

POSITION SPECIFIC INTERVAL SPRINT TRAINING

POSITIONS: OFFENSIVE LINE

DEFENSIVE LINE

TIGHT ENDS

LINEBACKERS

QUARTERBACKS

RUNNING BACKS

WIDE RECEIVERS

DEFENSIVE BACKS

1ST QUARTER - 18 TOTAL SPRINTS

**2ND QUARTER - 36 TOTAL SPRINTS
GO THROUGH THE WORKOUT 2 TIMES**

**3RD QUARTER - 54 TOTAL SPRINTS
SO THROUGH WORKOUT 3 TIMES**

**4TH QUARTER - 72 TOTAL SPRINTS
GO THROUGH WORKOUT 4 TIMES**

**OVERTIME - 81 TOTALS SPRINTS
GO THROUGH THE WORKOUT 4 TIMES PLUS 9 EXTRA SPINTS**

**15-25 SECONDS REST BETWEEN EACH SPRINT
1:30 MINUTES REST BETWEEN QUARTER
3 MINUTE HALF-TIME**

OFFENSIVE LINE

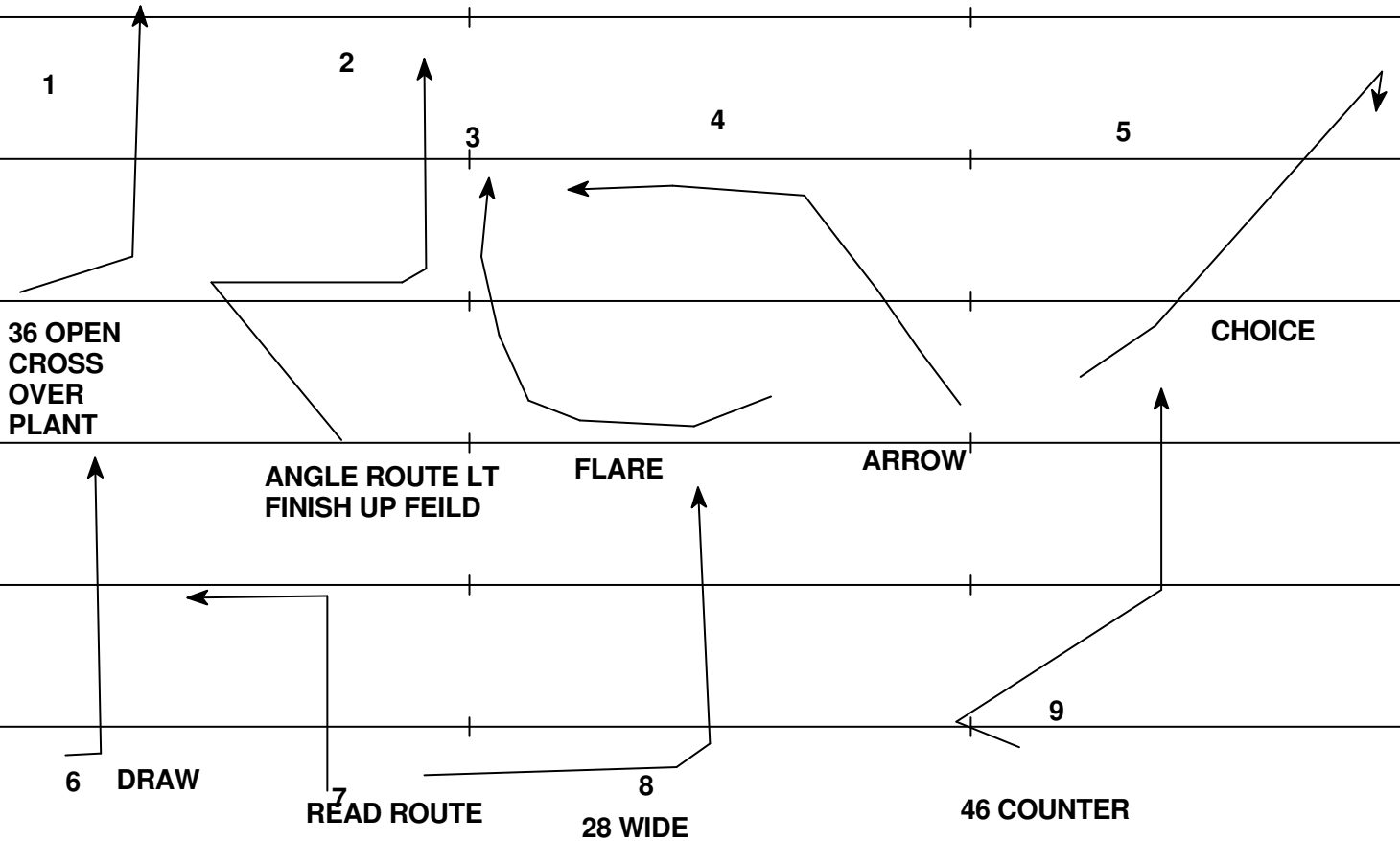
TROJANS

1	2	3	4	5	6	7	8	9
47 COUNTER 5YD-10YD REDIRECT RT	36 ZONE BLOCK RT 3YD-7YD REDIRECT LT	POWER STEP RT 10 YDS	DOWN BLOCK LT 2YD-10YD REDIRECT RT	88 SKATE SCREEN 15YD-7YD REDIRECT LT	SCOOP LT 1YD-10YD REDIRECT RT	POWER STEP LT SPRINT BACK 10YD-10YD	KICK STEP LT CHASE DB 3 KICKS 20 YD SPRINT REDIRECT RT	VERTICAL POWER STEP RT 5 YDS 45 DEGREE
1	2	3	4	5	6	7	8	9
SCOOP RT 1YD-10YD REDIRECT LT	89 SKATE SCREEN LT 15YD-7YD REDIRECT LT	POWER STEP LT 10YD	46 COUNTER 5YD-10YD REDIRECT LT	37 ZONE BLOCK 3YD-7YD REDIRECT RT	VERTICAL POWER STEP RT 5YD 45 DEGREE	3 KICK STEPS CHASE DB 20 YD REDIRECT LT	POWER STEP RT SPRINT BACK 10YD-10YD	DOWN BLOCK RT 2YD-10YD REDIRECT LT

REDIRECT FOR ONE STEP

RUNNING BACKS

TROJANS



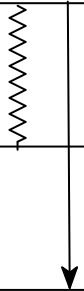
*THERE ARE 18 TOTAL EXERCISES. FOR THE SECOND SET OF REPS PERFORM EACH MOVEMENT IN THE OPPOSITE OF DIRECTION OF THE FIRST REP. THE EXERCISES MUST BE DONE IN THIS ORDER FOR THE SECOND SET. 3, 4, 6, 8, 1, 5, 9, 2, 7.

REDIRECT FOR ONE STEP

QUARTERBACKS

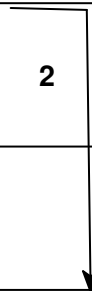
TROJANS

1



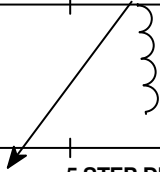
5 STEP DROP
SPRINT FWD 15 YD

2



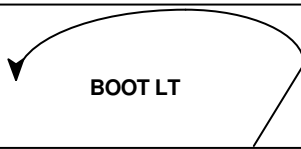
OPTION LT
7YD - 18YD

3



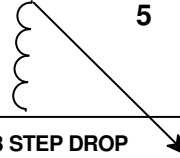
5 STEP DROP
SPRINT RT
45 DEGREE

4



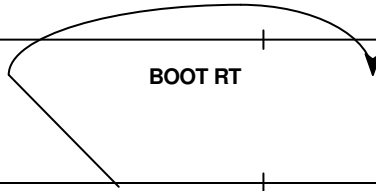
BOOT LT

5



3 STEP DROP
SPRINT LT
20 YDS

8



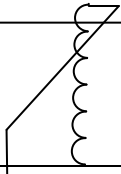
BOOT RT

7



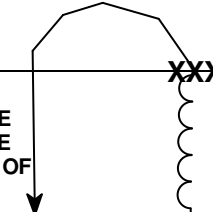
OPTION
7 YD - 15YD

6



3 STEP DROP
LATERAL STEP LT
SPRINT BACK RT
15 YD

9



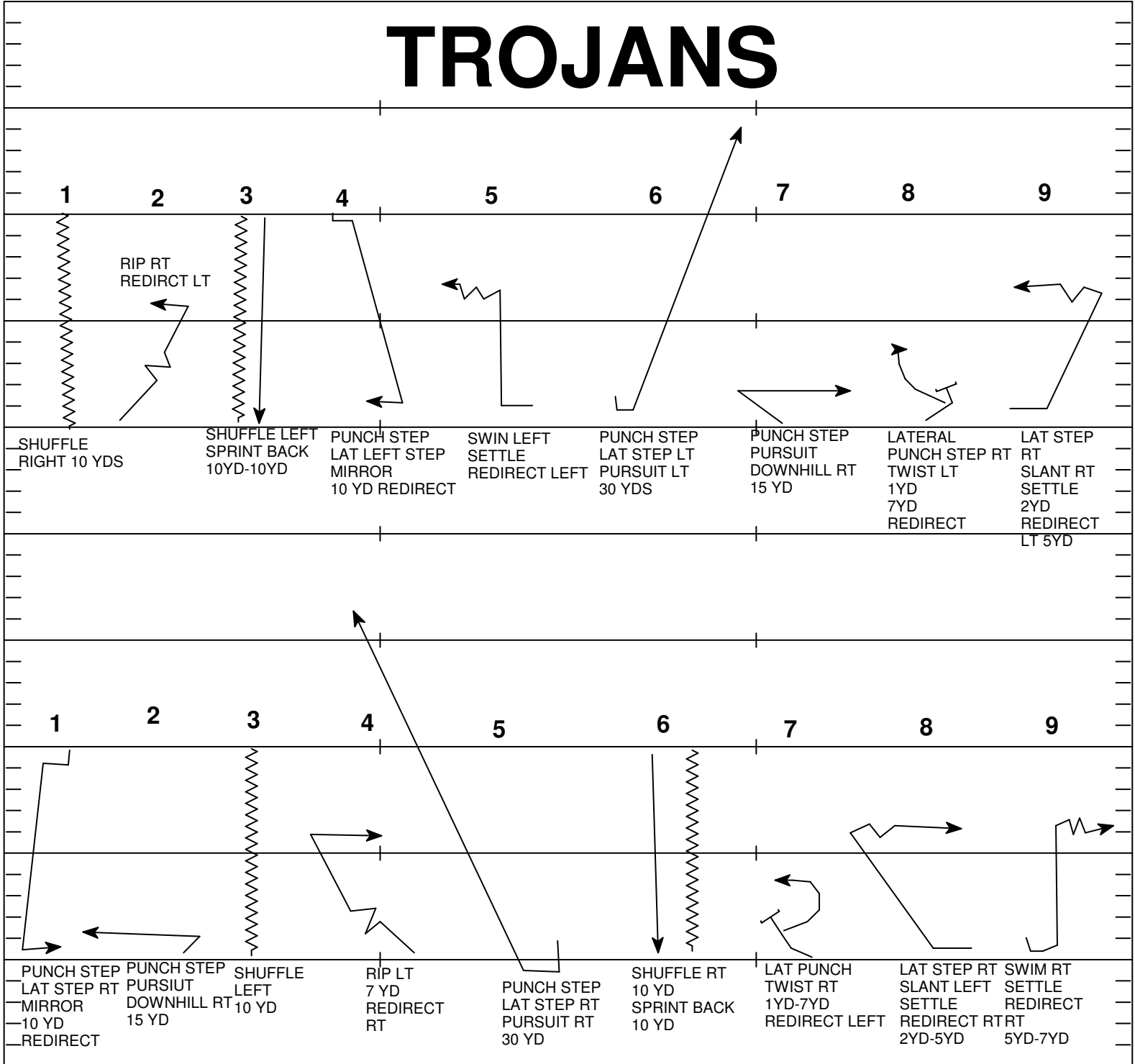
5 STEP WAVE
SIDE-TO-SIDE
SPRINT OUT OF
POCKET

WAVE DRILL

***THERE ARE 18 TOTAL EXERCISE. FOR THE SECOND SET OF EXERCISES YOU MUST PERFORM THESE THE OPPOSITE DIRECTION AS YOU DID THE FIRST REP. FOR THE SECOND SET OF REPS YOU MUST PERFORM THEM IN THIS ORDER. 5, 3, 1, 2, 6, 4, 9, 7, 8.**

DEFENSIVE LINE

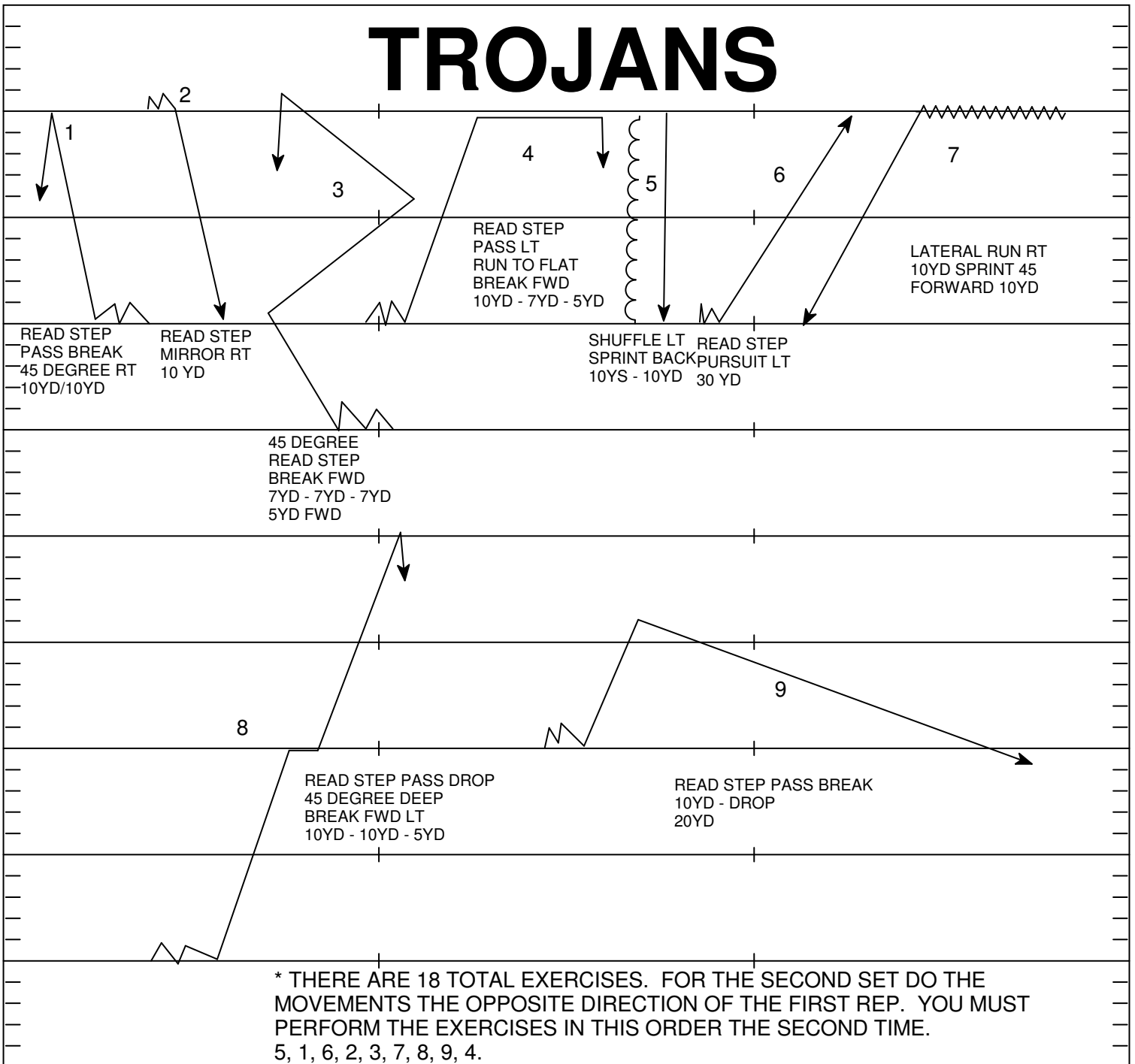
TROJANS



REDIRECT FOR ONE STEP

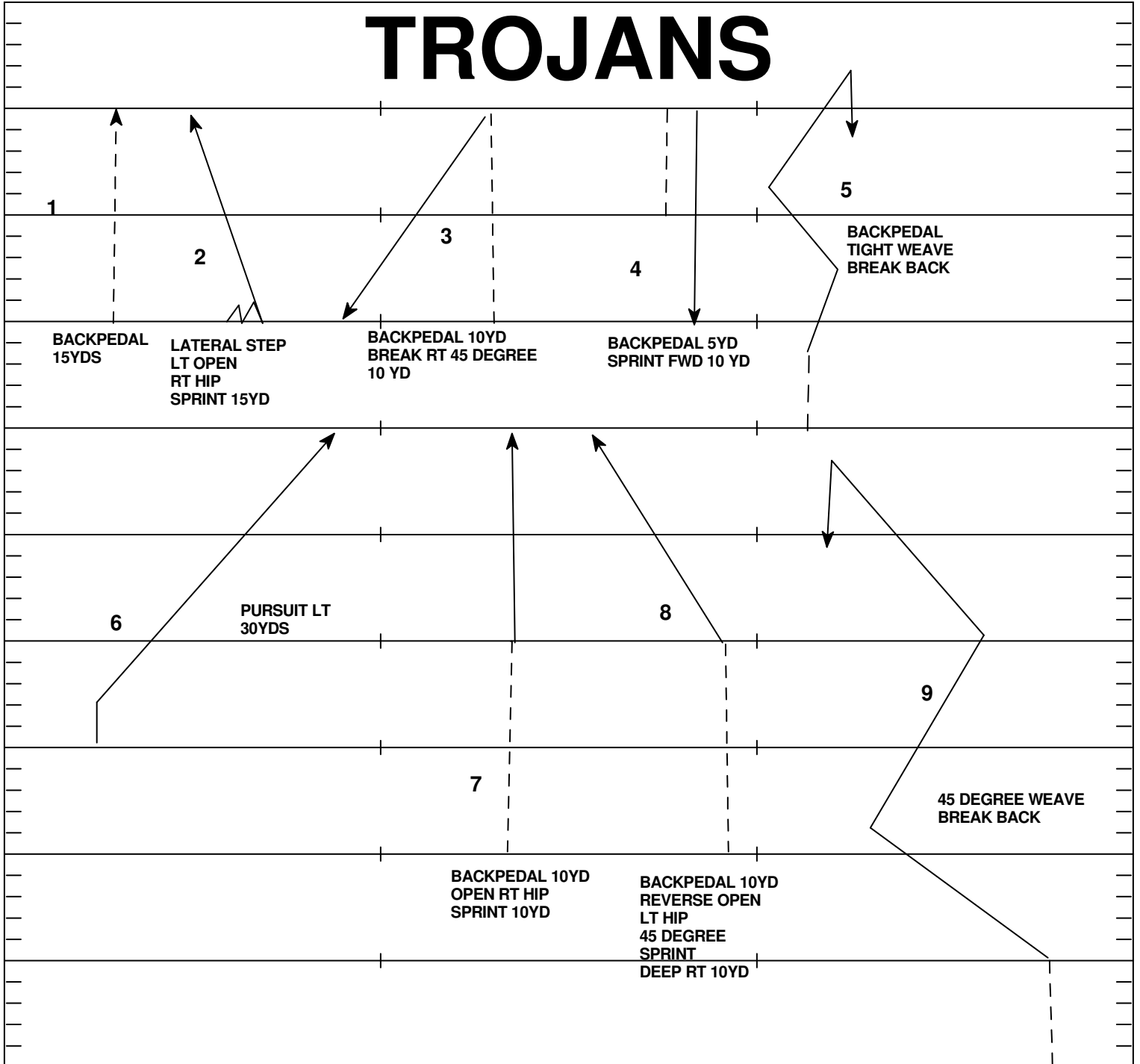
LINEBACKERS

TROJANS



DEFENSIVE BACKS

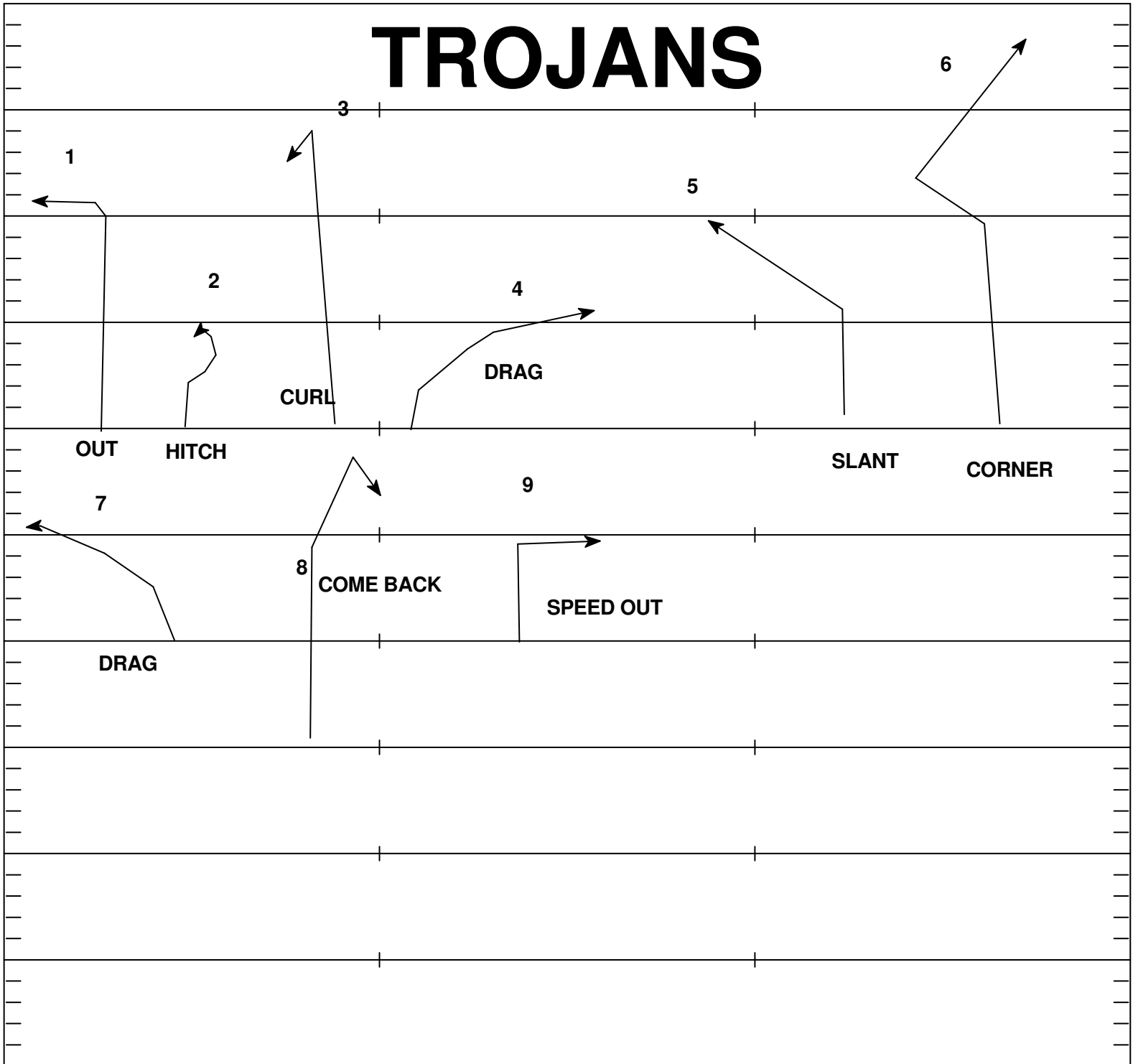
TROJANS



*THERE ARE 18 TOTAL EXERCISES. FOR THE SECOND SET OF REPS, PERFORM THE MOVEMENTS IN THE OPPOSITE DIRECTION AS THE FIRST SET. YOU MUST PERFORM THE SECOND SET IN THIS ORDER: 4, 5, 2, 1, 6, 7, 8, 9.

WIDE RECEIVERS

TROJANS



***THERE ARE 18 TOTAL EXERCISES. FOR THE SECOND SET OF REPS PERFORM EACH MOVEMENT IN THE OPPOSITE OF DIRECTION OF THE FIRST REP. THE EXERCISES MUST BE DONE IN THIS ORDER FOR THE SECOND SET. 3, 4, 6, 8, 1, 5, 9, 2, 7.**