

DESCRIPTION OF SUMMER CONDITIONING DRILLS

Jump Rope

SETUP: Need a jump rope

ACTION: Use all different techniques. Be creative (e.g. rt. foot, lt. foot alternating, boxer style, double jumps, skipping, etc...)

Wall Sits

SETUP: Find a wall.

ACTION: Back straight and flat against the wall. Sit at a 90 degree angle, with your feet spread shoulder width apart. Arms are straight out to the side and above your 6-packed stomach. Remain in this position for the prescribed amount of time.

Leg Swings

ACTION: Grasp the side of a building, wall, or post for balance. Swing one leg at a time. Keep the leg straight. The more swings you do, the higher the leg should go. Focus on each swing, whether it is the upswing or the downswing. This can be done forward-to-backward or side-to-side.

Crunches

ACTION: Sit Indian-style with shoulder blades on the floor. Grasp your hands straight back behind your head (your arms will be straight). Pulling with your stomach, lift your shoulder blades off the floor. Constantly look up at a point above you. Keep your arms straight above your head. Lift up about 2-6 inches off the floor, hold and come back slowly to the original position.

Pushups

ACTION: Lie face down on the floor or ground. Palms will be on the floor, turned slightly in and slightly more than shoulder width apart. Using your chest muscles and tricep muscle push yourself up and then lower yourself in a controlled manner back down to the floor. Repeat continuously until the prescribed number of repetitions is met.

Running

SETUP: Measured distance. Try to run on even surfaces whenever possible. Cross-country running is permissible. Try to avoid areas where there is high risk of twisted ankles and snake bites. If running where traffic might be, always run facing traffic when possible. Remember, as momma used to say, "A pedestrian may have the right of way, but they may also be dead right."

ACTION: Left-right-left-right-follow the pattern. Keep track of time and distance so that you can see the improvement that you are making.

1/2 Speed Sprints

SETUP: You need an even surface that is non-concrete. A football field is ideal.

ACTION: Run straight ahead at half of your sprinting speed. Get arm drive. Land on the balls of your feet.

3/4 Speed Sprints

SETUP: You need an even surface that is non-concrete. A football field is ideal.

ACTION: Run straight ahead at a quicker pace than 1/2 speed. You are getting much closer to sprinting speed but you should not be overdoing it quite yet. Start working on quicker leg turnover and more powerful arm drive.

Full Speed Sprints

SETUP: You need an even surface that is non-concrete. A football field is ideal.

ACTION: Get from point A to point B as quickly as you humanly can. Maximum arm drive, while achieving optimum stride length and leg turnover.

Strideouts

SETUP: You need an even surface that is non-concrete. A football field is ideal.

ACTION: Running straight ahead. Over-emphasize the stride. Try to cover as much ground as possible with each stride. You need not be concerned with foot speed or leg turnover. Go as fast as you can using the longest possible stride you can use.

Backward Form Running

SETUP: You need an even surface that is non-concrete. A football field is ideal.

ACTION: Run backward for the prescribed distance. It is important that you get your knees up and then reach back with your feet to make contact with the ground. Focus on landing on the balls of your feet. This is not necessarily for speed. Be quick, but don't hurry. Stay upright with your body as you reach behind you with your lower body action.

Quick Feet

ACTION: In a defensive stance, run in place as fast and quick as possible. Your feet will barely leave the floor. Only the balls of your feet will make contact with the floor. Hands should be out to the side as if you were in a defensive stance.

Line Jumps

SETUP: A line on the ground or floor that is 2-6 inches thick (or a good imagination).

ACTION: Begin on one side of the line with hands above your head. The movement is back and forth across the line as quickly as possible. Your feet must clear the line for that particular repetition to count. Can be done with 1 or 2 legs and going either side-to-side or forward-and-backward motion. Each time your feet hit the ground constitutes a single repetition.

Butt Kicks

SETUP: You need an even surface that is non-concrete. A football field is ideal.

ACTION: Using quick and extreme arm movement, alternately bring the heels of your feet high enough to make contact with your bum. Repeat the action quickly for the prescribed amount of time or distance.

Power Scissor Kicks

SETUP: A “forgiving” surface. A smooth grassy area is ideal.

ACTION: Begin in a quarter-squat position. Spring upward as high as you can and kick one foot forward and one foot backward, remain in that position until you land. Upon landing, bend the knees to absorb the impact and prepare to spring again. Upon jumping a second time, scissor your legs. The leg that was behind is now in front and vice versa. Repeat this action for the prescribed amount of time or repetitions.

Bounds

SETUP: You need an even surface that is non-concrete. A football field is ideal.

ACTION: Similar to a strideout. Must over-exaggerate the knee coming forward and up. You want to try and “hover” in the air on your bounds. Speed is not a concern. Knee drive forward and upward, as well as springiness upon landing is the emphasis.

High Knees

ACTION: Quick arm movement. Running in place as quickly as possible with the knees coming up as high as possible. Land on the balls of your feet. Repeat for the prescribed amount of time.

Bench Jumps

SETUP: Fold up towels or duffle bags to form an obstacle with a width of 12-18 inches. Adjust the height to fit your own athletic ability. Advanced jumpers could jump over obstacles at a height upwards of 2 feet. A bench that may be in a lockerroom may also be used.

ACTION: Using your arms with good reflex jumping action in the lower body, jump over the obstacle. Upon landing, immediately jump back to the original position. Repeat jumping action until repetition goal is achieved. It is imperative to get your feet up high enough to clear the obstacle.

Lily Pad Jumps

SETUP: A clear 25 yard distance

ACTION: Begin the exercise from a half-squat stance. Jump upward and outward, using the extension of the hips and forward thrusting movement of the arms. Try to attain maximum distance (and height) by fully straightening the body. Upon landing, resume the starting position and initiate the next bound. Try to increase distance each time.

Knee Ups

ACTION: Assume a comfortable upright stance, placing the hands palms down at chest height. Begin by rapidly dipping down to about a quarter squat position and immediately exploding upward. Drive the knees high toward the chest and attempt to touch them to the palms of the hands. Upon landing, repeat the sequence, each time thinking of driving the knees upward and through your outstretched hands. Repetitions are performed at a fairly rapid rate.

Fartlek Run

ACTION: Normal running except that you go as hard as you can for one full minute sometime during each mile. Once that minute is done, you resume normal running pace.