Try to complete the following 2-3 times per week. You can spit up the sets if you find it is taking too long. Make sure you push yourself. If it is too easy then challenge yourself next time. Feel free to substitute exercises.

## Set 1 - Agility and Plyometric

The purpose of the agility and plyometric stage is to help with foot speed and explosive power. Both are very important components of a successful football player.

*Agility Ladder*

Start with 6 reps through ladder and increase when you feel more comfortable.

1. Singles High Knees
2. In and Outs
3. One Foot Form Run
4. Step in Step Out
5. Bunny Hops
6. Bunny Hops with Explosions
7. Bread and Butter

*Hurdles*

1. Tuck Jumps
2. Squat Jumps (advanced use medicine Ball)
3. Squat Broad Jumps (advanced use medicine Ball)

*Jumps*

Start with 3 sets of 10.

1. Tuck Jumps
2. Lateral Bunny Hops
3. Split Jumps
4. Forward Back Bunny Hops
5. 180 squat Jumps
6. Squat Jumps

## Set 2- Speed Session

1. 5x20 yard Sprints (20 seconds rest)
2. 5X10 yard Sprints (10 seconds rest)
3. 5x40 yard Sprints (20 seconds rest)
4. 7 X W – Drill (20 seconds rest)
5. Shuttle Run (5 times)
6. Character Makers 5 times (30 seconds rest)
7. Create your own obstacle course (lots of Jumps turns and stops)

## Set 3 – Push-ups and Core

*20x10 Push-ups*

* 1. Do push-ups 8 sets. 20 seconds on 10 seconds rest. Do not stop use your knees and eventually just lift your chest if you can’t do anything else. Don’t stop moving for the entire 20 seconds.

*Core*

1. Crunches 3x25
2. Switch kicks 3x25 (25 reps per leg)
3. V Crunches 3X25
4. Double Crunches 3x25
5. Oblique Crunches 3x25
6. Bicycle Kicks 3x25(25 reps per leg)
7. Cross-over kicks 3x25(over and under is one rep)

Please find examples of the above exercise at [www.vmvikings.com/u-16](http://www.vmvikings.com/u-16).

TRAIN HARD

GO WESTMAN