

TOTAL FOOTBALL CONDITIONING: IN & OUT OF THE WEIGHT ROOM

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Middle Tennessee State
St. Louis Blues
Baylor University
University of Southern California
University of Missouri
Southwest Missouri State
University

WHAT ARE WE
DEVELOPING/TRAINING?

FITNESS
OR
WORK CAPACITY ?

WORK CAPACITY

ABILITY TO TOLERATE A WORKLOAD
AND RECOVER SUFFICIENTLY IN
THE TIME ALLOTTED IN ORDER TO
PERFORM ADEQUATELY FOR
THE NEXT WORK BOUT.

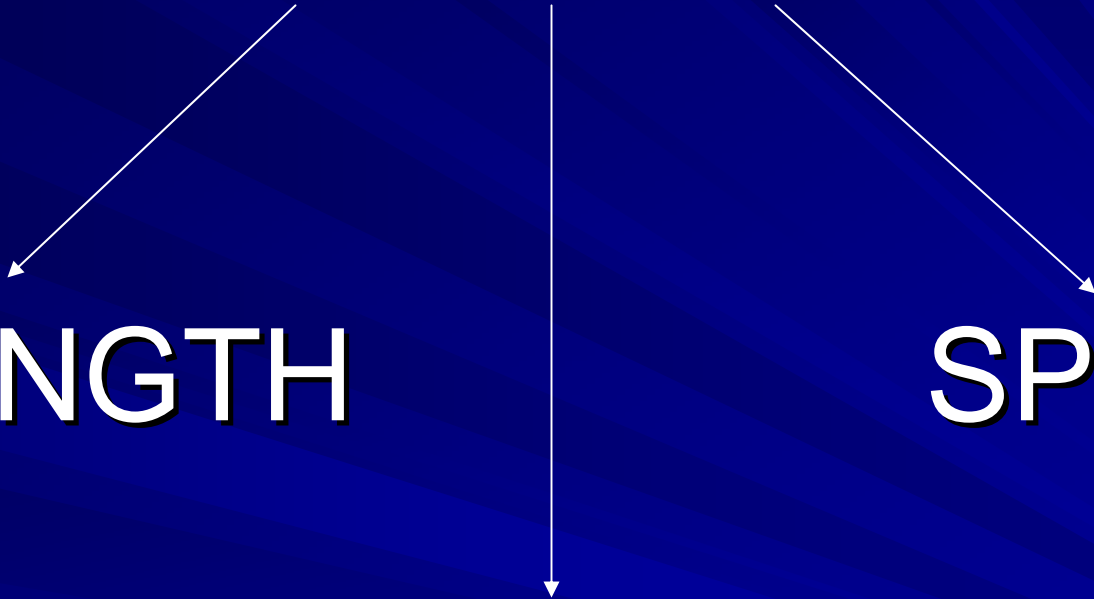
VERN GAMBETTA

FITNESS

STRENGTH

SPEED

POWER



STRENGTH FITNESS

- STARTING STRENGTH
FROM FLOOR OR DEAD STOP
- STOPPING STRENGTH
ECCENTRIC LOAD – LAND/CATCH
- ELASTIC STRENGTH
AMMORTIZATION PHASE –
STRETCH SHORTENING CYCLE -
DOWN/UP
- ABSOLUTE STRENGTH
MAX EFFORT/LOAD

SPEED FITNESS

- ABSOLUTE SPEED

 - FLYING SPRINTS

- ACCELERATION SPEED

 - STANCE & STARTS (SEE POWER)

- SPEED ENDURANCE

 - OVER DISTANCE SPRINTS

- OVERSPEED

 - TOWING OR DOWNHILL SPRINTS

- RESISTED SPEED

 - > 0% LOAD / < 90% OF MAX SPEED

POWER FITNESS

- ACCELERATION POWER
STANCE AND STARTS
- CHANGE OF DIRECTION POWER
AGILITY AND MOBILITY DRILLS
- RELEASE SKILL POWER
BALLS AND IMPLEMENTS
- RESISTED POWER
HILLS, SLEDS, ETC.
- ASSISTED POWER
TOWING, DOWNHILL, ETC.

STARTING STRENGTH

STARTING A MOVEMENT FROM A DEAD STOP OR PAUSE.

EXAMPLES

CLEAN/SNATCH FROM THE FLOOR
BENCH PRESS PAUSE ON CHEST
NO COUNTER MOVEMENT JUMP
4 COUNT LIFTS/MOVEMENTS

STOPPING STRENGTH

STOPPING OR ABSORBING THE LOAD
OR FORCE.

EXAMPLES

STICKING THE LANDING

CATCH/RACK IN OLYMPIC LIFTS

ECCENTRIC MOVEMENTS

ELASTIC STRENGTH

ECCENTRIC TO CONCENTRIC
CONTRACTION – THE STRETCH
SHORTENING CYCLE – THE
AMMORTIZATION PAHSE

EXAMPLES

PLYOMETRICS

CLAP PUSH – UPS

“HANG” OLYMPIC LIFTS/JERKS

ABSOLUTE STRENGTH

MAX EFFORT STRENGTH –
HIGH LOADS/RESISTANCE, VERY
SLOW MOVEMENTS AND EXTENDED
TIME UNDER TENSION.

EXAMPLES

DYNAMIC ISOMETRICS

MAX LIFTS (ABOVE 90 – 95%)

ABSOLUTE SPEED

MOVING AS FAST AS POSSIBLE OVER
A RELATIVELY SHORT DISTANCE –
USUALLY 15 – 40 YARDS AFTER
UTILIZING AN ACCELERATION ZONE.

EXAMPLE

FLYING SPRINTS

GEARS OR HOLLOW SPRINTS

ACCELERATION SPEED

THE ABILITY TO OVERCOME INERTIA
AND ACCELERATE TO MAX SPEED IN
AS LITTLE TIME AS POSSIBLE.

EXAMPLES

STANCES AND STARTS

AGILITY DRILLS

SPEED ENDURANCE

THE ABILITY TO MAINTAIN A HIGH RATE OF SPEED OVER AN EXTENDED DISTANCE.

EXAMPLES

HIGH “TURNOVER” SPRINTS FOR DISTANCES FROM 80 UP TO 150, EVEN 240 YARDS.

OVERSPEED

SPEED TRAINING IN WHICH THE ATHLETE IS MOVING AT A RATE FASTER THAN HE/SHE CAN GENERATE – ASSISTED SPEED.

EXAMPLES

TOWED SPRINTS

DOWNHILL SPRINTS (3-5% GRADE)

RESISTED SPEED

SPEED TRAINING IN WHICH THE ATHLETE IS RESISTED UP TO 10% OF BODYWEIGHT (GAMBETTA) OR IN WHICH THE EFFORT/REP IS STILL AT 90% OR BETTER OF MAX.

EXAMPLES

HILLS, SLEDS, WEIGHT VESTS, PARACHUTES, INTO THE WIND.

ACCELERATION FITNESS

THE ABILITY TO OVERCOME INERTIA
AND ACCELERATE TO A HIGH RATE
OF SPEED.

EXAMPLES

STANCE AND STARTS

AGILITY/MOBILITY DRILLS

PLYO DRILLS UNDER 5 REPS

PAUSE OLYMPIC MOVEMENTS

SKILL FITNESS

ABILITY TO DO THE SKILLS NEEDED IN
THE VOLUME NEEDED FOR PRACTICE
AND COMPETITION.

EXAMPLES

SWING A BAT

THROW A BALL

SHOOT A THREE POINTER

IMPLEMENT FITNESS

ABILITY TO DO MEDIBALL, DUMBBELL, KETTLE BELL/BALL, ETC. DRILLS WITH QUALITY POWER, TECHNIQUE AND POSTURE FOR THE PRESCRIBED VOLUME.

EXAMPLES

SCOOPS, TOSSES, THROWS, ETC.

RESISTED POWER

ABILITY TO EXECUTE THE REP WITH THE PROPER TECHNIQUE, POSTURE AND SPEED OF MOVEMENT.

EXAMPLES

OLYMPIC MOVEMENTS

WEIGHTED SQUAT JUMPS

RUBBER BAND/CHAIN LIFTS

ASSISTED POWER

EXECUTING A REP WITH LESS RESISTANCE AND INCREASED SPEED OF MOVEMENT DUE TO THE LIGHTENED LOAD OR OTHER HELP.

EXAMPLES

ASSISTED RUBBER BAND LIFTS

ASSISTED RUBBER BAND JUMPS

SPEED/STRENGTH CONTINUUM

SPEED

POWER

STRENGTH



FAST

MEDIUM

SLOW

LIGHT

MODERATE

HEAVY

STARTING/ELASTIC STRENGTH
FORCE PRODUCTION

PROPRIOCEPTION/STABILITY

STOPPING/ELASTIC STRENGTH
FORCE REDUCTION

SEQUENCE AND ORDER

CRITICAL TO MAXIMUM RESULTS IN
MINIMUM TIME.

DAILY

WEEKLY

IN – SEASON

OFF – SEASON

DAILY SEQUENCE/ORDER

TURN – ON

WARM – UP

LOOSEN – UP

BUILD – UP

PRACTICE/COMPETE

RECOVER/RESTORE

DAILY SEQUENCE/ORDER

WARM – UP

TECHNICAL/SPEED

STRENGTH

POWER

WORK CAPACITY/FITNESS

RECOVERY

PRACTICAL DAILY ORDER

WARM – UP, LOOSEN – UP, TURN ON

INJURY PREVENTION/STABILITY

TECHNICAL/SPEED

“SPEED SCHOOL” & PLATFORM

STRENGTH

BIG/CORE LIFT OF THE DAY

POWER

FINISH FAST

RECOVERY

STRIDES, NUTRITION, STRETCH

WEEKLY ORDER: OFF - SEASON

MONDAY

SPEED

TUESDAY

POWER

WEDNESDAY

TEAM BUILDING

THURSDAY

STRENGTH

FRIDAY

FITNESS

WEEKLY ORDER: OFF – SEASON

MONDAY

“SPEED SCHOOL”

SNATCHES

CONE JUMPS

BIG BENCH DAY

WEEKLY ORDER: IN - SEASON

TUESDAY

STANCES & STARTS

CLEANS & JERKS

RAMPS OR SPEED ENDURANCE

PAUSE SPLIT JUMPS

WEEKLY ORDER: OFF - SEASON

THURSDAY

TECHNICAL OLYMPIC LIFTS

BIG SQUAT DAY

BOX JUMP UPS

ALTERNATIVE BENCH DAY

110 DAY

WEEKLY ORDER: OFF - SEASON

FRIDAY

CIRCUITS – CIRCUITS – CIRCUITS

BODYWEIGHT CIRCUITS

JAVOREK DUMBBELL CIRCUITS

FIELD CIRCUITS

BAR CIRCUITS

QUALITY RUNNING AT END

3 DAY EXAMPLE

- MONDAY SPEED/POWER
- TUESDAY SPEED ANGLES
- WEDNESDAY POWER/STRENGTH
- THURSDAY SHUTTLES
- FRIDAY STRENGTH/FITNESS

IT'S ALL ABOUT THE REP.

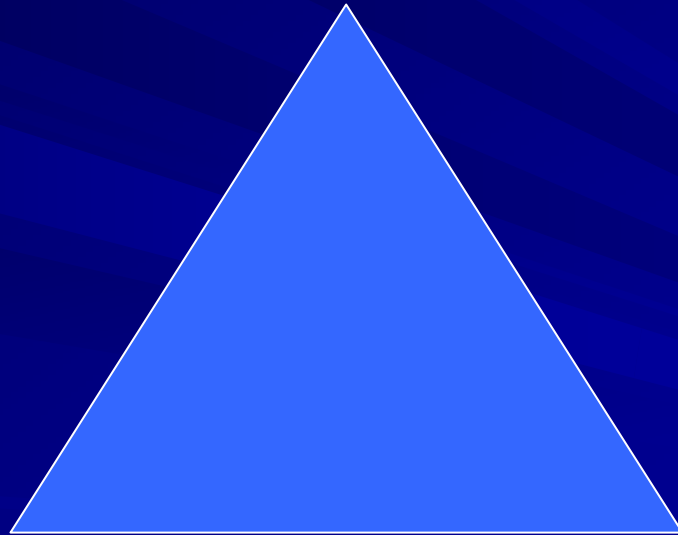
- DAN RILEY
HOUSTON TEXANS

“ . . . THE QUALITY OF
YOUR EFFORTS.”

- YURI VERKHOSHANSKI

TRAIN FOR PEAK PERFORMANCE

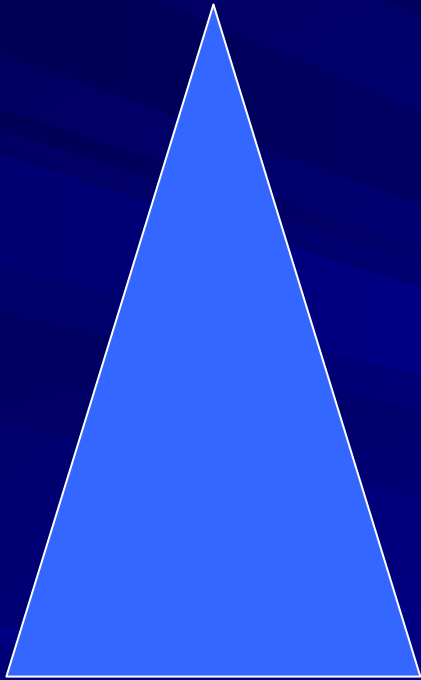
PERFORMANCE



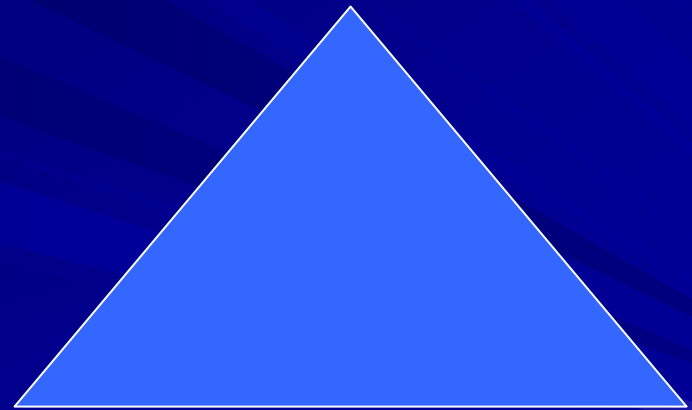
TRAINING TO TRAIN

WHAT DOES YOUR PYRAMID LOOK LIKE?

PERFORMANCE



OR



TRAINING TO TRAIN

ENERGY SYSTEMS

ATP/PC 0 – 15 SEC. INTERVALS

0 – 100 YDS 90 – 100%

LA – ATP/PC 15 – 60 SEC. INTERVALS

100 – 400 YDS 85 – 95%

LACTATE 1 – 2 MINUTES INTERVALS

400 – 600 YDS 85 - 95%

LA/AEROBIC 2 – 6 MINUTES BIKE

600 YDS – 1.0 MILES 75 – 85%

O₂ 6:00 & UP BIKE

1.5 MILES + 65 – 75%

SPEED FITNESS DRILLS

■ ABSOLUTE SPEED

– FLYING SPRINTS

FROM 15 – UP TO 30 YARDS

ACCELERATION ZONE 15 – 20 YDS

RECOVER 2-3:00 BETWEEN REPS

WORK AT 90% OF MAX AT FIRST

VOLUME – 3 - 6 REPS TOTAL

ALWAYS DO 1 LESS, NOT 1 MORE

SPEED ENDURANCE

■ 110'S UP TO 240'S

SPEED ENDURANCE VS.
CONDITIONING – DIFFERENCE IS
RATE OF TURNOVER AND RECOVERY.

DIST.	TIMES			
110	18	16	14	REST IS
150	26	24	22	3:1 OR
180	34	32	30	BETTER.
240	40	38	36	USE SETS.

RESISTED SPEED

USE 10% OF BODYWEIGHT OR EACH REP SHOULD BE AT 90% OF BEST.

RECOVERY SHOULD BE 3:1 OR BETTER.

WHY?

QUALITY OF EFFORTS

PEAK PERFORMANCE

DISTANCES SHORT (20 – 80 YARDS)

VOLUME 5 – 10 REPS

FOLLOW UP WITH UNLOADED SPRINTS

ASSISTED SPEED

TOWING OR DOWNHILL SPRINTS

HAVE THE ATHLETE GO AT 90-95% WITH GREAT TECHNIQUE. YOU SUPPLY THE OTHER 10 – 12%.

GREAT TECHNIQUE IS THE RULE.

RECOVER FOR 3:00 - MINIMUM!

NO MORE THAN 3 – 6 REPS

ALWAYS DO 1 LESS – NOT 1 MORE

WEIGHT ROOM FITNESS

- GIANT SETS
- CIRCUITS
- TEMPO LIFTS
- SUPER SETS
- CLUSTER LIFTING

WORK REST RATIOS

CIRCUIT PARTNERS

1:1, 1:2, 1:3, 1:4 QUICK TURNOVER

SPEED DEVELOPMENT

1:5 OR 1:6 SLOW TURNOVER

LIFTING PARTNERS

1:1 – 5 SUPER/GIANT SET

WORK REST RATIOS

TIMED SETS

1 – 1:00, 1- 1:15 UP TO 1 – 1:30

CONDITIONING

1:5 DOWN TO 1:1

INCREASE QUALITY OF THE REPS BY:

- INCREASE REST
- BREAK REPS UP INTO SETS
- ALLOW WALKING FOR RECOVERY

"DRIVES"

GIANT SET PUSH – PULL – LEG

DB BPRS 5 SETS

1 LEG SQUAT 5 SETS

4 GRIP PULL – UPS 4 SETS

DO A PUSH EXERCISE, A LEG EXERCISE, THEN A PULL EXERCISE.

1 PER MINUTE, NO BREAK UNTIL

ALL 14 SETS / "PLAYS" ARE DONE.

TIME UNDER TENSION

POWER ATHLETES ARE 1:1
ECCENTRIC TO CONCENTRIC

CONTROL THE ECCENTRIC TO
CONCENTRIC TUT BY 101, 402, ETC.

PAUSE AT THE BOTTOM WOULD BE
WRITTEN 131, 432, ETC.

DYNAMIC ISOMETRICS

EXAMPLE 1

PAUSE BPRS 1 X 5 @ 80% 131

EXAMPLE 2

PARTNER BPRS 1 X 5 @ 70% 13P1

EXAMPLE 3

4 CT PAUSE BPRS 1 X 5 @ 70% 2 SEC.

4 COUNT EXERCISES

4 COUNT EXERCISES

4 PAUSES DURING THE MOVEMENT

EXAMPLES

4 COUNT DIPS, PUSH – UPS

4 COUNT PULL – UPS, LAT PULLS

4 COUNT GLUTE HAMS, RDLS

4 COUNT STEP – UPS, 1 LEG SQTS

3 WAY EXERCISES

UTILIZE 3 PLANES IN AN EXERCISE

EXAMPLES

3 WAY BALANCE SQUATS

3 WAY 1 LEG GOOD MORNINGS

3 WAY LUNGES

- & TOUCH

- & PRESS

CLUSTER LIFTING

PUTTING SIMILAR EXERCISES OF VARYING LOADS/SPEEDS IN ONE SERIES.

EXAMPLE

SQUAT – STRENGTH

WT VEST SQUAT JUMPS - POWER

BOX JUMPS UPS – SPEED

CLUSTER TIPS

KEEP YOUR REPS VOLUME LOW

KEEP YOUR SET VOLUME LOW

ESPECIALLY WHEN TRAINING SPEED,
STRENGTH AND/OR POWER

COMBO & COMPLEX LIFTS

- COMBINATION LIFTS ARE 2 OR MORE LIFTS PUT TOGETHER.

FOR EXAMPLE

PCL+FSQT+PRESS 3+3+3

- COMPLEX LIFTS ARE TWO OR MORE LIFTS COMBINED.

FOR EXAMPLE

PCL&FSQT&PRESS 3'S

MAX VOLUMES

STRENGTH

SQUAT	40 – 50 REPS
PRESS/PULLING	30 – 40 REPS*
*SHOULD BE EQUAL!	
CLEANS/SNATCHES	15 – 20 REPS
BENDOVERS	10 – 15 REPS

VOLUMES

COACHING POINT

WHEN DOING A LOT OF RUNNING
AND/OR AGILITIES, COUNT THEM AS
10% OF YOUR LEG TRAINING
VOLUME/INTENSITY.

PETE MARTINELLI

VOLUMES

ABSOLUTE SPEED

REPS 3 – 8

YARDS 250 – 600

SETS 1 – 3

RANGE 1 X 6 X 50 (15-20-15) (300)

2 X 5 X 50 (15-20-15) (500)

VOLUMES

SPEED ENDURANCE

REPS	3 – 8
YARDS	300 - 1200
SETS	1 – 3
RANGE	3 X 150 (450) 3 X 240 (720) 1 X 3/1 X 2 X 180 (900) 3 X 3 X 120 (1080)

VOLUMES

CONDITIONING

MAX TOTAL YARDAGE 1800 – 2400

EXAMPLES

$$16 \times 110 = 1760 \text{ YARDS}$$

$$10 \times 100 + 8 \times 80 + 6 \times 60 + 4 \times 40 = 2160$$

VOLUMES

IF YOU ARE AT THE TOP END OF YOUR VOLUMES AND/OR INTENSITIES, BE AWARE OF THE RELATIONSHIP OF EACH WORKOUT TO THE OTHER.

THE CUMULATIVE EFFECT OF FATIGUE CAN SNEAK UP ON YOU, YOUR PROGRAM AND YOUR TEAM.

ALWAYS FACTOR IN RECOVERY



EVALUATION

- KEEP RECORDS
- SETS, REPS, DISTANCES
- TEST
- CONSULT OTHER COACHES
- LEARN FROM MISTAKES
- EACH YEAR/TEAM IS DIFFERENT

THANK YOU

- NSCA
- M – F PERFORM BETTER
- COACHES
- THERAPISTS
- TRAINERS
- MY FAMILY
- YOU