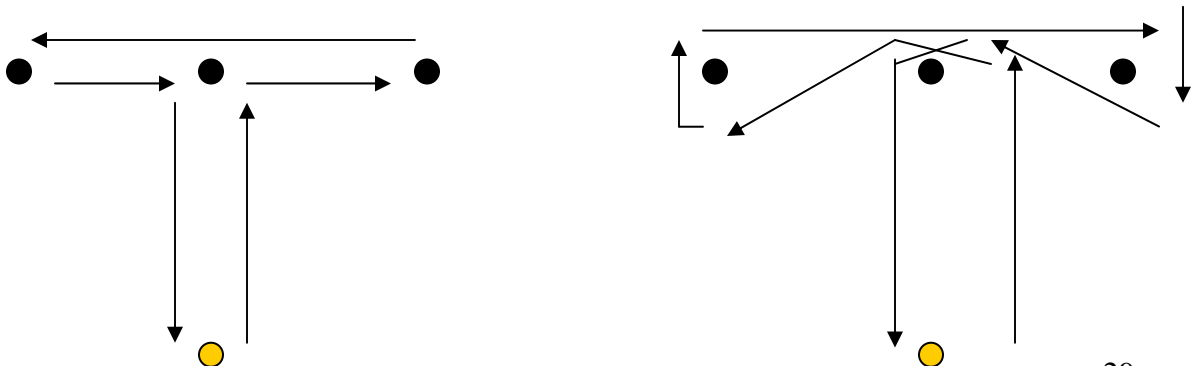
### 3. 7 Cone Zigzag Drill

- a. Stager markers in two lines 10 yards from each other. Zigzag through the cones using various movement patterns. Movement patterns include: sprint, shuffle, backpedal, carioca, sprint & backpedal, etc.

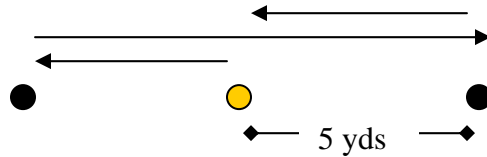


### 4. “T” Drill

- a. Markers are in the shape of a T. Use various movement patterns through the drill. Movement patterns include: sprint 10 yd, shuffle 5 yd, shuffle 10 yd, backpedal 10 yd; sprint all; shuffle 10, sprint 5, backpedal 10 sprint 5, shuffle 10; carioca 10, backpedal 5, sprint 10, backpedal 5, shuffle 10; etc.



5. **5-10-5** – With three markers set up 5 yards apart from one another in a straight line, start at the middle cone perform a movement patter 5yards, turn use a movement pattern 10 yards, turn, and use a movement patter back to start. Movement patterns include: sprint, backpedal, shuffle, carioca, combination, etc.

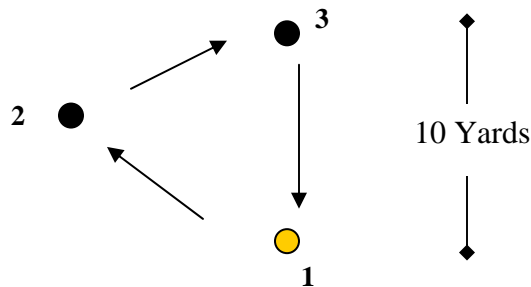


6. **Cone Toss**

- a. Have athlete throw cones in any direction. Develop an agility drill that utilizes directional change, acceleration, and deceleration that resembles movements found in the sport

7. **Triangle**

- a. Move laterally from marker 1 to marker 2 leading with your left shoulder (shuffle), then move laterally from marker 2 to marker 3 leading with your right shoulder (shuffle), then backpedal back to marker 1. When doing this drill do not use cross-over steps. Perform the triangle three times continuous then a one minute rest.



8. **Scramble Drill**

- a. Start standing in the middle touching marker 1. Sprint and touch marker 2 then back to marker 1, then to marker 3 and back to marker 1, **continue until you have gone completely around three times**. Keep your body facing the same direction at all times. Rest for one minute after going around three times.

