



SPEED, AGILITY, QUICKNESS

Movement Skills		MESO 3			
	Comments	Week 1	Week 3	Week 5	Week 7
Ankling, A/B March/Skip	Balance bucket, Zip Up Jacket	2	2	3	3
Standing Wall B's	Claw and draw	2x6*	2x6*	2x8*	2x8*
Bound rebound stick lin/lat	Quick touch, soft landing	2x4*	2x5*	2x5*	3x5*
Straight leg Short/long/run	leg stay straight	2x4	2x5	2x5	3x5
2 cone Shuffle touch	3 stride apart, touch inside hand	2x4*	2x4*	3x4*	3x4*
40m Accels	Transition to upright	2x3	2x4	3x4	3x4

		ESD Training: MESO 4					
		Riddell Sport Academy					
Week 1		Week 3		Week 5		Week 7	
ATP/PCR		ATP/PCR		ATP/PCR		ATP/PCR	
Sets: 10	30m Sprint	Sets: 12	30m Sprint	Sets: 14	30m Sprint	Sets: 16	30m Sprint
Rest: 20s		Rest: 20s		Rest: 20s		Rest: 20s	
Target HR: 75-85%		Target HR: 75-85%		Target HR: 75-85%		Target HR: 75-85%	
Speed: 90%		Speed: 90%		Speed: 90%		Speed: 90%	
Comments:		Comments:		Comments:		Comments:	
Spint from one end of basketball court to the other, walk back, repeat		Spint from one end of basketball court to the other, walk back, repeat		Spint from one end of basketball court to the other, walk back, repeat		Spint from one end of basketball court to the other, walk back, repeat	



Movement Competency / Posture



Movements		MESO 4			
		Week 2	Week 4	Week 6	Week 8
Get Up starts	10m sprint	2*	2x3*	2x3*	2x4*
Bear Crawl SA ext	raise one limb at a time hold for 2s	4*	2x4*	2x4*	2x5*
Handstand kick ups	hands at base of wall, kick feet up, hold for 3s	4	2x4	2x4	2x6
Box Cart wheels	hands on box, feet kick up in air like cart wheel	3*	2x4*	2x4*	2x5*
Prone Swimmers	face down, hands at side palms up, bring overhead and back	6	2x6	2x8	2x10
T, W, Y's		8*	2x8*	2x10*	2x10*



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MESO 4: STRENGTH/TORSO CIRCUIT

			Week 2			Week 4			Week 6			Week 8			Comments
Exercise	Tempo	Rest	Sets	Reps	Load	Sets	Reps	Load	Sets	Reps	Load	Sets	Reps	Load	
1A Push-up Holds M/B	3s		3	4		4	4		3	6		4	6		
1B Banding Row	321		3	10		4	10		3	12		4	12		
1C Jump Squat	320	1min	3	6		4	6		3	8		4	8		
2A Front Plank	ISO		3	30s		4	30s		3	45s		4	45s		
2B Side Plank	ISO		3	20s		4	20s		3	30s		4	30s		
2C Glute Bridge	ISO	1min	3	30s		4	30s		3	45s		4	45s		
3A Walking Lunge	111		3	10*		4	10*		3	24*		4	24*		
3B SL Calve raises	122		3	8*		4	8*		3	10*		4	10*		
3C 4 Point Lunge	211	1min	3	2*		4	2*		3	3*		4	3*		
4A MB Slams	EXP		3	10		4	10		3	10		4	10		
4B MB Chest Pass	EXP		3	6		4	6		3	6		4	6		
4C MB OH Toss	EXP	1min	3	6		4	6		3	6		4	6		
5A Eccentric Chin-ups	420		3	4		4	4		3	6		4	6		
5B Box Landings	20		3	5		4	5		3	7		4	7		
5C Banding Anit-Rot	ISO	1min	3	15s		4	15s		3	20s		4	20s		



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Cool-Down / Flexibility

COOL DOWN		REP/TIME
Step 1	Release	
A	Glutes, hamstrings, Quads, Piriformis, TFL, Gastroc, Soleus	20 sec each
B	Pecs, Delts, Traps, Lats, Tricep, Rhomboid	20 sec each
Step 2	Stretch	
Butterfly	Sitting tall bring bottom of feet together and pull towards your body, push knees down slightly with elbows	30 seconds each
Modified hurdler	1 leg is bent with foot touching other leg which is straight, reach out with both hands and hold toe of straight leg (ankle if unable)	30 seconds each
Pigeon	1 leg is bent in front of body, the other leg is straight and reaching back behind the body, elbows are on ground in front of legs	30 seconds each
Supine Fig 4	On back, 1 leg straight in air, other bend with ankle resting on quad of straight leg, hold only straight leg, pull toward yourself	30 seconds each
Wall Rec Fem	against a wall be in a lunge position with back foot on the wall and knee on ground, upper body stays tall, push hips forward	30 seconds each
Cobra / Down dog	In push-up position drop hips to floor (cobra), in push-up position push hips up in air and push heels toward the ground (downward dog)	30 seconds each
Wall Pec	Hand is on wall at same height as shoulder, rotate torso away from wall while hand stays	30 seconds each
Partner Lat	face partner, hold hands, both partners bend a hips and lean away from each other, arms are straight over head, relax	30 seconds each
Partner Rhomboid	partners are side by side facing the same direction, using outside arms hold hands, lean away from each other w arms across body	30 seconds each
Step 3	Mobility	
Supine leg to hand	lying on back, hands out to the side, bring opposite leg to opposite hand, don't move hands, then switch legs	10 each
Prone leg to hand	lying face down, hands out to the side, bring opposite heel to opposite hand, don't move hands, switch legs	10 each
Supine Windshield	lying on back, hands out to the side, knees are bent and in the air, knees stay together, lower to floor, keep opp shoulder on ground	10 each
Lying can openers	lying on side, top leg bent w knee on floor, bottom hand on knee, top arm touches floor in front/behind, keep knee down	10 each

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