



THE COACHING BLUEPRINT - NORFOLK, NE 2026

FUNDAMENTALS FIRST

WARM-UP & RECOVERY · LIFTING TECHNIQUE & COACHING CUES
PROGRESSIONS & REGRESSIONS

STRENGTH

Force production and lean body mass through sound, loaded patterns.

POWER

Fast, ground-based force to run faster and jump higher.

MOVEMENT QUALITY

Own the pattern first — position and control before load.

FIVE FOUNDATIONAL PATTERNS

- **Breathing** — 360° brace, ribs stacked over pelvis
- **Shifting** — controlled weight transfer
- **Rotating** — trunk sequencing & anti-rotation
- **Squatting** — knee-dominant loading
- **Hinging** — hip-dominant loading, the base of power

SESSION ORDER

Fastest, most demanding work first — never lift before power.

- 1 PREP
- 2 POWER / OLYMPIC
- 3 PRIMARY
- 4 ACCESSORY
- 5 RECOVERY

02 WARM-UP & MOVEMENT PREP

FIND NEUTRAL, THEN LOAD

BREATHE & ACTIVATE

BREATHING / ACTIVATION

90/90 Breathing · Side-Lying Windmill · Ski Machine

SHIFTING / ROTATING

Retro Stairs · Retro Walk · Mini-Band Retro Walk · 90/90 Side Plank · Lateral Walks w/ Mini-Band

TARGETED ACTIVATION

HAMSTRINGS

SL SA RDL · SL RDL Stepover

GLUTES

Clams

ADDUCTORS

Adductor Hip Lifts · SL RDL Stepover w/ Adduction

SHOULDERS

DB Rollovers · Prone Shoulder Press

03 COOL-DOWN & RECOVERY

RESTORE LENGTH & TISSUE QUALITY

STRETCH MENU

STATIC - BAND

Top hamstring · side hamstring · cross-over low back · pretzel · lying hip-flexor

STATIC - PARTNER

Hamstring · low back · side hip-flexor

DYNAMIC - BAND

Top hamstring · side hamstring · cross-over low back · pretzel · lying hip-flexor

DYNAMIC - BODYWEIGHT

Alternate hamstring · rotational low back · scorpion · seated pretzel · seated groin · downward dog

SELF-MYOFASCIAL RELEASE

FOAM ROLLER

Baseball on foot → upper back → lower back → R glute → R hamstring → R IT band → quads → L IT band → L hamstring → L glute

MASSAGE STICK

Baseball on foot → lower back → glutes → hamstrings → calves → quads → IT band → groin

04 THE MAIN LIFTS

SETUP · MOVEMENT · PROGRESSION

Each lift: **setup & key positions**, **watch-fors**, and a **progression ladder** or **variations**. On ladders (read left→right): gray = entry point, **red = full lift** — climb as they own each stage, drop back when the pattern breaks. Variations are interchangeable options.

HIP HINGE / RDL

Controlled hip-hinge patterning — the base of all power.

KEY POSITIONS

- Soft knees, weight mid-foot/heel
- Hips back, bar slides down the thigh
- Flat back, ribs down, long neck

FINISH

- Drive hips forward to tall extension
- Squeeze glutes — don't arch the low back
- Hips back, *not* knees forward

WATCH: squatting the hinge (knees drift) · rounding at the bottom — shorten range to where the flat back holds.

PROGRESSION LADDER

EASIER ► FULLER

SL RDL

>

BAND-ASSISTED RDL

>

DL RDL

>

KB SWING / MB OH THROW

>

CLEAN PROGRESSION

HANG CLEAN (OLYMPIC)

Ground-based force to run faster and jump higher.

STARTING POSITION

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

POWER POSITION

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

TRIPLE EXTENSION

- Extend hips, knees, ankles together
- Jump & shrug, keep the bar close
- Full extension — arms only guide

CATCH

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

WATCH: hinge to the power position, don't squat it · it's a pull/jump, not an arm press · bar path vertical & close · meet the bar, don't crash under.

PROGRESSION LADDER

TEACH BOTTOM-UP

KB SWING

>

KB CLEAN

>

BLOCK CLEAN JUMP

>

HANG CLEAN JUMP

>

BLOCK CLEAN

>

HANG CLEAN

BACK SQUAT

Lower-body & torso strength, alignment and control.

SET-UP

- Feet hip-width, flat, pressure in heels
- Chest/neck neutral, knees slightly out

DESCENT

- Knees forward, hips back
- Shoulders tilt forward, chin/eyes neutral

BOTTOM

- Feet flat, balanced, pressure in heels

ASCENT

- Keep heel pressure, push the ground away
- Hips & chest rise together

WATCH: stance too narrow/wide · hip shift or twist · bar/torso falling forward · rising to the toes.

PROGRESSION LADDER

PATTERN ► LOADED

WALL SQUAT

>

HEEL-ELEVATED GOBLET

>

GOBLET SQUAT

>

BENCH / BOX SQUAT

>

BACK SQUAT

Bar / Loading Variations

SAFETY BAR

·

ZERCHER SQUAT

·

TRAP-BAR DL

·

BELT SQUAT

·

HACK SQUAT

·

LEG PRESS

·

STEP-DOWNS / SPANISH SQUAT

BOX JUMP / JUMPS

Ground-based force & safe deceleration.

START

- Feet hip-width, arm-length from box
- Head/eyes neutral

TRIPLE EXTENSION

- Explosive push heels → toes
- Big arm swing for height

DIP

- Aggressive hinge & arm swing
- Load the heels

LAND

- Soft quarter squat, feet flat on box
- Arms behind

WATCH: reward a soft, quiet landing — teach deceleration before chasing box height; no knee cave.

PROGRESSION LADDER

ABSORB ► REACT

SL / DL LANDINGS

>

BOX JUMPS

>

SEATED BOX JUMPS

>

DEPTH JUMPS / HURDLE HOPS

BENCH PRESS

Upper-body pressing strength & lean mass.

SET-UP

- 5 points: head, shoulders, butt, both feet
- Eyes under bar, grip ~shoulder-width
- Back flat with a stable arch

ASCENT

- Light touch on the chest
- Drive to full arm extension
- Hold hip & back pressure

DESCENT

- Inhale, brace the core
- Control down, elbows ~45°
- Keep low-back pressure into bench

WATCH: elbows flaring to 90° — tuck toward 45° · bouncing off chest or losing the arch.

PROGRESSION LADDER

EASIER ► LOADED

PUSH-UP VARIATIONS

>

DB BENCH (SL / SA / ALT.)

>

GRIP VARIATIONS (MULTI / NARROW)

>

BARBELL BENCH

SINGLE-ARM ROW

Upper-body pulling strength; balance push volume.

SET-UP

- One hand on bench, split stance
- Back flat, eyes neutral, core tight

ROW

- Elbow close, pull to hip / low ribs
- Squeeze the shoulder blade

ECCENTRIC

- Control to full arm extension
- Torso stable — no rotation

WATCH: torso twisting to move weight · shrugging instead of rowing — drive the elbow.

VARIATIONS

BENCH PLANK (SA / DA)

·

SA DB ROW

·

BEAR / GORILLA ROW

·

CABLE ROW

·

BARBELL BENT-OVER ROW

LAT PULLDOWN

Vertical pulling strength & lean mass.

SET-UP

- Thighs secured under pad
- Arms extended, grip slightly wide

PULL

- Start from mid/upper back
- Pull to upper chest, ribs down
- Drive elbows down & in

RETURN

- Control the bar up
- Ribs down throughout — no arching

WATCH: leaning back / using momentum · pulling with the arms — initiate from the shoulder blade.

VARIATIONS

SINGLE-ARM ROW

· INVERTED ROW

· NEUTRAL / REVERSE-GRIP

· CHIN-UPS / PULL-UPS

SPLIT SQUAT (UNILATERAL)

Single-leg strength for performance & injury prevention.

STARTING POSITION

- One leg forward; shoulder, DB & foot in line
- Back knee just behind front heel

DESCENT

- Bend hip & knee together
- Shoulder over knee; near ground, no touch

ASCENT

- Push through front heel
- Back knee bent, DB/shoulder forward

WATCH: front knee caving — track over the foot · torso drifting behind the knee.

VARIATIONS

SPLIT SQUAT

· DB LUNGE (± ROTATION)

· DB STEP-UP (± ROTATION)

· RFE SPLIT SQUAT

NORDIC / HAMSTRING CURL

Posterior chain & eccentric hamstring strength.

STARTING POSITION

- Kneel on pad, ankles secured
- Torso upright, core & glutes engaged

EXECUTION

- Lean from the knees, hips extended
- Control descent as long as possible
- Catch with hands, curl back to reset

WATCH: hips piking to cheat — keep a straight knee-to-shoulder line; the goal is the slow eccentric.

VARIATIONS

SLIDER / SB LEG CURLS

· STABILITY BALL / BAND-ASSISTED

· FULL NORDIC

· RAZOR LEG CURLS