*The Road to Victory Begins Today.*

*The Pursuit of Victory is Fun!*

We take preseason workouts very seriously and have high expectations for the season; **It’s Time To Work!**

**Controllables:** things you can control as a player and will help make you successful.

-Work Ethic

-Attitude

-Fitness

**Veterans and Returning Players:** (lead by example)

-Set the tone and push the new guys

-Be leaders everyday

-Help show the new guys how things are done and how hard we work

*Push To Achieve That Next Level Within Yourself.*

**Speed Drills:**

-Sprint all out on every sprint. Do not pace yourself.

-Take full rest periods, -not less.

-Concentrate on explosive starts. (driving your knees, leaning forward, pumping arms.) Keep stride smooth and powerful throughout sprint.

**Lateral Speed and Agility Development (LSA):**

-This is a major portion of your program for preseason, as the game is played in multi-directions. Your ability to decelerate, stop momentarily, and reaccelerate, will be critical to your success on the field.

**Strength Program (weightlifting):**

-Train with high intensity! If you want to be a champion- then train like one!

-Increase the load as the weight becomes easier to move (set to set, if possible).

-Be aware of your technique. Don’t sacrifice it for heavier weight.

**Distance Running:**

-Work to improve your times each time you run.

-Don’t settle foe mediocrity.

-Don’t just fall into the middle of the pack; strive to be in the front and push everyone else.

-NO WALKING!

\*Conditioning is just that- conditioning. Just because you workout does not mean you will automatically make the team, but I highly recommend being there consistently or you will fall behind and not reach proper fitness.