ATHLETIC SECTION

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ATHLETIC DRILL DIAGRAMS

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"BELIEVE IN YOURSELF AND IN YOUR DREAM THOUGH IMPOSSIBLE THINGS MAY SEEM.
SOMEDAY, SOMEHOW YOU'LL GET THROUGH TO THE GOAL YOU HAVE IN VIEW.
MOUNTAINS FALL AND SEAS DIVIDE BEFORE THE ONE WHO IN HIS STRIDE TAKES A HARD ROAD DY BY DAY
SWEEPING OBSTACLES AWAY. BELIEVE IN YOURSELF AND IN YOUR PLAN SAY NOT I CAN NOT - BUT, I CAN.
THE PRIZES OF LIFE WE WILL WIN WHEN WE BELIEVE IN THE POWER WITHIN."

HARVARD W BASKETBALL IRON CRIMSON SUMMER ATHLETIC TUESDAY CARD 1 **NAME**

THE ATHLETIC TRAINING SHOULD NOT EXCEED 1 HOUR. GET MOVING.

TUESDAY: HIGH TEMPO AGILITY-CONDITIONING	**WEEKS 1 - 4**
LATERAL FOOTWORK LADDER	2 FEET IN LATERAL
PRE PROGRESSION	2 FT IN 2 FT OUT LATERAL FACING THE LADDER (DIRECTION FOOT LEAD)
2 SETS EACH DRILL (1 SET EACH FOOT LEAD OR DIRECTION)	2 IN LATERAL HIGH KNEES
	2 FT IN 2 FT OUT LATERAL FACING THE LADDER (DIRECTION FOOT LEAD)
	2 FEET IN LATERAL
FORM RUN AND DYNAMIC FLEX	(FR) POWER SKIPS FOR DISTANCE
FORM RUN (FR): 2 SETS EACH DRILL AT 25 YARDS EACH SET	(DF) KNEE UP OPPOSITE PEC PULL
SUPERSET AFTER EACH DRILL 2 SET SEGMENT WITH	(FR) HIGH KNEE TIGHT ROPE A YARD LINE RAPID DRIVE 10YD / BURST 5YD
DYNAMIC FLEX (DF): 1 SET EACH DRILL AT 10 REPS EACH LEG	(DF) ELEPHANT
	(FR) BOUND "DRIVE AND FLOAT"
	(DF) BACKWARD LONG REACH WALK (STRETCHING HIP FLEXOR AND ACTIVATING GLUTE)
	(FR) BACKWARD LONG STRIDE RUN
	(DF) GROIN LEANS
	(FR) WIDE SHORT STEP LATERAL SHUFFLE 10YD / TURN AND BURST 5YD
NOTE: 16 TOTAL SETS. GET AFTER IT: GO FULL SPEED / TAKE 60 SECOND RECOVERY BETWEEN SETS / TAKE 3 MINUTES BETWEEN STATIONS.	
A) 4 CONE SQUARE DRILL	WIDE QUICK FEET SHUFFLE FACING SQUARE FROM CONE A TO CONE B
2 POINT STANCE STARTING AT CONE A	WIDE QUICK FEET SHUFFLE FACING SQUARE FROM CONE B TO CONE C
DO THE SPECIFIC SQUARE DRILL	WIDE QUICK FEET SHUFFLE FACING SQUARE FROM CONE C TO CONE D
CONES ARE 10YD APART	WIDE QUICK FEET SHUFFLE FACING SQUARE FROM CONE D THROUGH CONE A
CONE A IS THE STARTING AND FINISHING CONE	4 SETS
B) AGILITY BAGS (IF YOU DON'T HAVE BAGS USE CONES)	DRILL: 2 FEET IN EACH HOLE FORWARD
3 POINT STANCE SPRINT INTO BAGS	
DO THE SPECIFIC DRILL THROUGH 5 BAGS SPACED 1YD APART	
SPRINT 5 YARDS OUT OF THE BAGS TO THE FINISH LINE	4 SETS TOTAL / 2 FACING EACH DIRECTION
C) 7 CONE ALPINE DRILL	SPRINT FROM CONE A TO CONE B
2 POINT STANCE START AT CONE A	SPRINT FROM CONE B TO CONE C
DO THE SPECIFIC ALPINE DRILL	SPRINT FROM CONE C TO CONE D
CONES ARE 10YD APART AT A 45 DEGREE ANGLE	SPRINT FROM CONE D TO CONE E
	SPRINT FROM CONE E TO CONE F
CONE A IS THE STARTING AND CONE G IS THE FINISHING CONE.	SPRINT FROM CONE F THROUGH CONE G
CONES A AND G SWITCH ROLES EACH SET.	4 SETS TOTAL / 2 STARTING AT EACH END
D) STEEP INCLINE SPRINT	
20 YARD HILL OR STADIUM STAIRS	
3 POINT STANCE	4 SETS

POST TRAINING DYNAMIC 1 LEG BAND OR ROPE FLEX X 10 REPS EACH: HAM / GROIN / FIGURE 4 / HIP CROSSOVER / HEEL TO BUTT QUAD HIP FLEXOR

HARVARD W BASKETBALL IRON CRIMSON SUMMER ATHLETIC TUESDAY CARD 2 **NAME**

THE ATHLETIC TRAINING SHOULD NOT EXCEED 1 HOUR. GET MOVING.

TUESDAY: HIGH TEMPO AGILITY-CONDITIONING	**WEEKS 5 - 8**
LATERAL FOOTWORK LADDER PROGRESSION # 1 2 SETS EACH DRILL (1 SET EACH FOOT LEAD OR DIRECTION)	2 FEET IN LATERAL 2 FT IN 2 FT OUT LATERAL FACING THE LADDER (DIRECTION FOOT LEAD) ALI SHUFFLE (SCISSORS) 1 IN LATERAL WIDE SHUFFLE 2 IN LATERAL HIGH KNEES
FORM RUN AND DYNAMIC FLEX FORM RUN (FR): 2 SETS EACH DRILL AT 25 YARDS EACH SET SUPERSET AFTER EACH DRILL 2 SET SEGMENT WITH DYNAMIC FLEX (DF): 1 SET EACH DRILL AT 10 REPS EACH LEG	(FR) POWER SKIPS FOR DISTANCE (DF) KNEE UP OPPOSITE PEC PULL (FR) HIGH KNEE TIGHT ROPE A YARD LINE RAPID DRIVE 10YD / BURST 5YD (DF) ELEPHANT (FR) BOUND "DRIVE AND FLOAT" (DF) BACKWARD LONG REACH WALK (STRETCHING HIP FLEXOR AND ACTIVATING GLUTE) (FR) BACKWARD LONG STRIDE RUN (DF) GROIN LEANS (FR) WIDE SHORT STEP LATERAL SHUFFLE 10YD / TURN AND BURST 5YD
NOTE: 24 TOTAL SETS. GET AFTER IT: GO FULL SPEED / TAKE 60 SECOND RECOVERY BETWEEN SETS / TAKE 3 MINUTES BETWEEN STATIONS.	
A) 4 CONE SQUARE DRILL 2 POINT STANCE STARTING AT CONE A DO THE SPECIFIC SQUARE DRILL CONES ARE 10YD APART CONE A IS THE STARTING AND FINISHING CONE	BACKPEDDLE FROM CONE A TO CONE B WIDE QUICK FEET SHUFFLE FACING SQUARE FROM CONE B TO CONE C SPRINT FROM CONE C TO CONE D WIDE QUICK FEET SHUFFLE FACING AWAY FROM SQUARE FROM CONE D THROUGH CONE A 6 SETS
B) AGILITY BAGS (IF YOU DON'T HAVE BAGS USE CONES) 3 POINT STANCE SPRINT INTO BAGS DO THE SPECIFIC DRILL THROUGH 5 BAGS SPACED 1YD APART SPRINT 5 YARDS OUT OF THE BAGS TO THE FINISH LINE	DRILL: 2 FEET IN EACH HOLE LATERAL 6 SETS TOTAL / 3 FACING EACH DIRECTION
C) 7 CONE ALPINE DRILL 2 POINT STANCE START AT CONE A DO THE SPECIFIC ALPINE DRILL CONES ARE 10YD APART AT A 45 DEGREE ANGLE CONE A IS THE STARTING AND CONE G IS THE FINISHING CONE. CONES A AND G SWITCH ROLES EACH SET.	WIDE QUICK FEET SHUFFLE FROM CONE A TO CONE B SPRINT FROM CONE B TO CONE C WIDE QUICK FEET SHUFFLE FROM CONE C TO CONE D SPRINT FROM CONE D TO CONE E WIDE QUICK FEET SHUFFLE FROM CONE E TO CONE F SPRINT FROM CONE F THROUGH CONE G 6 SETS TOTAL / 3 STARTING AT EACH END
D) STEEP INCLINE SPRINT 20 YARD HILL OR STADIUM STAIRS 3 POINT STANCE	 6 SETS

POST TRAINING DYNAMIC 1 LEG BAND OR ROPE FLEX X 10 REPS EACH: HAM / GROIN / FIGURE 4 / HIP CROSSOVER / HEEL TO BUTT QUAD HIP FLEXOR

HARVARD W BASKETBALL IRON CRIMSON SUMMER ATHLETIC TUESDAY CARD 3 **NAME**

THE ATHLETIC TRAINING SHOULD NOT EXCEED 1 HOUR. GET MOVING.

TUESDAY: HIGH TEMPO AGILITY-CONDITIONING	**WEEKS 9 - 12**
LATERAL FOOTWORK LADDER PROGRESSION # 2 2 SETS EACH DRILL (1 SET EACH FOOT LEAD OR DIRECTION)	2 FEET IN LATERAL 2 FT IN 2 FT OUT LATERAL FACING AWAY FROM THE LADDER (DIRECTION FOOT LEAD) CARIOCA WITH BIG HIGH KNEE CROSSOVER IN THE FRONT AND SHORT QUICK STEP BEHIND SLING SHOT LEAD FOOT (OVER AND BACK THE LADDER) WITH TRAIL FOOT LATERAL IN BOX STEP SLING SHOT TRAIL FOOT (OVER AND BACK THE LADDER) WITH LEAD FOOT LATERAL IN BOX STEP
FORM RUN AND DYNAMIC FLEX FORM RUN (FR): 2 SETS EACH DRILL AT 25 YARDS EACH SET SUPERSET AFTER EACH DRILL 2 SET SEGMENT WITH DYNAMIC FLEX (DF): 1 SET EACH DRILL AT 10 REPS EACH LEG	(FR) POWER SKIPS FOR DISTANCE (DF) KNEE UP OPPOSITE PEC PULL (FR) HIGH KNEE TIGHT ROPE A YARD LINE RAPID DRIVE 10YD / BURST 5YD (DF) ELEPHANT (FR) BOUND "DRIVE AND FLOAT" (DF) BACKWARD LONG REACH WALK (STRETCHING HIP FLEXOR AND ACTIVATING GLUTE) (FR) BACKWARD LONG STRIDE RUN (DF) GROIN LEANS (FR) WIDE SHORT STEP LATERAL SHUFFLE 10YD / TURN AND BURST 5YD
NOTE: 24 TOTAL SETS. GET AFTER IT: GO FULL SPEED / TAKE 45 SECOND RECOVERY BETWEEN SETS / TAKE 2.5 MINUTES BETWEEN STATIONS.	
A) 4 CONE SQUARE DRILL 2 POINT STANCE STARTING AT CONE A DO THE SPECIFIC SQUARE DRILL CONES ARE 10YD APART CONE A IS THE STARTING AND FINISHING CONE	WIDE QUICK FEET SHUFFLE FACING SQUARE FROM CONE A TO CONE B SPRINT FROM CONE B TO CONE C WIDE QUICK FEET SHUFFLE FACING AWAY FROM SQUARE FROM CONE C TO CONE D BACKPEDDLE FROM CONE D THROUGH CONE A 6 SETS
B) AGILITY BAGS (IF YOU DON'T HAVE BAGS USE CONES) 3 POINT STANCE SPRINT INTO BAGS DO THE SPECIFIC DRILL THROUGH 5 BAGS SPACED 1YD APART SPRINT 5 YARDS OUT OF THE BAGS TO THE FINISH LINE	DRILL: FORWARD - BACKWARD WEAVE AROUND EACH BAG 6 SETS TOTAL / 3 FACING EACH DIRECTION
C) 7 CONE ALPINE DRILL 2 POINT STANCE START AT CONE A DO THE SPECIFIC ALPINE DRILL CONES ARE 10YD APART AT A 45 DEGREE ANGLE CONE A IS THE STARTING AND CONE G IS THE FINISHING CONE. CONES A AND G SWITCH ROLES EACH SET.	CARIOCA FROM CONE A TO CONE B SPRINT FROM CONE B TO CONE C CARIOCA FROM CONE C TO CONE D SPRINT FROM CONE D TO CONE E CARIOCA FROM CONE E TO CONE F SPRINT FROM CONE F THROUGH CONE G 6 SETS TOTAL / 3 STARTING AT EACH END
D) STEEP INCLINE SPRINT 20 YARD HILL OR STADIUM STAIRS 3 POINT STANCE	 6 SETS

POST TRAINING DYNAMIC 1 LEG BAND OR ROPE FLEX X 10 REPS EACH: HAM / GROIN / FIGURE 4 / HIP CROSSOVER / HEEL TO BUTT QUAD HIP FLEXOR

HARVARD W BASKETBALL IRON CRIMSON SUMMER ATHLETIC TUESDAY CARD 4 **NAME**

THE ATHLETIC TRAINING SHOULD NOT EXCEED 1 HOUR. GET MOVING.

TUESDAY: HIGH TEMPO AGILITY-CONDITIONING	**WEEKS 13 - 16**
LATERAL FOOTWORK LADDER	2 FEET IN LATERAL
PROGRESSION # 3	2 FT IN 4 FT OUT FEET GO OUT THE FRONT OF ONE BOX AND OUT THE BACK OF THE NEXT BOX (DIRECTION FOOT LEAD)
2 SETS EACH DRILL (1 SET EACH FOOT LEAD OR DIRECTION)	LATERAL ICKY SHUFLE
	SLING SHOT LEAD FOOT (OVER AND BACK THE LADDER) WITH TRAIL FOOT LATERAL IN BOX HOP
	SLING SHOT TRAIL FOOT (OVER AND BACK THE LADDER) WITH LEAD FOOT LATERAL IN BOX HOP
FORM RUN AND DYNAMIC FLEX	(FR) POWER SKIPS FOR DISTANCE
FORM RUN (FR): 2 SETS EACH DRILL AT 25 YARDS EACH SET	(DF) KNEE UP OPPOSITE PEC PULL
SUPERSET AFTER EACH DRILL 2 SET SEGMENT WITH	(FR) HIGH KNEE TIGHT ROPE A YARD LINE RAPID DRIVE 10YD / BURST 5YD
DYNAMIC FLEX (DF): 1 SET EACH DRILL AT 10 REPS EACH LEG	(DF) ELEPHANT
	(FR) BOUND "DRIVE AND FLOAT"
	(DF) BACKWARD LONG REACH WALK (STRETCHING HIP FLEXOR AND ACTIVATING GLUTE)
	(FR) BACKWARD LONG STRIDE RUN
	(DF) GROIN LEANS
	(FR) WIDE SHORT STEP LATERAL SHUFFLE 10YD / TURN AND BURST 5YD
NOTE: 24 TOTAL SETS. GET AFTER IT: GO FULL SPEED / TAKE 30 SECOND RECOVERY BETWEEN SETS / TAKE 2 MINUTES BETWEEN STATIONS.	
A) 4 CONE SQUARE DRILL	WIDE QUICK FEET SHUFFLE FACING SQUARE AWAY FROM CONE A TO CONE B
2 POINT STANCE STARTING AT CONE A	BACKPEDDLE FROM CONE B TO CONE C
DO THE SPECIFIC SQUARE DRILL	WIDE QUICK FEET SHUFFLE FACING SQUARE FROM CONE C TO CONE D
CONES ARE 10YD APART	SPRINT FROM CONE D THROUGH CONE A
CONE A IS THE STARTING AND FINISHING CONE	6 SETS (WEEK 16 IS UNLOAD ONLY DO 3 SETS)
B) AGILITY BAGS (IF YOU DON'T HAVE BAGS USE CONES)	DRILL: RIGHT TO LEFT AND LEFT TO RIGHT LATERAL WEAVE AROUND EACH BAG
3 POINT STANCE SPRINT INTO BAGS	
DO THE SPECIFIC DRILL THROUGH 5 BAGS SPACED 1YD APART	
SPRINT 5 YARDS OUT OF THE BAGS TO THE FINISH LINE	6 SETS TOTAL / 3 FACING EACH DIRECTION (WEEK 16 IS UNLOAD ONLY DO 4 TOTAL SETS 2 FACING EACH DIRECTION)
C) 7 CONE ALPINE DRILL	BACKPEDDLE FROM CONE A TO CONE B
2 POINT STANCE START AT CONE A	SPRINT FROM CONE B TO CONE C
DO THE SPECIFIC ALPINE DRILL	BACPEDDLE FROM CONE C TO CONE D
CONES ARE 10YD APART AT A 45 DEGREE ANGLE	SPRINT FROM CONE D TO CONE E
	BACKPEDDLE FROM CONE E TO CONE F
CONE A IS THE STARTING AND CONE G IS THE FINISHING CONE.	SPRINT FROM CONE F THROUGH CONE G
CONES A AND G SWITCH ROLES EACH SET.	6 SETS TOTAL / 3 STARTING AT EACH END (WEEK 16 IS UNLOAD ONLY DO 4 SETS TOTAL 2 STARTING AT EACH END)
D) STEEP INCLINE SPRINT	
20 YARD HILL OR STADIUM STAIRS	
3 POINT STANCE	6 SETS (WEEK 16 IS UNLOAD ONLY DO 3 SETS)

POST TRAINING DYNAMIC 1 LEG BAND OR ROPE FLEX X 10 REPS EACH: HAM / GROIN / FIGURE 4 / HIP CROSSOVER / HEEL TO BUTT QUAD HIP FLEXOR

HARVARD W BASKETBALL IRON CRIMSON SUMMER ATHLETIC THURSDAY CARD 1
THE ATHLETIC TRAINING SHOULD NOT EXCEED 1 HOUR. GET MOVING.

THURSDAY: LINEAR AND LATERAL SPEED / "DOMIANTOR"	**WEEKS 1 - 4**
LINEAR FOOTWORK LADDER PRE PROGRESSION 2 SETS EACH DRILL (1 SET EACH FOOT LEAD OR DIRECTION)	2 FEET IN FORWARD ICKY 1 FOOT OUTSIDE THE BOX 1 IN FORWARD HIGH KNEE ICKY 1 FOOT OUTSIDE THE BOX 2 FEET IN FORWARD
FORM RUN AND DYNAMIC FLEX FORM RUN (FR): 2 SETS EACH DRILL AT 25 YARDS EACH SET SUPERSET AFTER EACH DRILL 2 SET SEGMENT WITH DYNAMIC FLEX (DF): 1 SET EACH DRILL AT 10 REPS EACH LEG	(FR) POWER SKIPS FOR HEIGHT (DF) KNEE UP DRIVE AND HOLD FOR 2 COUNTS (FR) HIGH KNEE RAPID DRIVE 10YD/ BURST 5YD (DF) FRANKENSTEIN (FR) RUNNING MAN (DF) SPIDERMAN (FR) STRAIGHT LEG RUN (DF) FIGURE 4 SHIN PULLS (FR) CARIOCA HIGH FRONT CROSSOVER STEP
NOTE: TO GET FULL TRAINING EFFECT, TAKE FULL RECOVERY BETWEEN THE SETS OF THE NEXT 2 LATERAL SPEED DRILLS	
LATERAL SPEED 5/1O/5 PRE PROGRESSION	5 YARD WIDE QUICK FT SHUFFLE TO THE RIGHT TOUCH LINE WITH RIGHT HAND INTO 10 YARD WIDE QUICK SHUFFLE TO THE LEFT TOUCH LINE WITH LEFT HAND INTO 5 YARD WIDE QUICK FT SHUFFLE TO THE LEFT THROUGH MIDDLE LINE 4 SETS 2 EACH DIRECTION
LATERAL SPEED TRIANGLE DRILL 3 CONES 5 YARDS APART	BACK PEDDLE FROM CONE 1 TO CONE 2 (CONTINUE) WIDE SHORT STEP SHUFFLE FROM CONE 2 TO CONE 3 (CONTINUE) SPRINT FROM CONE 3 THROUGH CONE 1 4 SETS 2 EACH DIRECTION

THE "DOMINATOR" CONDITIONING TEST EXPLANATION

THE "DOMINATOR" TEST IS 20 SETS OF A 60 YARD SHUTTLE (GOAL LINE TO 5YD LINE - TO GOAL LINE - TO 10YD LINE - TO GOAL LINE - TO 15YD LINE - THROUGH GOAL LINE).

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCH THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS.
FIRST HALF OF REQUIRED # OF SETS (EX. TEST SETS 1-10) RIGHT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE.
SECOND HALF OF REQUIRED # OF SETS (EX. TEST SETS 11-20) LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

TEST TIMES (MAKE IT UNDER / REST BETWEEN SETS): (15 / 30)

"DOMINATOR" CONDITIONING WEEKLY TRAINING DIRECTIONS

(WEEK 1 DO 10 SETS) **(WEEK 2 DO 12 SETS)** **(WEEK 3 DO 14 SETS)** **(WEEK 4 DO 16 SETS)**

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCH THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS.
FIRST HALF OF REQUIRED # OF SETS DO RIGHT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE.
SECOND HALF OF REQUIRED # OF SETS DO LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

TRAINING TIMES (MAKE IT UNDER / REST BETWEEN SETS): (15 / 60)

POST TRAINING DYNAMIC 1 LEG BAND OR ROPE FLEX X 10 REPS EACH: HAM / GROIN / FIGURE 4 / HIP CROSSOVER / HEEL TO BUTT QUAD HIP FLEXOR

HARVARD W BASKETBALL IRON CRIMSON SUMMER ATHLETIC THURSDAY CARD 2
THE ATHLETIC TRAINING SHOULD NOT EXCEED 1 HOUR. GET MOVING.

THURSDAY: LINEAR AND LATERAL SPEED / "DOMIANTOR"	**WEEKS 5 - 8**
LINEAR FOOTWORK LADDER PROGRESSION # 1 2 SETS EACH DRILL (1 SET EACH FOOT LEAD OR DIRECTION)	2 FEET IN FORWARD ICKY 1 FOOT OUTSIDE THE BOX HOPSCOTCH 2 FEET INSIDE BOX SLALOM WIDE FT ALTERNATE SWITCH 1 IN FORWARD HIGH KNEE
FORM RUN AND DYNAMIC FLEX FORM RUN (FR): 2 SETS EACH DRILL AT 25 YARDS EACH SET SUPERSET AFTER EACH DRILL 2 SET SEGMENT WITH DYNAMIC FLEX (DF): 1 SET EACH DRILL AT 10 REPS EACH LEG	(FR) POWER SKIPS FOR HEIGHT (DF) KNEE UP DRIVE AND HOLD FOR 2 COUNTS (FR) HIGH KNEE RAPID DRIVE 10YD/ BURST 5YD (DF) FRANKENSTEIN (FR) RUNNING MAN (DF) SPIDERMAN (FR) STRAIGHT LEG RUN (DF) FIGURE 4 SHIN PULLS (FR) CARIOCA HIGH FRONT CROSSOVER STEP
NOTE: TO GET FULL TRAINING EFFECT, TAKE FULL RECOVERY BETWEEN THE SETS OF THE NEXT 2 LATERAL SPEED DRILLS	
LATERAL SPEED 5/1O/5 PROGRESSION # 1	5 YARD CROSSOVER START AND STICK TURN 1 (1E WAY) WORK ON BIG CROSSOVER STEP AND TURN POSITION 4 SETS 2 EACH DIRECTION
LATERAL SPEED LATERAL 4 RING SHUFFLE PROGRESSION # 1	1 / 2 STICK, DOWN AND BACK 3 REPS EACH WAY IS 1 SET (DOWN AND BACK 3 TIMES) 4 SETS 2 STARTING ON EACH SIDE

THE "DOMINATOR" CONDITIONING TEST EXPLANATION

THE "DOMINATOR" TEST IS 20 SETS OF A 60 YARD SHUTTLE (GOAL LINE TO 5YD LINE - TO GOAL LINE - TO 10YD LINE - TO GOAL LINE - TO 15YD LINE - THROUGH GOAL LINE).

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCH THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS.
FIRST HALF OF REQUIRED # OF SETS (EX. TEST SETS 1-10) RIGHT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE.
SECOND HALF OF REQUIRED # OF SETS (EX. TEST SETS 11-20) LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

TEST TIMES (MAKE IT UNDER / REST BETWEEN SETS): (15 / 30)

"DOMINATOR" CONDITIONING WEEKLY TRAINING DIRECTIONS

(WEEK 5 DO 10 SETS) **(WEEK 6 DO 12 SETS)** **(WEEK 7 DO 14 SETS)** **(WEEK 8 DO 16 SETS)**

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCH THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS.
FIRST HALF OF REQUIRED # OF SETS DO RIGHT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE.
SECOND HALF OF REQUIRED # OF SETS DO LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

TRAINING TIMES (MAKE IT UNDER / REST BETWEEN SETS): (15 / 45)

POST TRAINING DYNAMIC 1 LEG BAND OR ROPE FLEX X 10 REPS EACH: HAM / GROIN / FIGURE 4 / HIP CROSSOVER / HEEL TO BUTT QUAD HIP FLEXOR

HARVARD W BASKETBALL IRON CRIMSON SUMMER ATHLETIC THURSDAY CARD 3 **NAME**

THE ATHLETIC TRAINING SHOULD NOT EXCEED 1 HOUR. GET MOVING.

THURSDAY: LINEAR AND LATERAL SPEED / "DOMIANTOR"	**WEEKS 9 - 12**
LINEAR FOOTWORK LADDER PROGRESSION # 2 2 SETS EACH DRILL (1 SET EACH FOOT LEAD OR DIRECTION)	2 FEET IN FORWARD ICKY 2 FOOT OUTSIDE THE BOX HOPSCOTCH 1 (SAME) FOOT INSIDE BOX SLALOM FEET TOGETHER OVER SIDE RAIL 3 IN FORWARD
FORM RUN AND DYNAMIC FLEX FORM RUN (FR): 2 SETS EACH DRILL AT 25 YARDS EACH SET SUPERSET AFTER EACH DRILL 2 SET SEGMENT WITH DYNAMIC FLEX (DF): 1 SET EACH DRILL AT 10 REPS EACH LEG	(FR) POWER SKIPS FOR HEIGHT (DF) KNEE UP DRIVE AND HOLD FOR 2 COUNTS (FR) HIGH KNEE RAPID DRIVE 10YD/ BURST 5YD (DF) FRANKENSTEIN (FR) RUNNING MAN (DF) SPIDERMAN (FR) STRAIGHT LEG RUN (DF) FIGURE 4 SHIN PULLS (FR) CARIOCA HIGH FRONT CROSSOVER STEP
NOTE: TO GET FULL TRAINING EFFECT, TAKE FULL RECOVERY BETWEEN THE SETS OF THE NEXT 2 LATERAL SPEED DRILLS	
LATERAL SPEED 5/1O/5 PROGRESSION # 2	5 YARD CROSSOVER START AND STICK TURN 1 (1E WAY) (5-10 STICK) 5 YD CRSVR START AND PLANT CRSVR TURN 1 INTO 10YD STICK TURN 2 (1E WAY) WORK ON BIG CROSSOVER STEP, TURN POSITION AND LOW HIPS 4 SETS TOTAL 2 EACH DRILL 1 EACH DIRECTION
LATERAL SPEED LATERAL 4 RING SHUFFLE PROGRESSION # 2	1 / 2 CUT, DOWN AND BACK, STICK 3RD REP BACK SO YOU END EACH SET WITH A STICK 3 REPS EACH WAY IS 1 SET (DOWN AND BACK 3 TIMES) 4 SETS 2 STARTING ON EACH SIDE

THE "DOMINATOR" CONDITIONING TEST EXPLANATION

THE "DOMINATOR" TEST IS 20 SETS OF A 60 YARD SHUTTLE (GOAL LINE TO 5YD LINE - TO GOAL LINE - TO 10YD LINE - TO GOAL LINE - TO 15YD LINE - THROUGH GOAL LINE).

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCH THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS.
FIRST HALF OF REQUIRED # OF SETS (EX. TEST SETS 1-10) RIGHT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE.
SECOND HALF OF REQUIRED # OF SETS (EX. TEST SETS 11-20) LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

TEST TIMES (MAKE IT UNDER / REST BETWEEN SETS): (15 / 30)

"DOMINATOR" CONDITIONING WEEKLY TRAINING DIRECTIONS

(WEEK 9 DO 10 SETS) **(WEEK 10 DO 12 SETS)** **(WEEK 11 DO 14 SETS)** **(WEEK 12 DO 16 SETS)**

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCH THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS.
FIRST HALF OF REQUIRED # OF SETS DO RIGHT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE.
SECOND HALF OF REQUIRED # OF SETS DO LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

TRAINING AND TEST TIMES ARE NOW THE SAME (MAKE IT UNDER / REST BETWEEN SETS): (15 / 30)

POST TRAINING DYNAMIC 1 LEG BAND OR ROPE FLEX X 10 REPS EACH: HAM / GROIN / FIGURE 4 / HIP CROSSOVER / HEEL TO BUTT QUAD HIP FLEXOR

HARVARD W BASKETBALL IRON CRIMSON SUMMER ATHLETIC THURSDAY CARD 4 **NAME**

THE ATHLETIC TRAINING SHOULD NOT EXCEED 1 HOUR. GET MOVING.

THURSDAY: LINEAR AND LATERAL SPEED / "DOMIANTOR"	**WEEKS 13 - 16**
LINEAR FOOTWORK LADDER PROGRESSION # 3 2 SETS EACH DRILL (1 SET EACH FOOT LEAD OR DIRECTION)	2 FEET IN FORWARD BIG ICKY 1 FOOT HARD STICK OUTSIDE THE BOX, EVERY OTHER BOX HOPSCOTCH 1 (ALTERNATING) FOOT INSIDE BOX SLALOM WITH 1 FOOT OVER SIDE RAIL FORWARD FRONT CROSSOVER 2 FEET OUT
FORM RUN AND DYNAMIC FLEX FORM RUN (FR): 2 SETS EACH DRILL AT 25 YARDS EACH SET SUPERSET AFTER EACH DRILL 2 SET SEGMENT WITH DYNAMIC FLEX (DF): 1 SET EACH DRILL AT 10 REPS EACH LEG	(FR) POWER SKIPS FOR HEIGHT (DF) KNEE UP DRIVE AND HOLD FOR 2 COUNTS (FR) HIGH KNEE RAPID DRIVE 10YD/ BURST 5YD (DF) FRANKENSTEIN (FR) RUNNING MAN (DF) SPIDERMAN (FR) STRAIGHT LEG RUN (DF) FIGURE 4 SHIN PULLS (FR) CARIOCA HIGH FRONT CROSSOVER STEP
NOTE: TO GET FULL TRAINING EFFECT, TAKE FULL RECOVERY BETWEEN THE SETS OF THE NEXT 2 LATERAL SPEED DRILLS	
LATERAL SPEED 5/1O/5 PROGRESSION # 3	5 YARD CROSSOVER START AND STICK TURN 1 (1E WAY) (5-10 STICK) 5 YD CRSVR START AND PLANT CRSVR TURN 1 INTO 10YD STICK TURN 2 (1E WAY) 5/1O/5 (1E WAY) WORK ON BIG CROSSOVER STEP, TURN POSITION AND LOW HIPS 6 SETS TOTAL 2 EACH DRILL 1 EACH DIRECTION (WEEK 16 IS UNLOAD ONLY DO 2 5-10-5 1 EACH DIRECTION)
LATERAL SPEED LATERAL 4 RING SHUFFLE PROGRESSION # 3	1 / 2 CUT, DOWN AND BACK, CROSSOVER TURN 3RD REP BACK SO YOU END EACH SET WITH A CRSVER TURN 3 REPS EACH WAY IS 1 SET (DOWN AND BACK 3 TIMES) 4 SETS 2 STARTING ON EACH SIDE (WEEK 16 IS UNLOAD ONLY DO 2 SETS 1 STARTING EACH SIDE)

THE "DOMINATOR" CONDITIONING TEST EXPLANATION

THE "DOMINATOR" TEST IS 20 SETS OF A 60 YARD SHUTTLE (GOAL LINE TO 5YD LINE - TO GOAL LINE - TO 10YD LINE - TO GOAL LINE - TO 15YD LINE - THROUGH GOAL LINE).

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCH THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS.
FIRST HALF OF REQUIRED # OF SETS (EX. TEST SETS 1-10) RIGHT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE.
SECOND HALF OF REQUIRED # OF SETS (EX. TEST SETS 11-20) LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

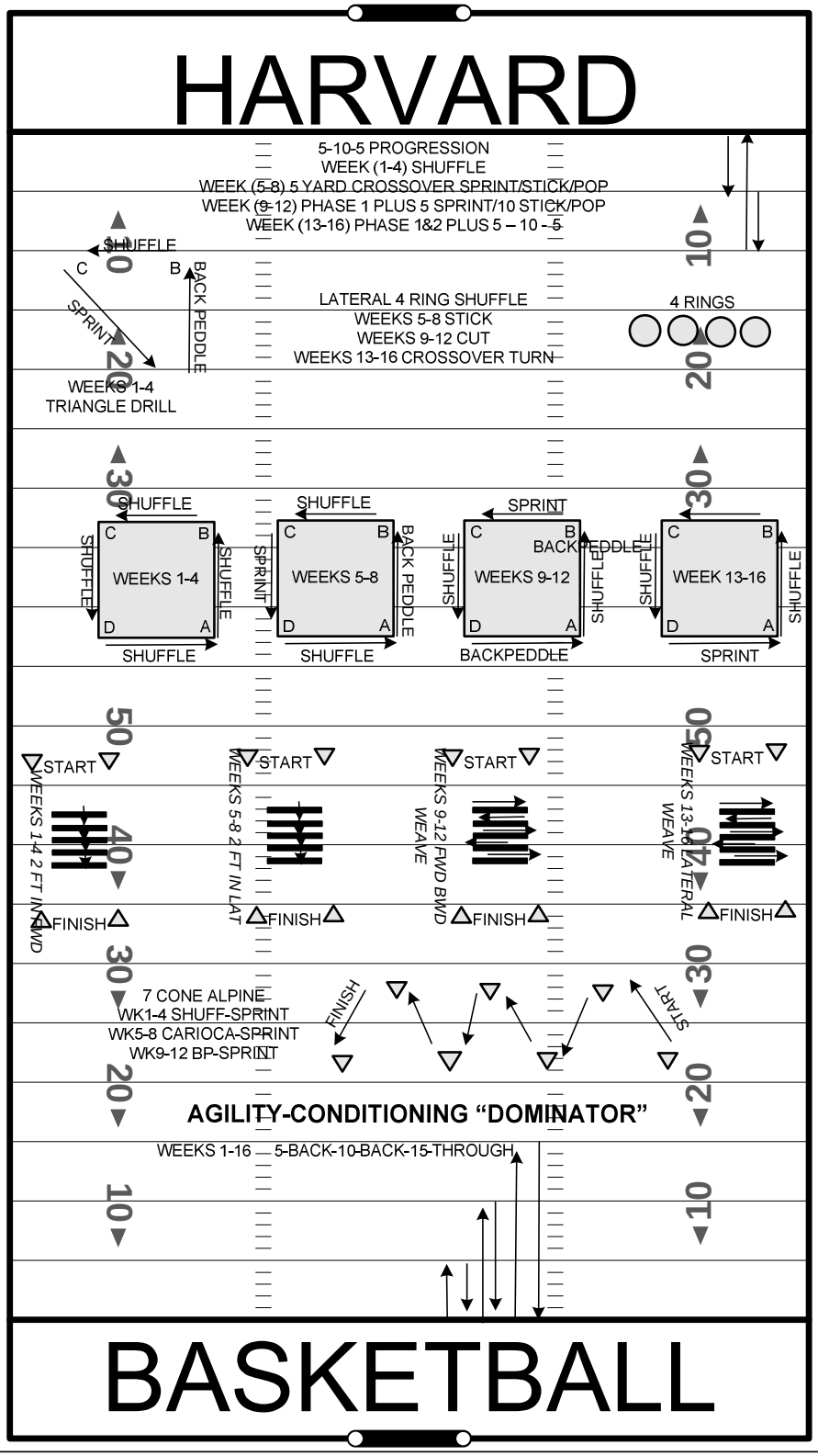
TEST TIMES (MAKE IT UNDER / REST BETWEEN SETS): (15 / 30)

"DOMINATOR" CONDITIONING WEEKLY TRAINING DIRECTIONS

(WEEK 13 DO 18 SETS) **(WEEK 14 DO 20 SETS)** **(WEEK 15 DO 20 SETS)** **(WEEK 16 UNLOAD DO 10 SETS)**

START EACH SET IN A 3 POINT STANCE WITH HAND ON THE GOAL LINE. FOOT PLANT TOUCH THE REQUIRED LINES. KEEP HANDS OFF THE GROUND DURING THE SETS.
FIRST HALF OF REQUIRED # OF SETS DO RIGHT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND LEFT FOOT PLANT TOUCH ON THE GOAL LINE.
SECOND HALF OF REQUIRED # OF SETS DO LEFT FOOT PLANT TOUCH ON THE 5, 10, 15 YARD LINES AND RIGHT FOOT PLANT TOUCH ON THE GOAL LINE.

TRAINING AND TEST TIMES ARE NOW THE SAME (MAKE IT UNDER / REST BETWEEN SETS): (15 / 30)

POST TRAINING DYNAMIC 1 LEG BAND OR ROPE FLEX X 10 REPS EACH: HAM / GROIN / FIGURE 4 / HIP CROSSOVER / HEEL TO BUTT QUAD HIP FLEXOR

ATHLETIC DRILL DIAGRAMS (APPROXIMATE SCALE) SUMMER MANUAL 2008