

2025
**Strength & Conditioning
Coach's Playbook**

**Fundamentals First:
Coaching Every Rep with Purpose**

Principles for Weight Training Program Design

- Specificity of Training*
- Progressive Overload
- Synergistic Training



Critical Areas of Development

- Strength
- Power
- Movement Quality



Common Areas of Correction

- Breathing
- Shifting
- Rotating
- Squatting
- Hinging



Warm Up/Activation

Main Objective: Improving movement quality, activating muscles, “neutral”

Breathing/Activation

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- 90/90 Breathing
- Side Lying Windmill



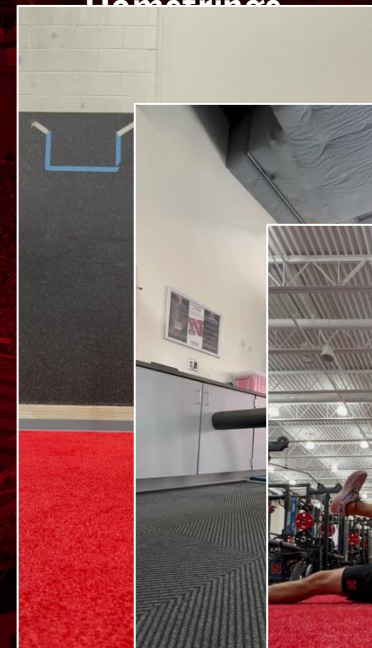
Shifting/Rotating

- Retro Stairs
- Retro Walk
- Mini Band Retro Walk
- Ski Machine



Activation

Hamstrings



Core

• Prone



Stretching

- **Band Static Stretch**
 - Top Hamstring, side hamstring, cross-over low back, pretzel, lying hip-flexor
- **Partner Static Stretch**
 - Hamstring, low back, side hip-flexor
- **Band Dynamic Stretch**
 - Top hamstring, side hamstring, cross-over low back, pretzel, lying hip flexor
- **Dynamic Stretch**
 - Alternate hamstring, rotational low back, scorpion, seated pretzel, seated groin, downward dog



Soft Tissue Routines

Foam Roller

- Baseball on Foot
- Upper Back
- Lower Back
- Right Glute
- Right Hamstring
- Right IT Band
- Quads
- Left IT Band
- Left Hamstring
- Left Glute

Massage Stick

- Baseball on Foot
- Lower Back
- Glutes
- Hamstrings
- Calves
- Quads
- IT Band
- Groin



Hinge Progression

Enhance posture and movement quality through controlled hip hinge patterns

Band Assisted RDL



KB Swing/MB OH Throw



SL/DL RDL

Clean Progression



Hang Clean

Improve ground-based force production to run faster and jump higher.

Starting Position:

- Hands shoulder width on the bar
- Feet under hips, slight knee bend
- Core tight, back flat, eyes forward



Power Position:

- Hinge at hips, bar slides down quads
- Chest over bar, slight knee bend
- Arms straight, core and shoulders tight



Hang Clean (cont.)

Improve ground-based force production to run faster and jump higher.

Triple Extension:

- Extend hips, knees, and ankles
- Jump and shrug, keep bar close
- Full extension, arms guide bar



Catch:

- Drop under bar to rack on shoulders
- Elbows high, quarter squat, chest up
- Stand up, reset, repeat



Hang Clean Progression

KB Swing



Hang Clean Jump



Block Clean Jump

Block Clean



Hang Clean – Common Errors

- Bending/Squatting vs Hinging
- Pushing vs Pulling
- Bar Path
- Catch



Hang Clean Variations

KB Clean



Jumps



High Pulls



Squat Technique Progressions

Improve alignment, mobility, and control through proper squat patterning

Wall Squat



Step Downs



Spanish Squats

Squat Progression



Back Squat

Develop lower body strength, torso strength, and lean body mass.

Set-Up:

- Feet Hip Width and Flat,
Pressure in Heels, Chest/Neck
Neutral, knees slightly abducted



Descent:

- Knees Forward, Hips Back, Shoulders
Tilt Forward, Chin/Eyes Neutral



Back Squat (cont.)

Develop lower body strength, torso strength, and lean body mass.

Bottom Position:

- Feet Flat, well balanced, pressure through heels



Ascent:

- Maintain pressure through heels, push ground away, eyes/neck neutral



Squat Progressions

Split Squat



Heel Elevated Goblet Squat



RFE Split Squat Or Step Ups

Bench Squat



Squat – Common Errors

- Stance
 - Too narrow, too wide
- Hip Shifting/Twisting
 - Pressure/Strength
 - Bar Twisting
- Extension/Flexion
- Ground Contact
 - Falling Forward



Squat Variations

**Safety Bar
Heel Elevated**



Belt Squat



**Hack Squat
Deadlift**



**Trap Bar
DL/Leg Press**



Box Jump

Improve ground-based force production to run faster and jump higher.



Starting Position:

- Feet hip-width, arm length away, head/eyes natural

Dip:

- Aggressive hinge and arm swing, load heels

Triple Extension:

- Explosively push from heels through toes, big arm swing

Catch:

- Land softly in quarter squat, feet flat on box, arms behind



Box Jump Progressions

SL/DL Landings



Box Jumps



**Seated
Box Jumps**

**Depth
Jumps,
Hurdle Hops**



Bench Press

PinnacleBank Arena

Improve and develop upper body strength and lean body mass.

Set-Up:

- 5 Points of contact (head, shoulders, butt, feet)
- Eyes under bar, Grip shoulder width apart
- Back flat on bench

Descent:

- Inhale, brace core
- Control bar down, elbows at 45 degrees
- Maintain low back pressure in bench

Ascent:

- Light touch on chest, Drive bar up fully extending arms
- Maintaining hip and back pressure on bench



Bench Press Variations

PinnacleBank Arena

**Single Leg
Single Arm**



Alternating



**Dumbbell,
Multi Grip,
Narrow Grip**



**Push Up
Variations**



DB Row

Improve and develop upper body strength and lean body mass.

Set-Up:

- One hand on Bench, Split stance
- Back flat, eyes neutral, core tight

Eccentric Phase:

- Control down, full arm extension
- Torso stable w/o Rotation

Row Phase:

- Elbow close to body, pulling toward hip/low rib cage
- Squeeze shoulder blade



DB Row Variations

Bench Plank



**Cable Row
(SA/DA)**



**Barbell
Bentover Row**



**Bear or
Gorilla**



Lat Pulldown

Improve and develop upper body strength and lean body mass.

Set-Up:

- Secure thighs under pad
- Arms full extended, grip slightly wider than shoulders

Pull Phase:

- Begin pull with middle upper back
- Pull toward upper chest, ribs down without leaning back
- Drive elbows down and in

Return Phase:

- Control bar back, maintaining ribs down throughout



Lat Pulldown Variations

Single Arm



Neutral/Reverse Grip



Inverted Row



Pull Ups
Chin Ups



SL Squat

Improve unilateral strength for performance and injury prevention.

Starting Position:

- One leg extended forward
- Shoulder, DB and Foot in line
- Back knee just behind front heel at “bottom”
- Left knee in, Right knee out

Descent:

- Bend at the hip and knee
- Keep shoulder directly over knee
- Close to the ground without touching

Ascent:

- Push through heel, straighten front knee
- Keep back knee bent and DB/Shoulder Forward



SL Squat Variations

**DB Lunge w/
Rotation**



**DB Step Up
w/ Rotation**



RFE Split Squat



Nordic Hamstring Curl

Develop the posterior chain.

Starting Position:

- Kneel on pad with ankles secured (partner or strap)
- Torso upright, core and glutes engaged
- Lean forward from knees, keep hips extended and control descent as long as possible
- Catch with hands and lift heels to curl back and reset



Nordic Ham Curl Variations

Slider/SB Leg Curls



Razor Leg Curls



Stability Ball or Band

