

OFF-SEASON TEMPLATE

Workout

These workouts will focus on **increasing/improving strength, flexibility, general fitness, and jump landing mechanics** when the athlete's sports seasons are finished.

Exercises are to be performed **2-3 times per week** and proper sequence of these activities is important:

1. Warm-Up 2. Sport Specific Exercises/Conditioning 3. Resistance Training 4. Trunk Exercises 5. Cool Down.

Resistance with Off-Season exercises needs is heavy enough to be challenging by the last set of the exercise being performed, but light enough to perform all the desired repetitions quick and explosively.

Warm-Up

- A warm-up for 10 minutes will be performed before workouts.

Sports Specific Exercises – perform 2 times a week

- Landing Drills/ Plyometrics- Beginner: 40-100 jumps, Intermediate: 100-150, Adv: 120-200
- Sport specific agility exercises

Resistance Exercises- Coaches can switch exercises every four weeks for variety.

- Weeks 1-4; 3 x 13-15 reps with 30 sec rest between sets
- Weeks 5-8; 3 x 10-12 reps with 1 min rest between sets
- Weeks 9-12; 3 x 8-10 reps with 2 min rest between sets

Core Lower Body Exercises- perform 2-3 days a week

- Olympic lifts/Power Lifting (Performed first before other weight lifting): 3 x 5-7 reps - Power Cleans, Hang Cleans, Snatch (Optional- Choose 1 exercise only if athlete knows how to perform correctly)
- Quadriceps/Lower extremity exercise examples: Squats, Leg Press, Hip Sled, Step-ups, Straight Leg Raises, Lunges (Pick 2-3 exercises)
- Hamstring/Glute exercise examples: Hamstring Curls, Stiff Legged Dead Lift, Thera-ball Bridges and Curls (Pick 1 exercise)
- Hip Abduction exercise examples: Theraband Defensive Slides, Pulley Hip Abduction, Seated Machine Hip Abduction (Pick 1 exercise)
- Calf exercise examples: Standing Calf Raise with Dumbbells/Barbell, Standing Calf Raise Machine, Seated Calf Raise Machine, Calf Raises on the Leg Press (Pick 1 exercise)

Core Upper Body Exercises- perform 2-3 days a week

- Chest/Triceps examples: Bench Press with Dumbbells/Barbell, Incline Press with Dumbbells/Barbell, Push-ups, Chest Fly, Triceps Press (Pick 1-2 exercise)
- Lats/Upper Back: Lat Pulldown, Narrow Grip Lat Pulldown, Straight Arm Lat Pulldown (Pick 1 exercise)
- Romboids/Upper Back/Biceps: Machine Rows, Dumbbell Rows, Reverse Fly, Bicep Curls (Pick 1-2 exercises)
- Rotator Cuff External Rotation : 3 x 15-20 reps – perform with either pulleys, bands, or side lying
- Supraspinatus/Deltoids: Scaption or Frontal Dumbbell Raises to 90 degrees shoulder flexion and thumbs up.

Trunk Stabilization Exercises (examples) - perform daily

Perform 2 x 30-45 reps on each of the following exercises

- Crunches on floor or Swiss Ball
- Hip extension on Swiss Ball
- Oblique Crunches on floor or Swiss Ball
- Plank position holds on floor or Swiss Ball 2 X 30-45 seconds

Aerobic/Anaerobic Conditioning

- Time and frequency are dependent upon the sport.

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