

Charger Football

Strength & Conditioning

Warm-Up

Line up on Goal Line

- 1) Form Walk
- 2) Mr. Universe
- 3) Slide Step (switch side every 5 yards for 20 yards)
- 4) Jog-Toe Grab (jog 5 yards grab toe, switch every 5 yards for 20 yards)

Stretch Lines

- 1) Neck Rolls
- 2) Arm circles
- 3) Trunk Twists
- 4) Hamstring Stretch
- 5) Calf Stretch
- 6) Hip-Flexor
- 7) Playboy Stretch
- 8) Camper Stretch
- 9) Hamstring Stretch

Clap It Up

Back onto the Goal Line

- 1) Back Pedal
- 2) High Knees 10 yards, accelerate 20 yards
- 3) Quick feet (sprint on the whistle)
- 4) Starts (accelerate off ball movement for 10 yards, jog into huddle at midfield)

Get Hyped, Bring It Up

Break Off Into Drills