

STRENGTH & CONDITIONING BLUEPRINT

8-Week Off-Season Advanced Group



Weight Room Warm Up

90/90 Breathing	Retro Stairs/Walks	Single Leg RDL	DB Rollovers
2 Sets x 5 Breaths	2 Sets x 15-20 Reps	2 Sets x 10 Reps Each	2 Sets x 10 Reps Each

Monday - Heavy Lower Body

Exercise	Sets x Reps	Week 1	Week 2	Week 3	Week 4
		55-65%	60-70%	65-75%	70-80%
Hang Clean	3x5	/ /	/ /	/ /	/ /
Single Leg Landings	3x2e	/ /	/ /	/ /	/ /
Box Jump w/ DL Landing	3x3	/ /	/ /	/ /	/ /
		50-60%	55-65%	60-70%	65-75%
Squat	3x10	/ /	/ /	/ /	/ /
DB Walking Lunge	3x10e	/ /	/ /	/ /	/ /
Slider Hamstring Curls	3x10	/ /	/ /	/ /	/ /

Tuesday - Light Upper Body

Exercise	Sets x Reps	Week 1	Week 2	Week 3	Week 4
		45-55%	50-60%	55-65%	60-70%
Incline Bench	3x10	/ /	/ /	/ /	/ /
DB Row	3x10e	/ /	/ /	/ /	/ /
Side MB Toss	3x5e	/ /	/ /	/ /	/ /
Triceps Choice	3x10	/ /	/ /	/ /	/ /
Biceps Choice	3x10	/ /	/ /	/ /	/ /
Shoulder Raise	3x10	/ /	/ /	/ /	/ /

Thursday - Light Lower Body

Exercise	Sets x Reps	Week 1	Week 2	Week 3	Week 4
		50-60%	55-65%	60-70%	65-75%
Hang Clean	3x5	/ /	/ /	/ /	/ /
Single Leg Landings	3x2e	/ /	/ /	/ /	/ /
Box Jump w/ DL Landing	3x3	/ /	/ /	/ /	/ /
		45-55%	50-60%	55-65%	60-70%
Squat	3x10	/ /	/ /	/ /	/ /
DB Walking Lunge	3x10e	/ /	/ /	/ /	/ /
Slider Hamstring Curls	3x10	/ /	/ /	/ /	/ /

Friday - Heavy Upper Body

Exercise	Sets x Reps	Week 1	Week 2	Week 3	Week 4
		50-60%	55-65%	60-70%	65-75%
Bench	3x10	/ /	/ /	/ /	/ /
DB Row	3x10e	/ /	/ /	/ /	/ /
Side MB Toss	3x5e	/ /	/ /	/ /	/ /
Triceps Choice	3x10	/ /	/ /	/ /	/ /
Biceps Choice	3x10	/ /	/ /	/ /	/ /
Shoulder Raise	3x10	/ /	/ /	/ /	/ /

Weight Room Warm Up

90/90 Breathing	Retro Stairs/Walks	Single Leg RDL	DB Rollovers
2 Sets x 5 Breaths	2 Sets x 15-20 Reps	2 Sets x 10 Reps Each	2 Sets x 10 Reps Each

Monday - Heavy Lower Body

Exercise	Sets x Reps	Week 5	Week 6	Week 7	Week 8
Hang Clean	4x4	55-65% / /	60-70% / /	4/3/2 @ 80-90% / /	4/3/2 @ 85-95% / /
Depth Jump (High to High)	3x3	/ /	/ /	/ /	/ /
Squat	3x5	60-70% / /	65-75% / /	4/3/2 @ 80-90% / /	4/3/2 @ 85-95% / /
DB Walking Lunge	3x5e	/ /	/ /	/ /	/ /
Nordic Hamstring Curl	3x5	/ /	/ /	/ /	/ /

Tuesday - Light Upper Body

Exercise	Sets x Reps	Week 5	Week 6	Week 7	Week 8
Incline Bench	3x5	55-65% / /	60-70% / /	4/3/2 @ 75-85% / /	4/3/2 @ 80-90% / /
DB Row	3x5e	/ /	/ /	/ /	/ /
Side MB Chop	3x5e	/ /	/ /	/ /	/ /
Triceps Choice	3x10	/ /	/ /	/ /	/ /
Biceps Choice	3x10	/ /	/ /	/ /	/ /
3-Way Shoulder Raise	3x5e	/ /	/ /	/ /	/ /

Thursday - Light Lower Body

Exercise	Sets x Reps	Week 5	Week 6	Week 7	Week 8
Hang Clean	4x4	50-60% / /	55-65% / /	4/3/2 @ 75-85% / /	4/3/2 @ 80-90% / /
Depth Jump (High to High)	3x3	/ /	/ /	/ /	/ /
Squat	3x5	55-65% / /	60-70% / /	4/3/2 @ 75-85% / /	4/3/2 @ 80-90% / /
DB Walking Lunge	3x5e	/ /	/ /	/ /	/ /
Slider Leg Curls	3x10	/ /	/ /	/ /	/ /

Friday - Heavy Upper Body

Exercise	Sets x Reps	Week 5	Week 6	Week 7	Week 8
Bench	3x5	60-70% / /	65-75% / /	4/3/2 @ 80-90% / /	4/3/2 @ 85-95% / /
Bentover Row	3x5	/ /	/ /	/ /	/ /
Side MB Chop	3x5e	/ /	/ /	/ /	/ /
Triceps Choice	3x10	/ /	/ /	/ /	/ /
Biceps Choice	3x10	/ /	/ /	/ /	/ /
3-Way Shoulder Raise	3x5e	/ /	/ /	/ /	/ /

Field Warm Up

Slow Dynamic x 20y	High Tempo x20y
90/90 Breathing 2x5	High Knee Skip Forw/Back
Strides/Side Shuffle x50y	High Knee/Back Reach Run
Inch Worm	Open Gate/Close Gate
RDL Walk	Power Skips
Lunge Elbow Tuck	Quick Feet Carioca
Heel Up & Grab	High Knee Carioca
Knee Up & Grab	Straight Leg Bound Accels

Rudiment

Single Hop/Stick x15y	3 Hop/Stick x15y	Continuous x15y
Double Leg Forw/Back	Double Leg Forw/Back	Double Leg Forw/Back
Double Leg Lateral	Double Leg Lateral	Double Leg Lateral
Single Leg Forw/Back	Single Leg Forw/Back	Single Leg Forw/Back
Single Leg Medials	Single Leg Medials	Single Leg Medials
Left Left - Right Right	L,L,R - R,R,L	Ankle Dribbles
	Euro Step (L,R,L - R,L,R)	Calf Dribbles
	Single Leg Bound	Knee Dribbles

Monday

Exercise	Week 1	Week 2	Week 3	Week 4
Warm Up				
Rudiment	1x Single Hop/Stick	1x Single Hop/Stick	1x Single Hop/Stick	1x 3 Hop/Stick
Sprints - Full Rest				
Falling Starts	4x10y	4x10y	6x10y	6x10y
3 Point Start	4x10y	4x10y	6x10y	6x10y
Resisted Sprints	20-40% BW	20-40% BW	20-40% BW	20-40% BW
Sled Sprints	4x20y	6x20y	6x20y	8x20y

Thursday

Exercise	Week 1	Week 2	Week 3	Week 4
Warm Up				
Rudiment	1x Single Hop/Stick	1x Single Hop/Stick	1x Single Hop/Stick	1x 3 Hop/Stick
Sprints - Full Rest				
Falling Starts	4x10y	4x10y	6x10y	6x10y
3 Point Start	4x10y	4x10y	6x10y	6x10y
Flying 20y Sprint	2x	3x	4x	4x
Resisted Sprints	20-40% BW	20-40% BW	20-40% BW	20-40% BW
Sled Sprints	4x20y	6x20y	6x20y	8x20y

Exercise	Week 5	Week 6	Week 7	Week 8
Warm Up				
Rudiment	1x 3 Hop/Stick	1x 3 Hop/Stick	1x Continuous	1x Continuous
Sprints - Full Rest				
Falling Starts	2x(3x12.5y)	2x(4x12.5y)	3x(3x12.5y)	3x(4x12.5y)
3 Point Start	2x(3x12.5y)	2x(4x12.5y)	3x(3x12.5y)	3x(4x12.5y)
Resisted Sprints	20-40% BW	20-40% BW	20-40% BW	20-40% BW
Sled Sprints	8x20y	8x20y	8x20y	8x20y

Exercise	Week 5	Week 6	Week 7	Week 8
Warm Up				
Rudiment	1x 3 Hop/Stick	1x 3 Hop/Stick	1x Continuous	1x Continuous
Sprints - Full Rest				
Falling Starts	2x(3x12.5y)	2x(4x12.5y)	3x(3x12.5y)	3x(4x12.5y)
3 Point Start	2x(3x12.5y)	2x(4x12.5y)	3x(3x12.5y)	3x(4x12.5y)
Flying 30y Sprint	2x	3x	4x	4x
Hollow Sprints (In&Out)	1x80y	2x80y	1x100y	2x100y

Wednesday & Saturday - Optional Circuit/Interval Training

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
30s Work/90s Rest	30s Work/60s Rest	45s Work/75s Rest	60s Work/60s Rest	20s Work/40s Rest	30s Work/30s Rest	40s Work/60s Rest	15:15,30:30,60:60,30:30,15:15
6-8 Rounds	8-10 Rounds	6-8 Rounds	6-7 Rounds	10-12 Rounds	10-12 Rounds	8-10 Rounds	1-2 Rounds
70-80% Intensity	75-85% Intensity	80% Intensity	80-85% Intensity	85-90% Intensity	90% Intensity	85-90% Intensity	85-90% Intensity
Medball Circuit 1 (3 Sets)			Medball Circuit 2 (3 Sets)			Medball Circuit 3 (3 Sets)	
MB OH Back x 3			Curtsy Lunge Shot Put x 3e			Box Drop/Double Hop OH Throw x 3	
MB UH Forward x 3			MB Side Chops x3e			Box Drop/Double Hop UH Forward x 3	
Hammer Hip Toss x 3e			Shuffle Catch & Throw x 3e			Reverse Hammer Toss x 3	
MB Side Toss x 3e						Pitcher Shot Put Toss x 3	

Field Setup

General Progression Strategy

Spacing	All drills should initially start with 3 yards between cones to limit top speed and minimize force on the knees during deceleration.
Advancement	Progress to 5 or 7 yards as athletes become more proficient at handling higher deceleration forces.
Complexity	As the year progresses, coaches should transition from structured drills to Rabbit/Hound style drills to incorporate more reaction and gameplay elements.

5-Cone Zig Zag

Setup	Cones are placed in a zig-zag pattern, 3 yards wide and 3 yards deep from one another.
Execution	Athletes can sprint or shuffle. The focus is on planting with the outside foot to create a sharp angle toward the next cone without rounding or lifting the foot over the cone.
Direction	Perform both forward and backward.

Bag Drills

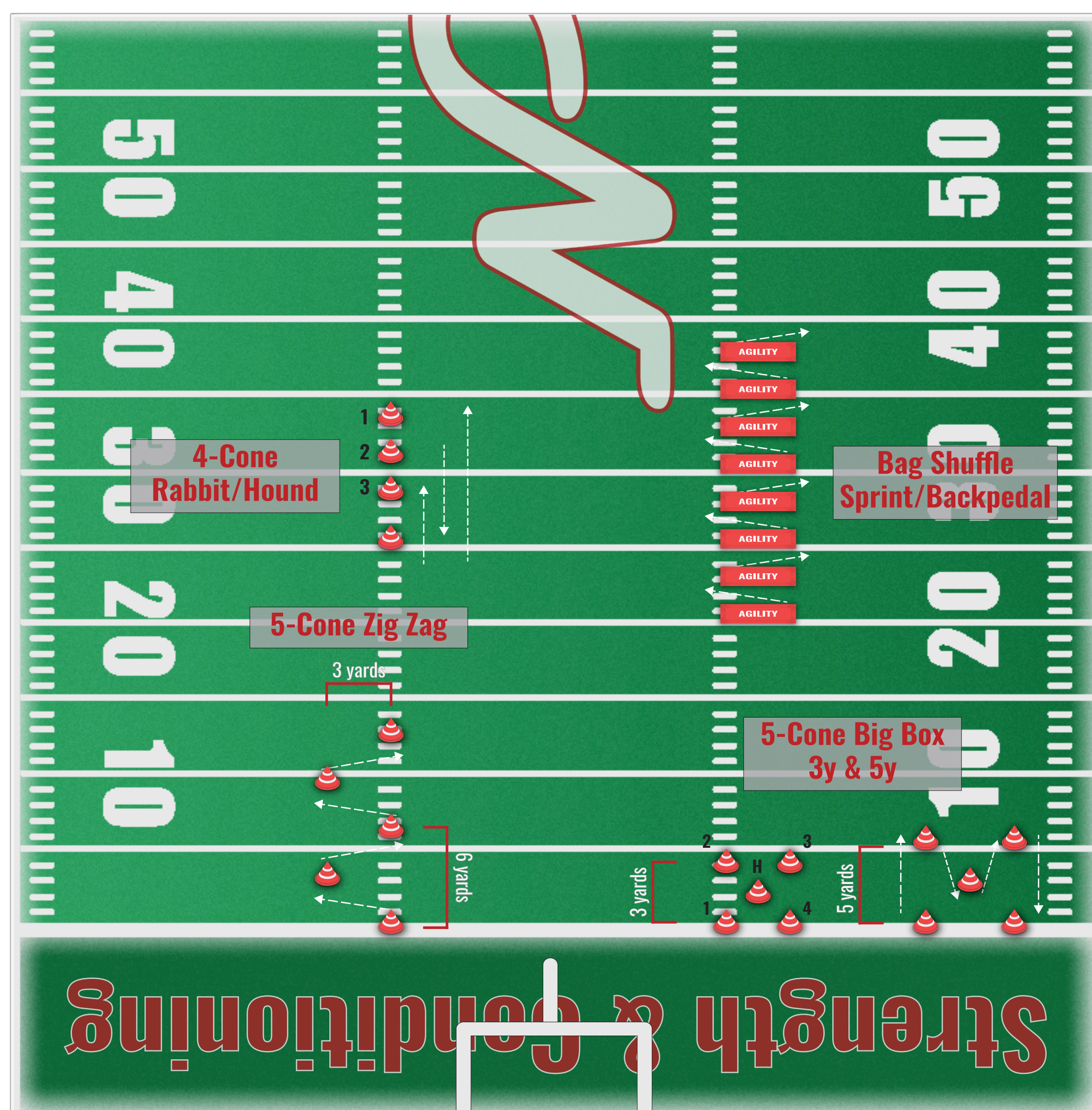
Setup	8 bags (or cone pairs) placed roughly 2 yards apart .
Bag Shuffle w/ MB	Athletes hug a medicine ball to keep the torso aligned with the hips. Athletes shuffle through, ensuring a wide plant for a proper angle to the next bag without stepping forward or rounding.
Sprint/Backpedal	Athletes sprint forward at an angle to the front of a bag, plant the front foot, and backpedal to the back of the next bag. Keep hips low, plant firmly off the back foot, and drive into the next sprint. One set consists of a full trip down and back.

5-Cone Big Box

Setup	Four cones form a box with one cone in the center ("Home"). Start with cones 3 yards apart and progress to 5 yards.
Structured Execution	Sprint, backpedal, or shuffle around the perimeter or in an "M" pattern.
Reactive Execution	The coach calls out three numbered outside cones (e.g., "3, 4, 1"). The athlete must sprint from "Home" to the called cone and back to "Home" for each number before exiting the front of the box.

4-Cone Rabbit/Hound

Setup	A "Home" base cone with Cone 1 at 2 yards, Cone 2 at 1 yard from Cone 1, and Cone 3 at 1 yard from Cone 2.
Execution	Two athletes start at Home. The Rabbit (Leader): Sprints to three cones in any order and returns to "Home" after each. The Hound (Follower): Must mimic the Rabbit's movement. Once the final cone is identified, it becomes a race back through the "Home" cone.
Variations	Coaches can dictate the movement style (sprint, shuffle, backpedal) or allow the Rabbit to choose.



Tuesday & Friday

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Warm Up								
Tennis Ball Traveling	3x20y	3x20y	3x20y	4x20y	4x20y	4x20y	5x20y	5x20y
Shuffle Drills								
Bag Shuffle w/ MB				Forw/Back x 4e	Forw/Back x 4e	Forw/Back x 5e	Forw/Back x 5e	Forw/Back x 6e
Bag Sprint/Backpedal				Left/Right x4e	Left/Right x4e	Left/Right x5e	Left/Right x5e	Left/Right x6e
Cone Drills								
5-Cone Zig Zag				3y x 3	3y x 3			
5-Cone Big Box				3y x 3e	3y x 3e	4y x 4e	4y x 4e	5y x 3e
4-Cone Rabbit/Hound						x2	x2	x4