

YOUR ATHLETIC DEVELOPMENT OFF-SEASON PROGRAM

Welcome to Off-Season. Our Season!

*This is your personal program to follow during the off-season.
You will receive a new program every three weeks.*

Each training week consists of two training days,
You can alternate every time you come to the EA Facility.

*For example:
Monday - Day 1,
Thursday - Day 2.*

*Every day consists of three Athletic Development sections (-1, 0, +1)
to make you a relaxed, mobile & explosive athlete:*

-1 IS HEALING WORK

self-massage, breathing & light mobility work

0 IS FOUNDATION WORK

basic squats, spine & active warmup

+1 IS BUILDING WORK

footwork, jump training, power, strength & conditioning

*Aim to do **a little better every time** you train
increase quality of execution, weight used, height jumped,
precision in landings, levels in the strength exercises, etc.*

*All you need to do to become a better athlete is to show up.
Consistency and small steps.*

*Take **notes every time you train** power & strength
so you can track your progress.*

*For example when doing Power & Strength of Day 1
write down the levels, weights and repetitions:*

*DB Snatch 12kgx10 / 14kgx10
Push Up Feet Elevated low box x10 / medium box x9
Knee over Toes Split Squat x10 / x10
Eccentric Chin Up 30s Clusters 20sec+10sec / 15s+10s+5s
1KB Single Leg Deadlift 8kgx10 / 12kg x8
Farmers Carry 16kgx40m*

Don't waste time on your phone
*or getting distracted in these sessions,
when focused, you should be able to
finish a session in 30-45 minutes.*

*Small steps every session turn into
a big leap over a whole off-season!*

TRUST THE PROCESS.

PHASE 1 [WK 1-3]

DAY 1 "LINEAR DAY"

-1

SELF MASSAGE

glutes, upper back, lower back, shoulders, adductors, quads, IT band, calfs

BREATHING

hands behind back breathing x10

MOBILITY

Big Toe Lifts x8

Big Toe Presses x8

3-Ways Ankle Mobs x8

Pigeon x8

Hip Flexor Rocking x8

Elephant Hamstring Walk x8

Adductor Rocking x 8

ACTIVATION

Hip Lift 3x10s

Single Leg Layup Holds 2x10s/leg

Passive Hang x30s

0

LEGS

One Leg Foot Drawing Circles x5/kant

Knee Circles x5

Sumo Squat x5

Touch Heels Squat x5

Single Leg Toes Assisted Squat x3

SPINE

Spine Reach & Relax x3+5s

Rotating Coordination Feet Hip Width x20

Rotating Coordination Mountain Stance x20

ACTIVE WARMUP

Walk on Toes

Walk on Heels

Shmiegel Walk Inside

Shmiegel Walk Outside

Knee to Chest Hold, relax leg x5

Rotated Skip Holds, relax leg x5

Heel to Butt, relax leg x5

Single Leg Deadlift x5

Rotational Arms High Knee Skip Forward x5

Inchworm Hands Stay on One Spot x5

Bear Crawl x10m

+1

FOOTWORK & JUMP TRAINING CIRCUIT: REPEAT 2X

Box Jump x5
Hurdle Jump Forward Stick Landing x5
Speed Tool Loaded Step Front Foot Stays x5/leg
1/4 Turkish Get Up x5/side

POWER & STRENGTH: REPEAT 2-3X

DB Snatch x8-10

Push Up x8-10
Lvl 2: Feet Elevated
Lvl 3: Ring Push Up
Lvl 4: Feet Elevated Ring Push Up

Knee over Toes Split Squat x8-10
Lvl 2: Goblet DB
Lvl 3: 2DB

Chin Up x5
Lvl -1: Eccentric Chin Up Clusters 30s Total
Lvl 2: Rings Chin Up
Lvl 3: Weighted Chin Up

Single Leg Deadlift x8
Lvl 2: 1KB SLDL
Lvl 3: 2KB SLDL

Farmers Carry x40m

TIME LEFT? PICK 1 OF THE 5 MINUTE FINISHERS FOR CONDITIONING OR WEAK POINTS

Improve Conditioning: KB Swings - 100 reps in total

Improve Power: KB Complex - Swing, Squat, Press, Row, Carry 3x10 reps / 1min rest

Knee Pain: Roll side glutes & quadriceps; Balance on Wooden Blocks 3x20s; Ankle Mobs 3x10/side; Active Pigeon Stretch x10; Seiza x5'

DAY 2

"LATERAL" DAY

-1

SELF MASSAGE:

glutes, upper back, lower back, shoulders, adductors, quads, IT band, calves

BREATHING:

hands behind back breathing x10

MOBILITY:

Big Toe Lifts x8

Big Toe Presses x8

Ankle Mobs x8

Pigeon x8

Hip Flexor Rocking x8

Elephant Hamstring Walk x8

Adductor Rocking x 8

ACTIVATION

Side/Front/Side Plank x15s

Look Behind in the Post Rotate Hip & Waist x5

Single Leg Layup Holds 2x10s/leg

0

LEGS:

Balancing on Wooden Blocks x30-60s

Power Squat x5

Lateral Squat x5

Cossack Squat x5

SPINE:

Spine Reach & Relax x3+5s

Spine Waving Backward x10

Rotating Coordination Feet Hip Width x20

Rotating Coordination Mountain Stance x20

ACTIVE WARMUP:

Walk on Toes

Walk on Heels

Shmiegel Walk Inside

Shmiegel Walk Outside

Knee to Chest Hold, relax leg x5

Rotated Skip Holds, relax leg x5

Heel to Butt, relax leg x5

Single Leg Deadlift x5

Lateral High Knee Skip x5

Carioca x10m

Lateral Crawl x10m

+1

FOOTWORK

Pentagon Wooden Blocks Formation - Relaxed Arms Footwork
x2min non-stop
"practice side steps, step back, pivoting,...as if in the game"

JUMP TRAINING CIRCUIT: REPEAT 2X

Lateral Hurdle Jump Stick Landing x5
Lateral Bounds Stick Landing x5
Speed Tool Tennis Backhand Inside Foot Stays x5/leg
1/4 Turkish Get Up x5/side

POWER & STRENGTH: REPEAT 2-3X

KB Swing x8-10
Lvl 2: 1Arm KB

Ring Row x8-10
Lvl 2: Feet Elevated Ring Row
Lvl 3: Weighted Vest Ring Row
Lvl 4: One Arm Ring Row

Trap Bar Deadlift x8-10
Lvl -1: Sumo KB Deadlift

1 Arm Overhead Press x8-10

KB Goblet Squat x8-10
Lvl 2: 2KB Goblet Squat

Suitcase Carry x40m

TIME LEFT? PICK 1 OF THE 5 MINUTE FINISHERS FOR CONDITIONING OR WEAK POINTS

Improve Conditioning:
Airbike Tabata - 10s work; 20s rest - 4 min total

Improve Power:
Speed Tool Complex - Loaded Step, Pass The Ball Around Waist, One Arm Punch 3 sets x6 reps/
side on both sides; 1min rest.

Knee Pain:
Roll side glutes & quadriceps; Balance on Wooden Blocks 3x20s; Ankle Mobs 3x10/side; Active
Pigeon Stretch x10; Seiza x5'