



# QUINTE SKYHAWKS FOOTBALL

U14 OFF-SEASON WORKOUT PROGRAM



# QUINTE SKYHAWKS FOOTBALL

## OFF-SEASON WORKOUT PROGRAM

### 3 Year Plan:

Year 1 - Balance - Develop basic strength and solid technique in resistance training, with inclusion of core stability, flexibility and strength training. Focus on muscle balance and program development.

Year 2 - Size and Strength - Increase intensity of your resistance training by working with greater weight and volume. Focus on developing muscle size necessary to develop strength and power.

Year 3 - Performance - Sport specific year, Developing all areas necessary to play football at the next level. Work towards goals set in year 1.

**Establish Goals** - To stay on track and keep motivated set goals at the beginning of each off-season to reach and overall goals by the end of year 3.

### 4 Main Goals to achieve: **Bench Press, Squat, Vertical Jump, 40 yard Dash**

For example by the time you graduate attainable goals would be Bench Press 225lbs 10 times, Squat 350lbs 10 times, Vertical Jump 24-30in and 40 yard dash 4.8secs.

Don't set goals based on one press, squat or anything else. We are looking for explosiveness and endurance more then just a single lift.

### 2 DAY ROTATION

| MONDAY      | TUESDAY     | WEDNESDAY | THURSDAY    | FRIDAY      |
|-------------|-------------|-----------|-------------|-------------|
| Warm - Up   | Warm - Up   |           | Warm - Up   | Warm - Up   |
| Lower Body  | Upper Body  | REST      | Lower Body  | Upper Body  |
| Flexibility | Flexibility | CARDIO    | Flexibility | Flexibility |

**Core Lifts:** Bench Press, Squat, Clean, Deadlifts

### Rules to follow:

RULE 1 - Week 1: use this week to plan out the rest of your off-season training. Take the time to record information, ie amount of weight used for each exercise.

RULE 2 - Follow the rep counts exactly, use the charts included to determine weight used.

RULE 3 - Always warm up before you start lifting. Always make sure you have a spotter.

RULE 4 - Keep workouts to 1 hour, do not take large breaks in between sets

RULE 5 - Do not over lift. The most important thing about strength training is proper form. Always remember less weight with proper form will always build muscle faster.

RULE 6 - Program is a 8 week program with a Bench off in March.

RULE 8 - Final rep always to exhaustion



## QUINTE SKYHAWKS FOOTBALL

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**Core Lifts:** Bench Press, Squat, Clean, Deadlifts

| WEEK   | DESCRIPTION          |
|--------|----------------------|
| Week 1 | Base Program: 10/8/6 |
| Week 2 | Base Program: 10/8/6 |
| Week 3 | Base Program: 10/8/6 |
| Week 4 | Base Program: 10/8/6 |
| Week 5 | Base Program: 8/6/6  |
| Week 6 | Base Program: 8/6/6  |
| Week 7 | Base Program: 8/6/6  |
| Week 8 | Base Program: 8/6/6  |

Use the predicted Max Chart to determine your Max. Do not do single Max reps.

Goals you should be aiming on how many reps you can do with a certain weight.  
For example: 185lbs x 6 is a Max of 218lbs



DATE: \_\_\_\_\_

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**Week 1**

|               | <b>EXERCISE</b>  | <b>CHART</b> | <b>RESULTS</b> |
|---------------|------------------|--------------|----------------|
| <b>MONDAY</b> | TEAM STRETCH     |              |                |
|               | SAMPLE           |              | 55/75/80       |
|               | BENCH PRESS      | 10/8/6       |                |
|               | LAND MINES       | 10/8/6       |                |
|               | TRICEP PULLDOWNS | 10/8/6       |                |
|               | MACHINE SQUAT    | 10/8/6       |                |
|               | SLED WORK        | 10 TIMES     |                |
|               | LEG CURLS        | 10/8/6       |                |
|               | RDLs             | 10/8/6       |                |
|               | BENT ROWS        | 10/8/6       |                |
|               |                  |              |                |



DATE: \_\_\_\_\_

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**Week 2**

|               | <b>EXERCISE</b>  | <b>CHART</b> | <b>RESULTS</b> |
|---------------|------------------|--------------|----------------|
| <b>MONDAY</b> | TEAM STRETCH     |              |                |
|               | SAMPLE           |              | 55/75/80       |
|               | BENCH PRESS      | 10/8/6       |                |
|               | LAND MINES       | 10/8/6       |                |
|               | TRICEP PULLDOWNS | 10/8/6       |                |
|               | MACHINE SQUAT    | 10/8/6       |                |
|               | SLED WORK        | 10 TIMES     |                |
|               | LEG CURLS        | 10/8/6       |                |
|               | RDLs             | 10/8/6       |                |
|               | BENT ROWS        | 10/8/6       |                |
|               |                  |              |                |



DATE: \_\_\_\_\_

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**Week 3**

|               | <b>EXERCISE</b>  | <b>CHART</b> | <b>RESULTS</b> |
|---------------|------------------|--------------|----------------|
| <b>MONDAY</b> | TEAM STRETCH     |              |                |
|               | SAMPLE           |              | 55/75/80       |
|               | BENCH PRESS      | 10/8/6       |                |
|               | LAND MINES       | 10/8/6       |                |
|               | TRICEP PULLDOWNS | 10/8/6       |                |
|               | MACHINE SQUAT    | 10/8/6       |                |
|               | SLED WORK        | 10 TIMES     |                |
|               | LEG CURLS        | 10/8/6       |                |
|               | RDLs             | 10/8/6       |                |
|               | BENT ROWS        | 10/8/6       |                |
|               |                  |              |                |



DATE: \_\_\_\_\_

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**Week 4**

|               | <b>EXERCISE</b>  | <b>CHART</b> | <b>RESULTS</b> |
|---------------|------------------|--------------|----------------|
| <b>MONDAY</b> | TEAM STRETCH     |              |                |
|               | SAMPLE           |              | 55/75/80       |
|               | BENCH PRESS      | 10/8/6       |                |
|               | LAND MINES       | 10/8/6       |                |
|               | TRICEP PULLDOWNS | 10/8/6       |                |
|               | MACHINE SQUAT    | 10/8/6       |                |
|               | SLED WORK        | 10 TIMES     |                |
|               | LEG CURLS        | 10/8/6       |                |
|               | RDLs             | 10/8/6       |                |
|               | BENT ROWS        | 10/8/6       |                |
|               |                  |              |                |



DATE: \_\_\_\_\_

**QUINTE SKYHAWKS FOOTBALL**  
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**Week 5**

|               | <b>EXERCISE</b>  | <b>CHART</b> | <b>RESULTS</b> |
|---------------|------------------|--------------|----------------|
| <b>MONDAY</b> | TEAM STRETCH     |              |                |
|               | SAMPLE           |              | 55/75/80       |
|               | BENCH PRESS      | 8/6/6        |                |
|               | LAND MINES       | 8/6/6        |                |
|               | TRICEP PULLDOWNS | 8/6/6        |                |
|               | MACHINE SQUAT    | 8/6/6        |                |
|               | SLED WORK        | 10 Times     |                |
|               | LEG CURLS        | 8/6/6        |                |
|               | RDLs             | 8/6/6        |                |
|               | BENT ROWS        | 8/6/6        |                |
|               |                  |              |                |





DATE: \_\_\_\_\_

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**Week 6**

|               | <b>EXERCISE</b>  | <b>CHART</b> | <b>RESULTS</b> |
|---------------|------------------|--------------|----------------|
| <b>MONDAY</b> | TEAM STRETCH     |              |                |
|               | SAMPLE           |              | 55/75/80       |
|               | BENCH PRESS      | 8/6/6        |                |
|               | LAND MINES       | 8/6/6        |                |
|               | TRICEP PULLDOWNS | 8/6/6        |                |
|               | MACHINE SQUAT    | 8/6/6        |                |
|               | SLED WORK        | 10 Times     |                |
|               | LEG CURLS        | 8/6/6        |                |
|               | RDLs             | 8/6/6        |                |
|               | BENT ROWS        | 8/6/6        |                |
|               |                  |              |                |



DATE: \_\_\_\_\_

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**Week 7**

|               | <b>EXERCISE</b>  | <b>CHART</b> | <b>RESULTS</b> |
|---------------|------------------|--------------|----------------|
| <b>MONDAY</b> | TEAM STRETCH     |              |                |
|               | SAMPLE           |              | 55/75/80       |
|               | BENCH PRESS      | 8/6/6        |                |
|               | LAND MINES       | 8/6/6        |                |
|               | TRICEP PULLDOWNS | 8/6/6        |                |
|               | MACHINE SQUAT    | 8/6/6        |                |
|               | SLED WORK        | 10 Times     |                |
|               | LEG CURLS        | 8/6/6        |                |
|               | RDLs             | 8/6/6        |                |
|               | BENT ROWS        | 8/6/6        |                |
|               |                  |              |                |



DATE: \_\_\_\_\_

**QUINTE SKYHAWKS FOOTBALL**  
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**Week 8**

|               | <b>EXERCISE</b>  | <b>CHART</b> | <b>RESULTS</b> |
|---------------|------------------|--------------|----------------|
| <b>MONDAY</b> | TEAM STRETCH     |              |                |
|               | SAMPLE           |              | 55/75/80       |
|               | BENCH PRESS      | 8/6/6        |                |
|               | LAND MINES       | 8/6/6        |                |
|               | TRICEP PULLDOWNS | 8/6/6        |                |
|               | MACHINE SQUAT    | 8/6/6        |                |
|               | SLED WORK        | 10 Times     |                |
|               | LEG CURLS        | 8/6/6        |                |
|               | RDLs             | 8/6/6        |                |
|               | BENT ROWS        | 8/6/6        |                |
|               |                  |              |                |