



# QUINTE SKYHAWKS FOOTBALL

U16/U18 OFF-SEASON WORKOUT PROGRAM



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## 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



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

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	<b>EXERCISE</b>	<b>CHART</b>	<b>RESULTS</b>
<b>WEDNESDAYS</b>	TEAM STRETCH		
	SAMPLE		55/75/80
	SQUAT	5X5	
	SLED	10 Times	
	POWER CLEAN	1 Rep/30sec	
	LEG CURLS	10/8/8/6/6	
	SLED WORK	10 Times	
	HANG POWER CLEANS	5X5	
	RDLs	8/6/4	
	CORE		



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	<b>EXERCISE</b>	<b>CHART</b>	<b>RESULTS</b>
<b>FRIDAYS</b>	TEAM STRETCH		
	SAMPLE		55/75/80
	BENCH PRESS	5X5	
	LAND MINES	8/6/6/6/4	
	CLOSED GRIP BENCH	8/4X5	
	STEERING WHEEL	8/6/6/6/6	
	SLED WORK	10 Times	
	LEG CURLS	8/6/4	
	DUMBELL CURLS	10/4X8	
	BENT ROWS	10/8/6/6/6	