# WORKOUT 01

## 10 Minute Speed Workout

**Speed Drill 4**
Plyo Drills
Bounding Only
3 x 10 yards down
and back

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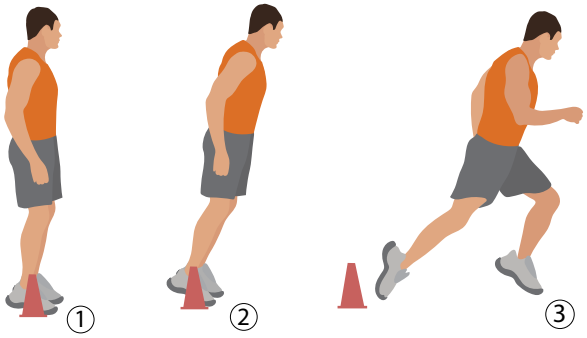
**Speed Drill 1**
Falling Runs
3 x 10 yards down
and back

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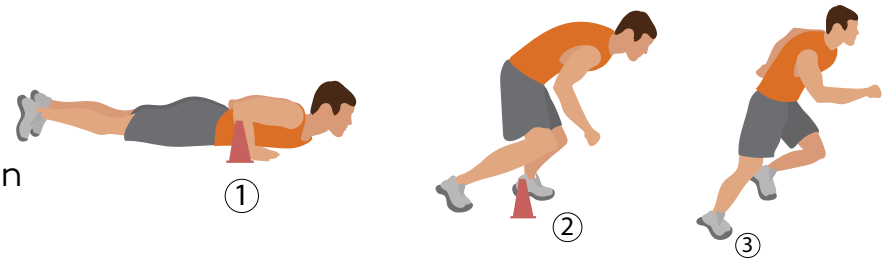
**Speed Drill 14**
Get Ups
3 x 10 yards down
and back

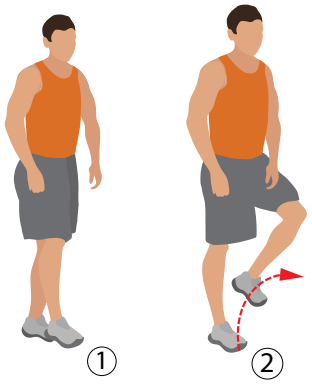


EXPLOSIVE FOOTBALL

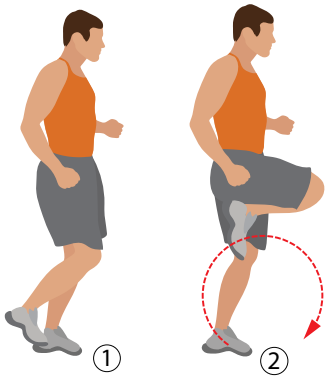
# WORKOUT 02

## 20 Minute Speed Workout

**Speed Drill 2**
Step Over Drill
3 x 5 yards down
and back




**Speed Drill 3**
Fast Leg Run
3 x 10 yards
down and back

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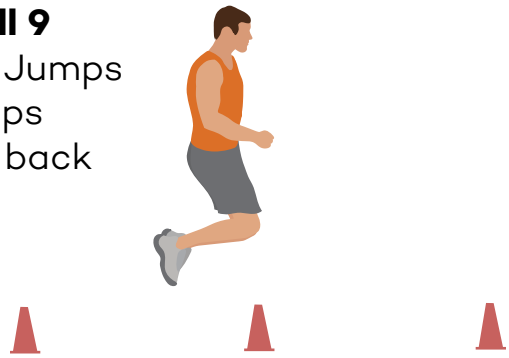
**Speed Drill 7**
Resisted Arms
2 x 20 yards
down and back

**Speed Drill 9**
Two-Foot Jumps
3 x 10 jumps
down and back



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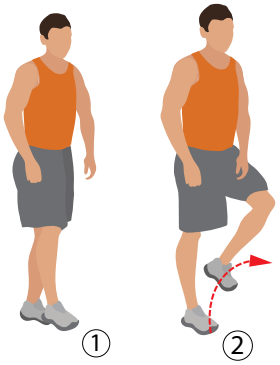
**Speed Drill 10**
One-Foot Jumps
3 x 10 jumps
down and back

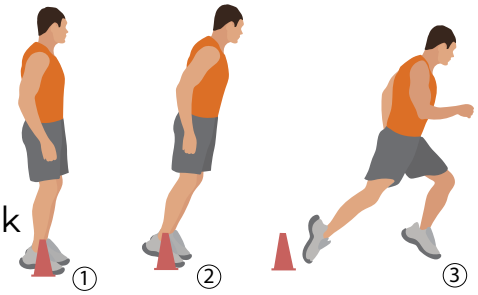
# WORKOUT 03

## 30 Minute Speed Workout

**Speed Drill 2**
Step Over Drill
3 x 5 yards down and back




**Speed Drill 1**
Falling Runs
5 x 10 yards down and back

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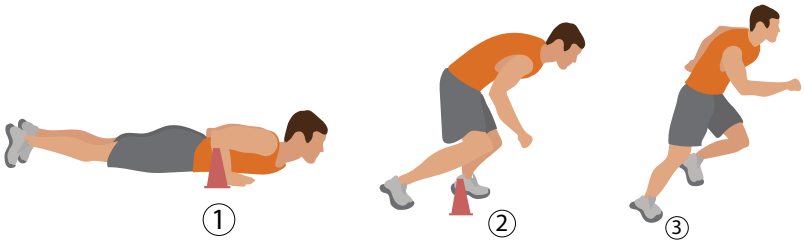
**Speed Drill 14**
Get Ups
5 x 10 yards down and back

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**Speed Drill 4**
Plyo Drills

Tuck Jumps: 5 x 10 yards down and back

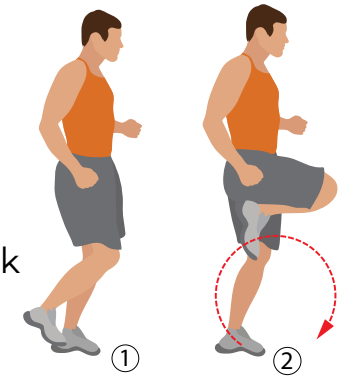
Hitch Hops: 5 x 10 yards down and back

Bounding: 5 x 10 yards down and back

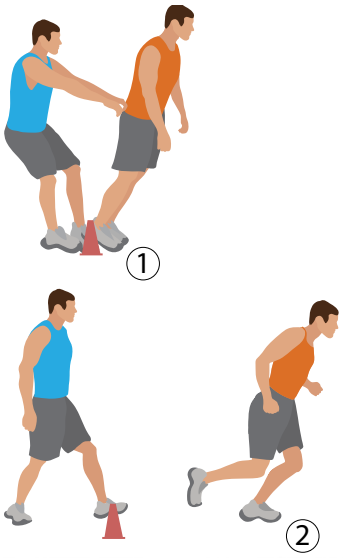
# WORKOUT 04

**30 Minute Speed Workout with Partner**

**Speed Drill 3**
Fast Leg Run
3 x 10 yards
down and back




**Speed Drill 6**
Let Go's
4 x 10 yard runs
each

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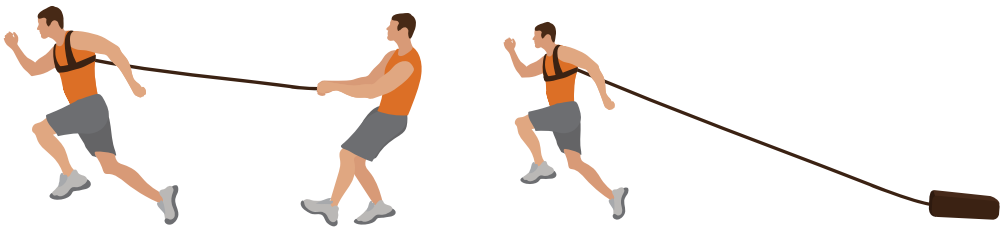
**Speed Drill 13**
Harness Runs
4 x 20 yards runs
each



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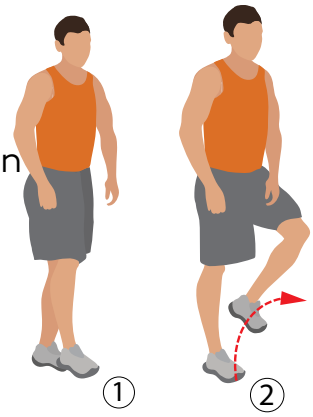
**Speed Drill 7**
Resisted Arms
2 x 20 yards
down and back

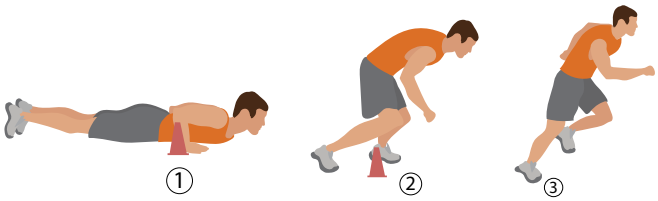
**Speed Drill 2**
Step Over
3 x 5 yards down
and back



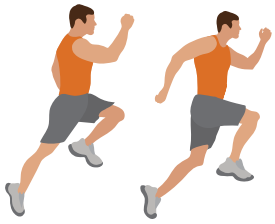
# WORKOUT 05

## 30 Minute Speed Workout

**Speed Drill 14**
Get Ups
5 x 10 yards
down and back




**Speed Drill 4**
Plyo Drills
Bounding Only –3 x 10
yards down and back



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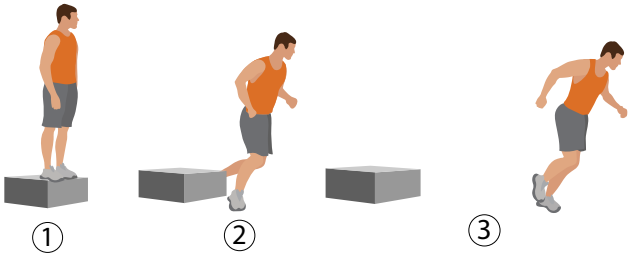
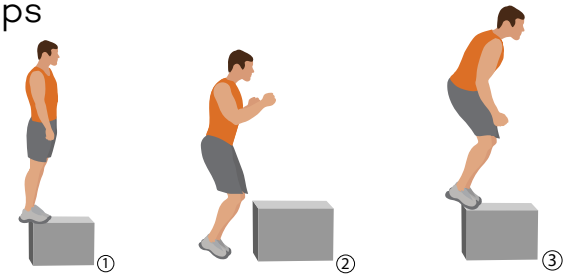
**Speed Drill 12**
Box Drops
3 sets x 5 sprints




**Speed Drill 8**
Depth Jumps
3 sets x 10
jumps

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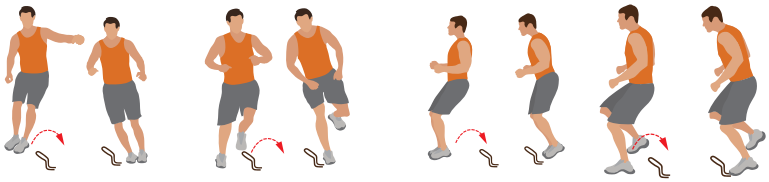
**Speed Drill 5**
Obstacle Jumps



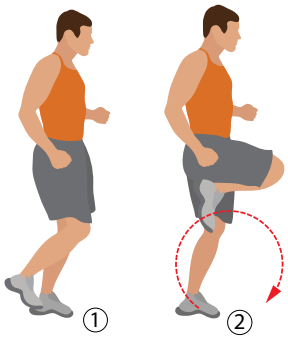
2 foot side to side: 3 sets x 10 jumps

1 foot side to side: 3 sets x 10 jumps

2 foot front to back: 3 sets x 10 jump

1 foot front to back: 3 sets x 10 jumps

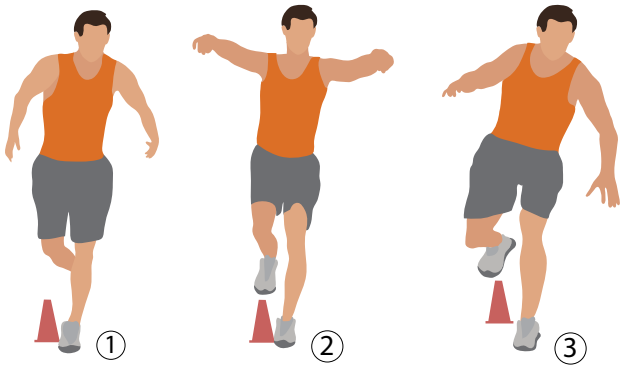
**Speed Drill 3**
Fast Leg Run
2 x 10 yards
down and back



# WORKOUT 06

## 10 Minute Agility Workout

**Agility Drill 1**
Forward Jump & Stick
5 sets x 5 jumps

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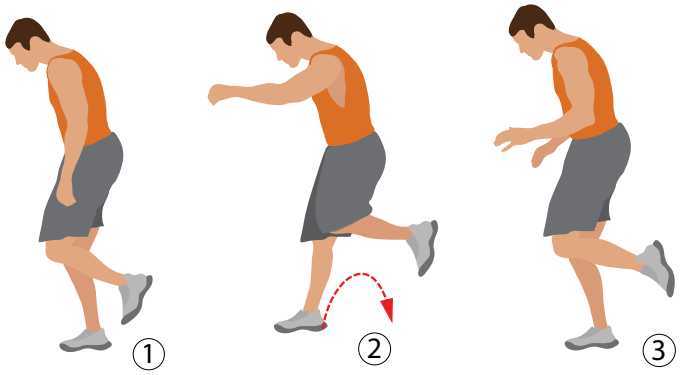
**Agility Drill 2**
Backward Jump & Stick
5 sets x 5 jumps

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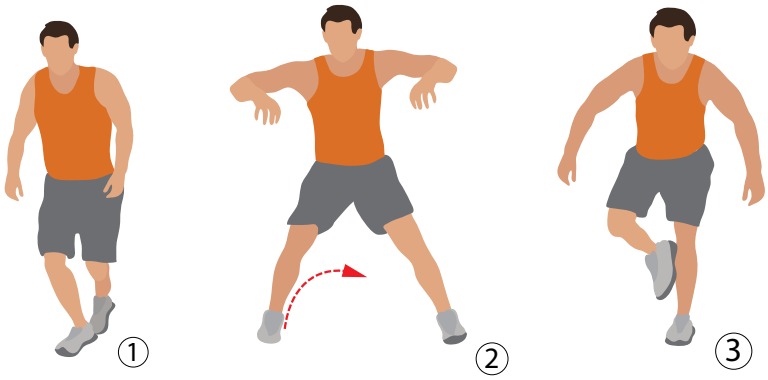
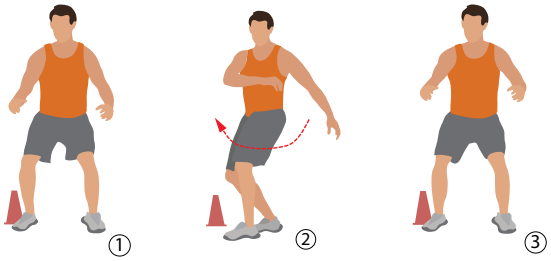
**Agility Drill 3**
Lateral Jump & Stick
5 sets x 5 jumps



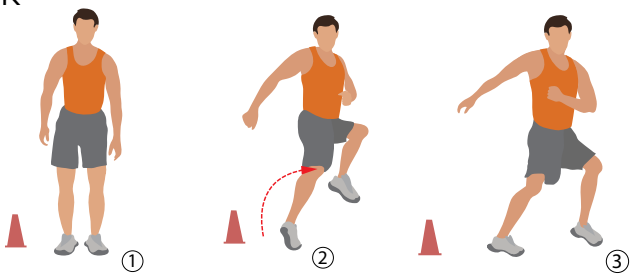
# WORKOUT 07

## 20 Minute Agility Workout

**Agility Drill 4**
Quarter Eagles
3 sets x 5 jumps




**Agility Drill 6**
Skip & Crossover
3 x 10 yards down and back

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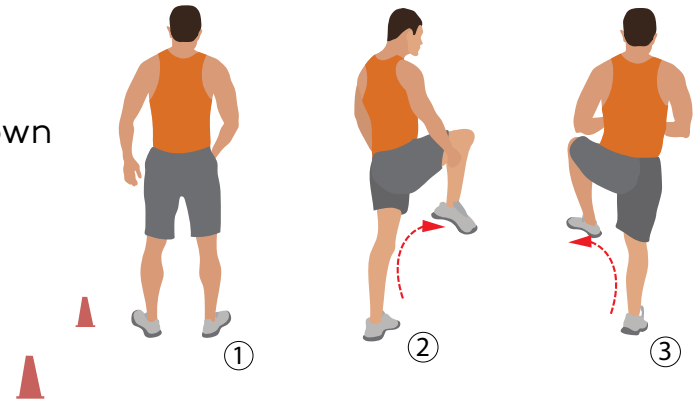
**Agility Drill 8**
Drop Skip
3 x 10 yards down and back

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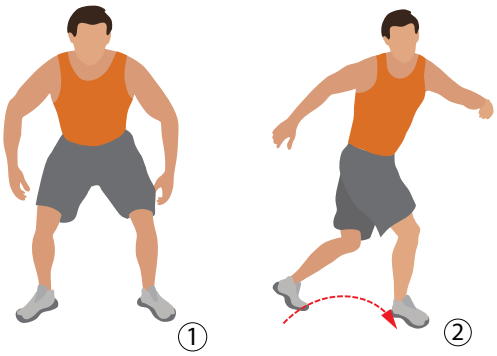
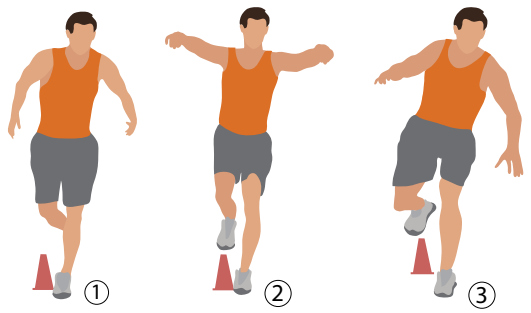
**Agility Drill 13**
Crossover to Run/Slide
3 x 10 yards down and back



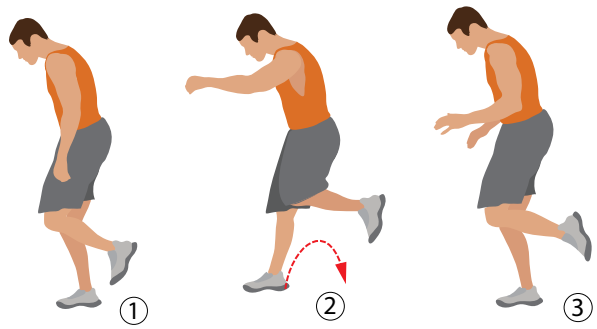
# WORKOUT 08

## 30 Minute Agility Workout

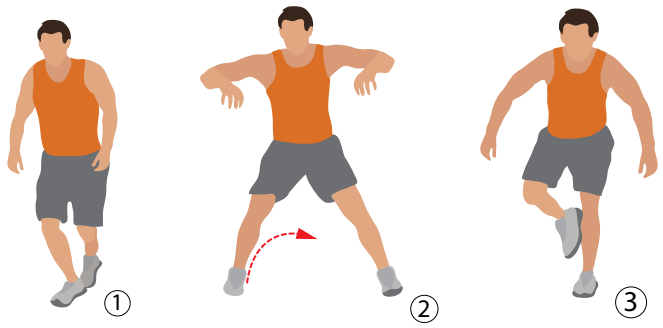
**Agility Drill 1**
Forward Jump & Stick
5 sets x 5 jumps



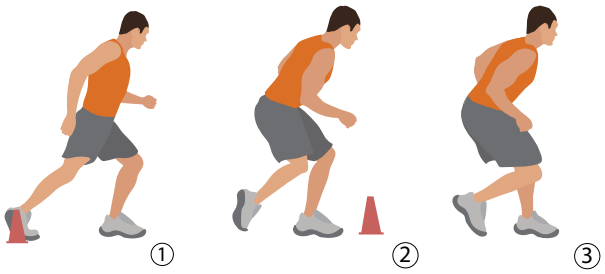

**Agility Drill 2**
Backward Jump & Stick
5 sets x 5 jumps



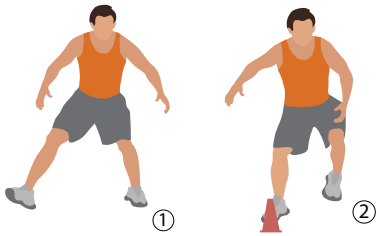

**Agility Drill 3**
Lateral Jump & Stick
5 sets x 5 jumps




**Agility Drill 9**
Linear Run & Stick
3 x 10 yards down and back



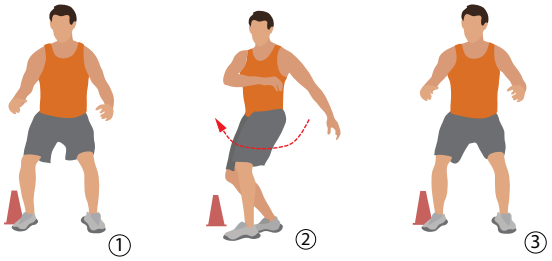

**Agility Drill 10**
Lateral Run & Stick
3 x 10 yards down and back



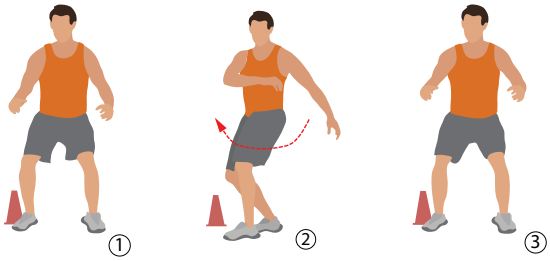
# WORKOUT 09

## 30 Minute Agility Workout

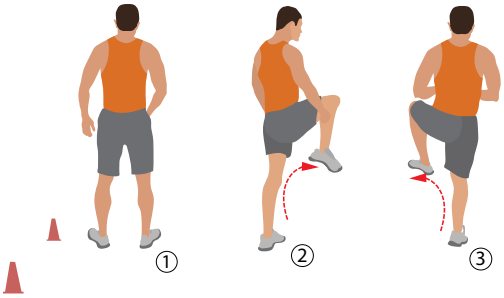
**Agility Drill 4**
Quarter Eagles
3 sets x 5 jumps



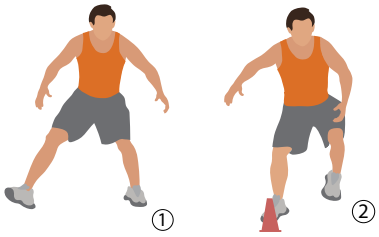

**Agility Drill 7**
Carrioca
3 x 10 yards down and back



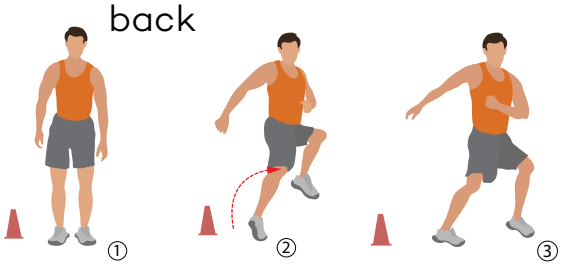

**Agility Drill 8**
Drop Skip
3 x 10 yards down and back



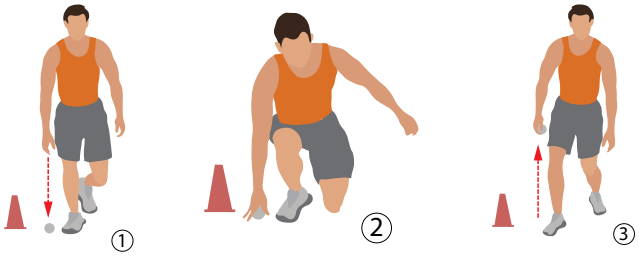

**Agility Drill 10**
Lateral Run & Stick
3 x 10 yards down and back




**Agility Drill 6**
Skip & Crossover
3 x 10 yards down and back



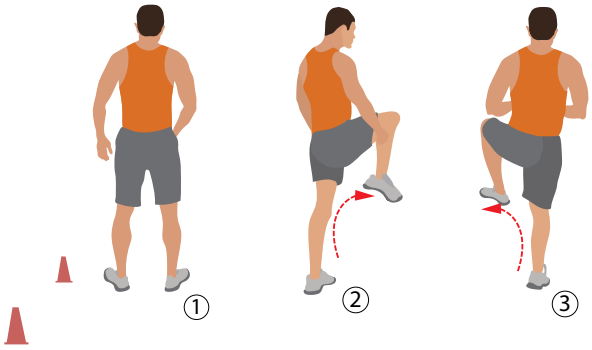

**Agility Drill 5**
Balance Pick Up Game
10 pickups on each



# WORKOUT 10

## 20 Minute Agility Workout

**Agility Drill 8**
Drop Skip
3 x 10 yards down and back

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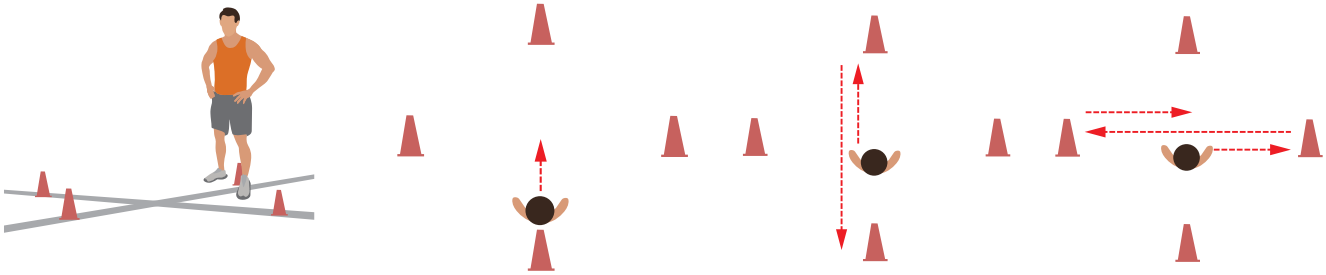
**Agility Drill 11**
Three Yard Star
Complete sequence 5 times



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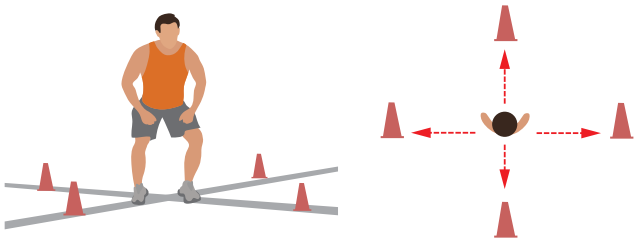
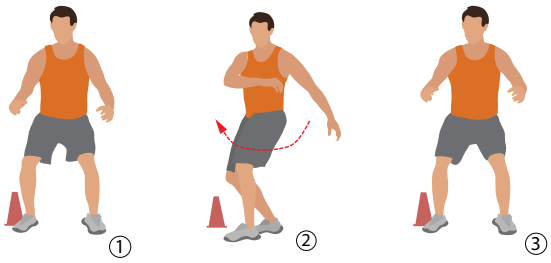
**Agility Drill 12**
The X
Complete sequence 5 times



**Agility Drill 4**
Quarter Eagles
6 sets x 5 jumps



# WORKOUT 11

## 10 Minute Quickness Workout

**Quickness Drill 2**
Quick Skips

Linear Quick Skip: 1 x 10 yards down and back

Lateral Quick Skip: 1 x 10 yards down and back

Crossover Quick Skip: 1 x 10 yards down and back

Drop Skip: 1 x 10 yards down and back

---

**Quickness Drill 4**
Turn Ons
3 x 10 yards down and back

---

**Quickness Drill 7**
Linear & Lateral Skips
15 reps for each move

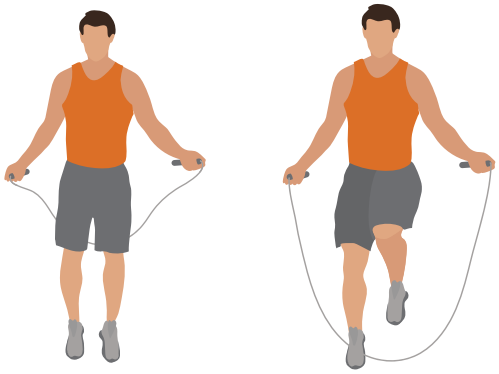
Linear Skips: 3 x 10 yards forward and backward

Lateral Skips: 3 x 10 yards each direction

# WORKOUT 12

## 20 Minute Quickness Workout

**Quickness Drill 1**
Jump Rope



Two foot jumps: 2 x 30 seconds
One foot jumps: 1 x 30 seconds each foot
Running skips: 2 x 30 seconds
Two foot speed hops: 2 x 30 seconds
One foot speed hops: 30 seconds each foot
Speed run: 2 x 30 seconds

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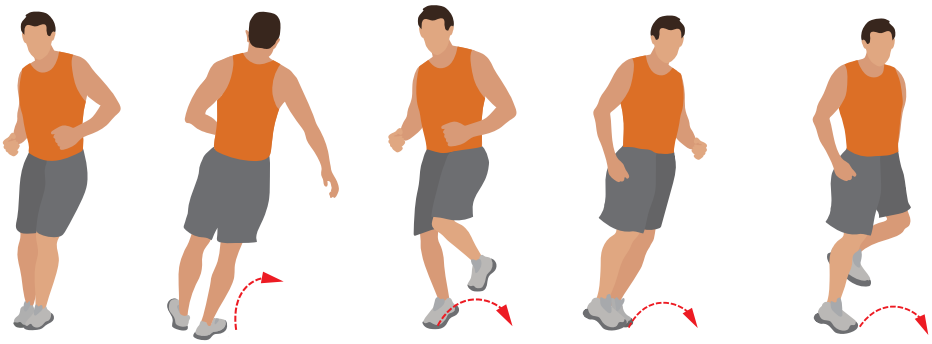
**Quickness Drill 3**
Line Drills



Lateral two foot: 3 x 10 jumps

Lateral one foot: 3 x 10 jumps

Front-back two foot: 3 x 10 jumps

Front-back one foot: 3 x 10 jumps

Ski jump: 3 x 10 jumps

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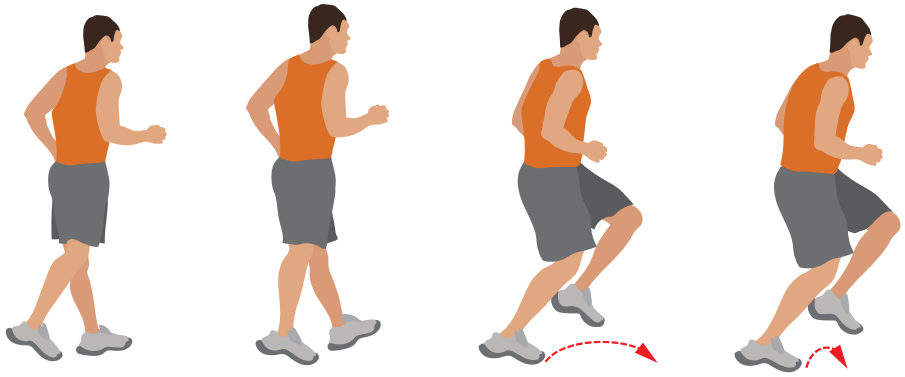
**Quickness Drill 4**
Turn Ons
3 x 10 yards down and back

# WORKOUT 13

## 30 Minute Quickness Workout

**Quickness Drill 13**
Free Jumps & Hops



Ankle Flips: 3 x 10 yards down and back

Ankle Skips: 3 x 10 yards down and back

Pogo Hops: 3 x 10 yards down and back

Russian Short Hops: 3 x 10 yards down and back

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**Quickness Drill 5**
Skipping Turn On
3 x 10 yards down and back

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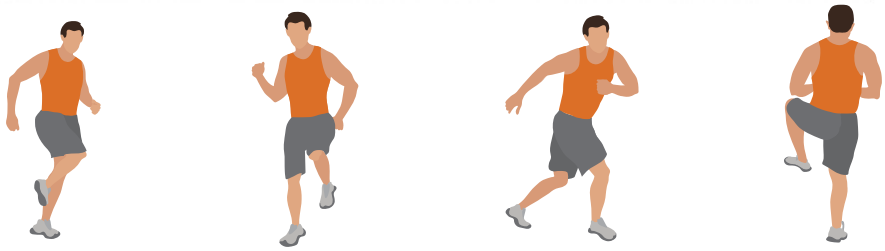
**Quickness Drill 2**
Quick Skips



Linear Quick Skip: 3 x 10 yards down and back

Lateral Quick Skip: 3 x 10 yards down and backand back

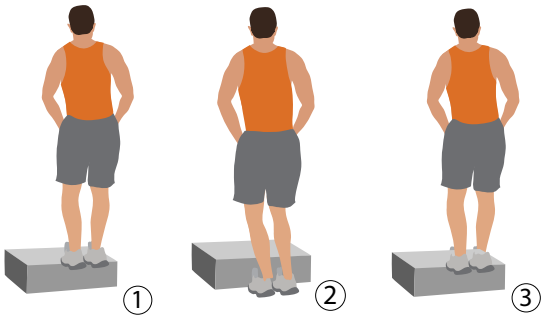
Crossover Quick Skip: 3 x 10 yards down and back

Drop Skip: 3 x 10 yards down and backand back

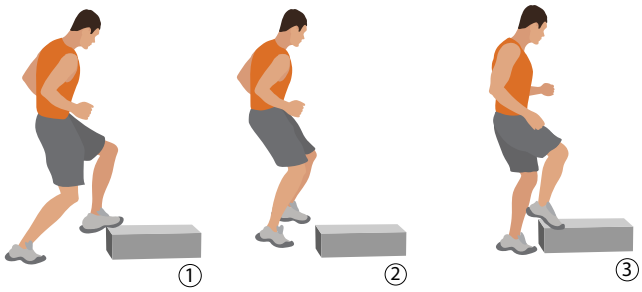
# WORKOUT 14

## 30 Minute Quickness Workout with Boxes

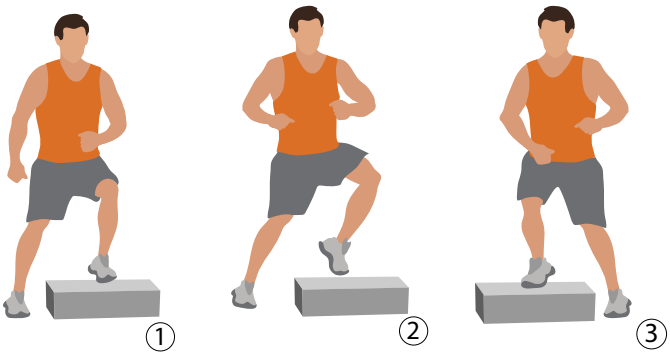
**Quickness Drill 8**
Down Ups
3 x 10 jumps




**Quickness Drill 9**
Box Runs
3 x 10 with each foot




**Quickness Drill 10**
Side to Sides
3 x 10 with each foot




**Quickness Drill 11**
Multiple Boxes

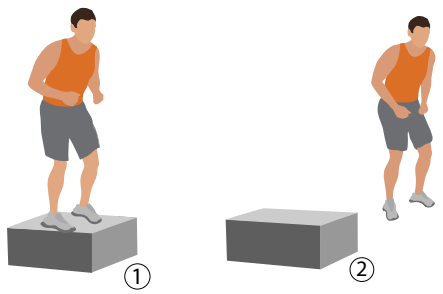
Two Foot Hops: 3 x 10 yards down and back

One Foot Hops: 3 x 10 yards down and back

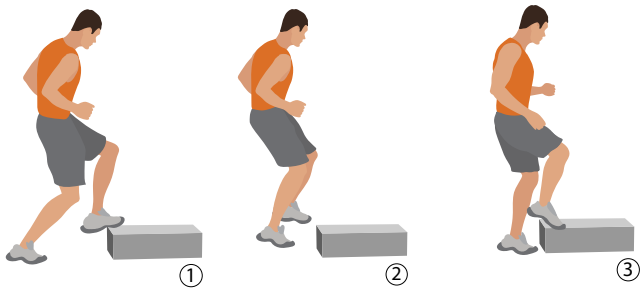
# WORKOUT 15

## 20 Minute Quickness Workout with Boxes

**Quickness Drill 12**
Drop & Lateral Slide
3 x 10 reps




**Quickness Drill 9**
Box Runs
3 x 10 with each foot

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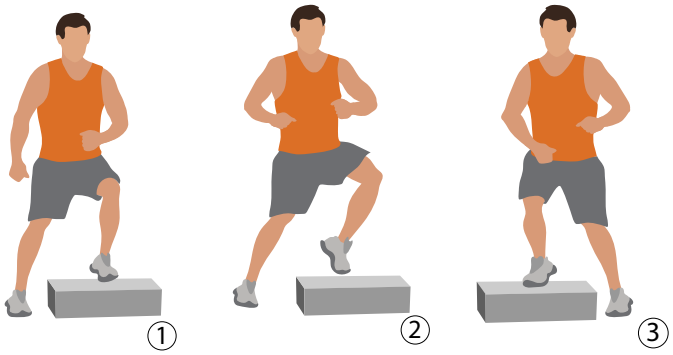
**Quickness Drill 10**
Side to Sides
3 x 10 with each foot

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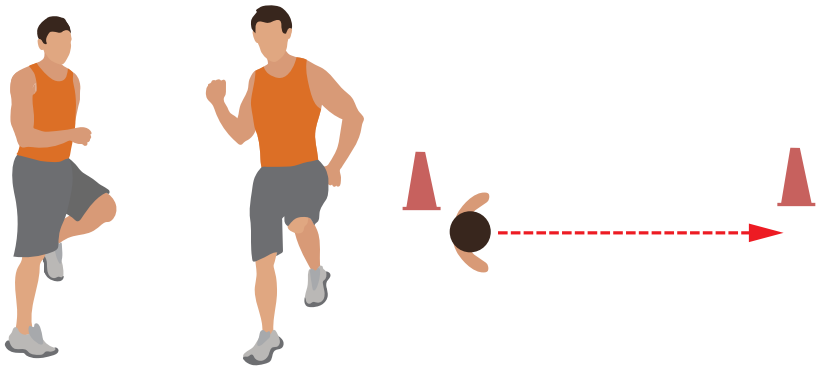
**Quickness Drill 7**
Linear & Lateral Skips



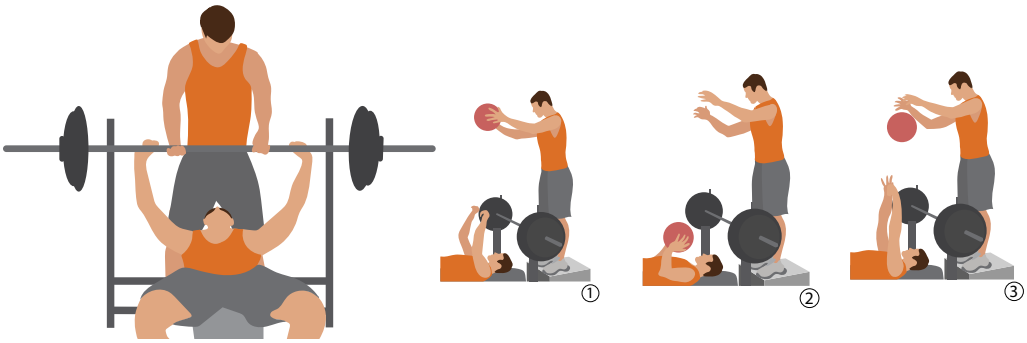
Linear Skips: 3 x 10 yards forward and backward

Lateral Skips: 3 x 10 yards each direction

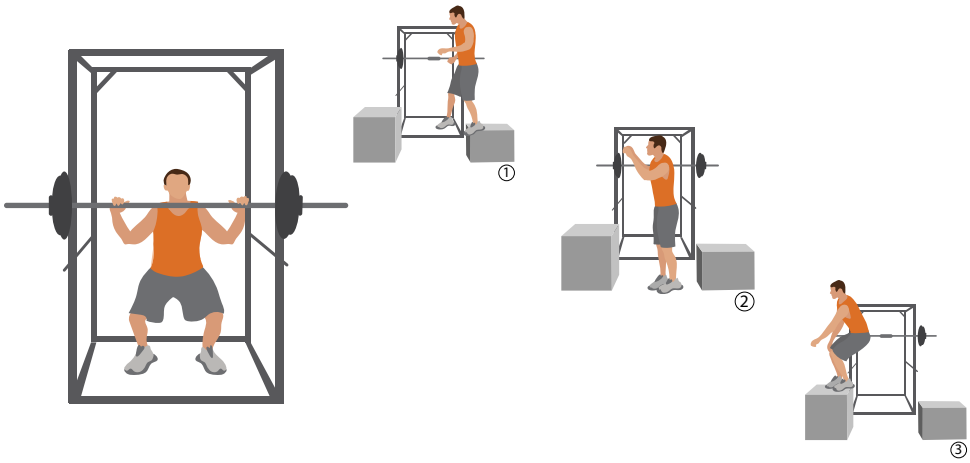
# WORKOUT 16

## 10 Minute Power Workout

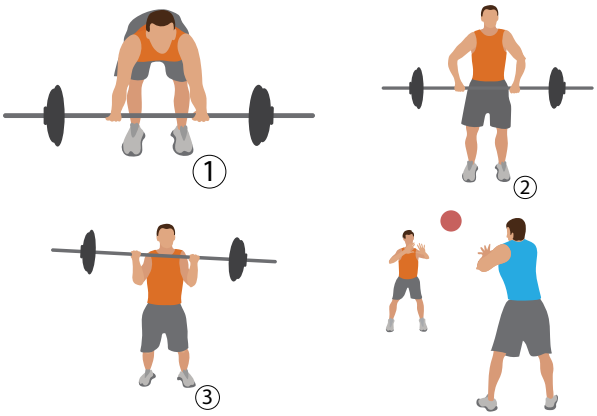
**Power Drill 1**
Bench Press w/
Med. Ball
2 sets of 10 reps




**Power Drill 2**
Back Squats w/
Box Jump
2 sets of 10 reps



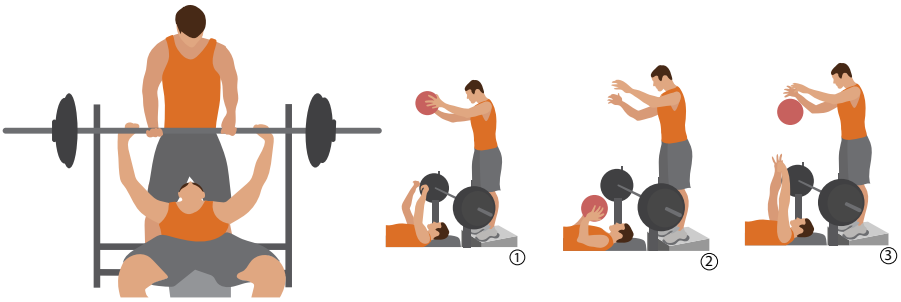

**Power Drill 3**
Power Clean w/
Med. Ball toss
2 sets of 10 reps



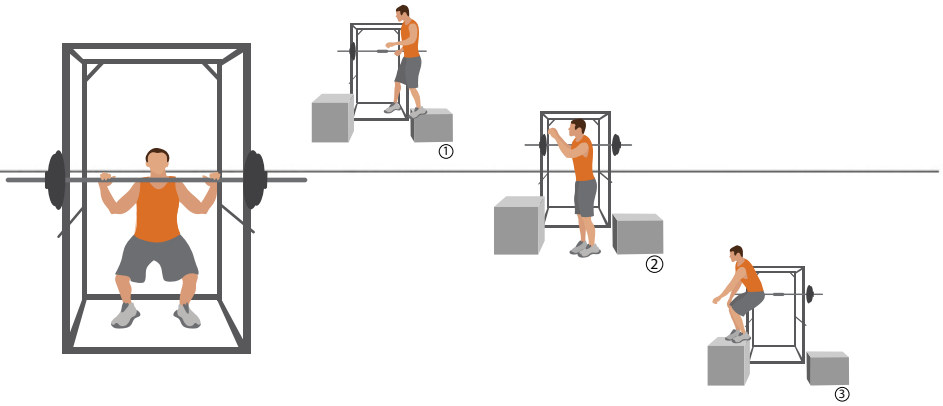
# WORKOUT 17

## 10 Minute Power Workout

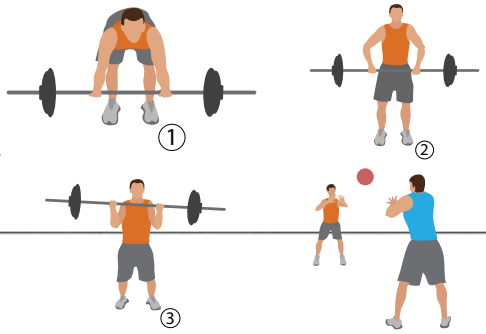
**Power Drill 1**
Bench Press w/Med. Ball
3 sets of 10 reps



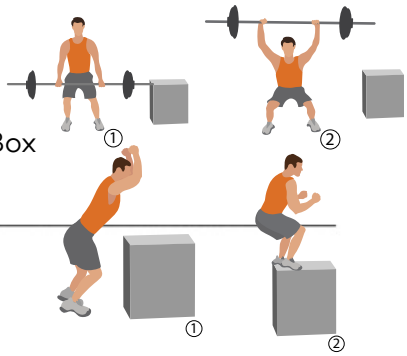
**Power Drill 2**
Back Squats w/Box Jump
3 sets of 10 reps



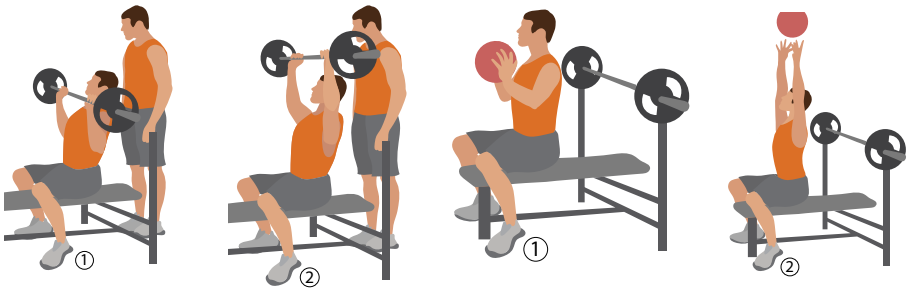
**Power Drill 3**
Power Clean w/Med. Ball toss
3 sets of 10 reps



**Power Drill 4**
Hang Snatch w/Box Jumps
3 sets of 10 reps



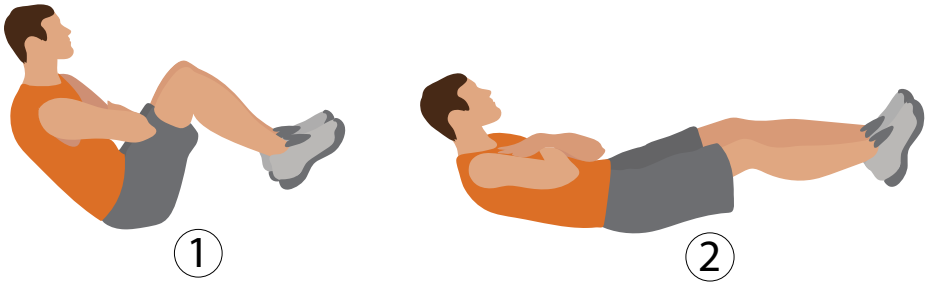
**Power Drill 5**
Military Press w/Med. Ball toss
3 sets of 10 reps



# WORKOUT 18

## 10 Minute Core Workout

**Core Drill 1**
V Sit Ups
3 x 20 reps

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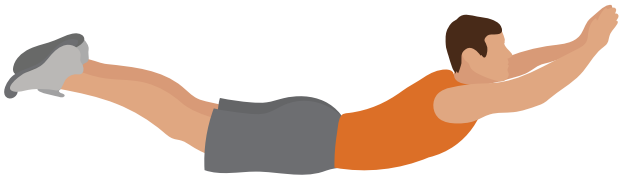
**Core Drill 4**
Supermans
3 x 10 reps



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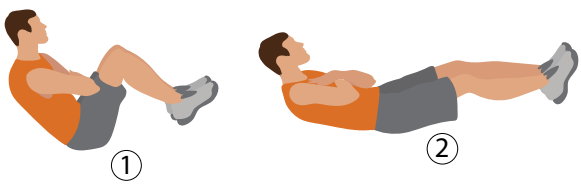
**Core Drill 3**
Knees Up
3 x 20 reps

# WORKOUT 19

## 20 Minute Core Workout

**Core Drill 1**
V Sit Ups
3 x 20 reps




**Core Drill 4**
Supermans
3 x 10 reps

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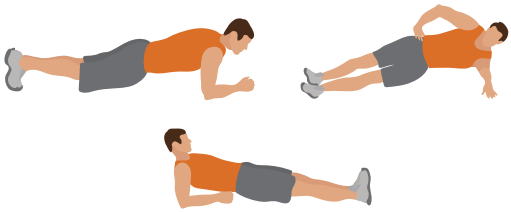
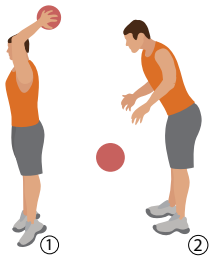
**Core Drill 5**
Pillars
2 x 30 seconds each position



**Core Drill 7**
Slams
3 x 10 reps

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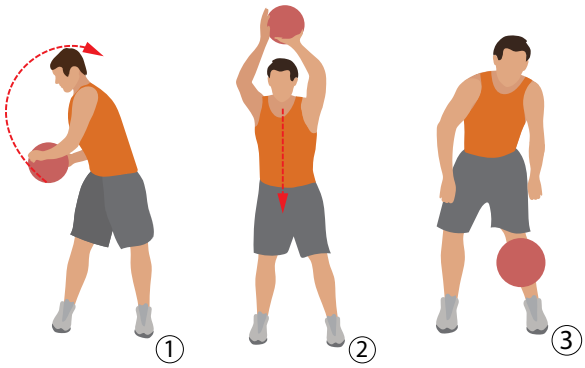
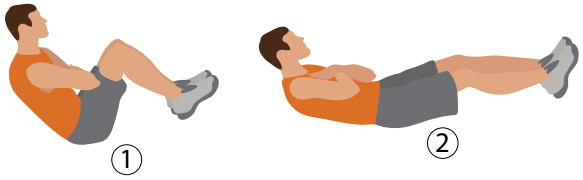
**Core Drill 7**
Figure 8s
3 x 10 reps



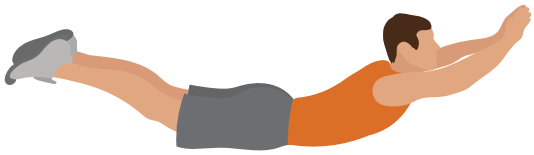
# WORKOUT 20

## 30 Minute Core Workout

**Core Drill 1**
V Sit Ups
3 x 20 reps




**Core Drill 4**
Supermans
3 x 10 reps



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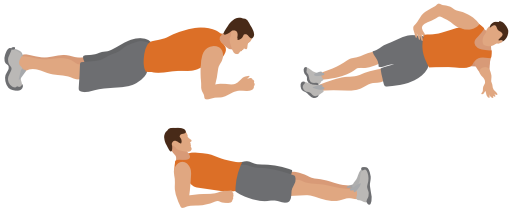
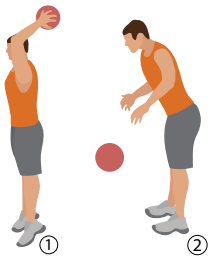
**Core Drill 5**
Pillars
2 x 30 seconds each position



**Core Drill 7**
Slams
3 x 10 reps

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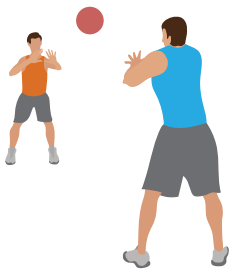
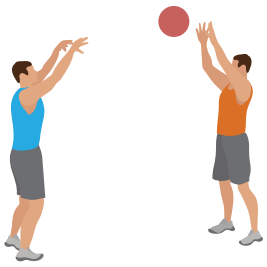
**Core Drill 8**
Chest Pass
3 x 10 reps



**Core Drill 8**
Overhead throws
3 x 10 reps



**Core Drill 8**
Granny throws
3 x 10 reps