



SUMMER CONDITIONING FOR MIDDLE SCHOOL

FOOTBALL PLAYERS

Preparing to compete in football is a full time responsibility for any age player. Football is an opportunity for young athletes to challenge themselves physically. Preparation to play and compete begins in the off season and carries into the football season.

Here are a few ideas you may want to work on over the summer months to prepare for the upcoming football season.

Always incorporate general static stretching exercises and form running techniques prior to any workout.

- **RUNNING** – Longer distances (1/2 to 1 mile) builds endurance and cardio vascular health.
- **SPRINTING** – Shorter bursts build speed and power.
 1. 20 – 30 yards.
 2. Flat surface, inclined surface, declined surface.
 3. 5 – 10 times on each surface.
- **STRENGTH TRAINING** - Push ups, sit ups / crunches, pull ups. Build chest, shoulder, back, abdominal, and bicep strength.
 1. Push ups – 20 repetitions X 5 sets
 2. Sit ups / crunches – 25 repetitions X 5 sets
 3. Pull ups – As many as you can X 4 sets.

Toe raises are also good for strengthening calf muscles to improve speed and jumping ability. Steps in your house or outdoor porch area are ideal for this exercise. Use the railing for balance, place your toes on the edge of the step and raise the heels to at least 45 degrees. 30 Repetitions X 4 sets. Every day.

- **WEIGHT TRAINING** – Weights are used to strengthen a football players core muscles (abdominals, hips, and back). These are the muscles that a football player frequently uses when playing.

When lifting weights, proper technique is important. Find a weight that is comfortable for you, that will allow you to perform the correct technique. Insure that you have a work out partner when lifting. Have your partner spot you on every exercise that is performed.

1. Power Clean – comfortable weight (6 reps X 4 sets)
2. Squats – comfortable weight (8 reps X 4 sets)
3. Bench – comfortable weight (10 reps X 4 sets)

Taking the time to begin your own workout sessions will help enhance your skill level as a football player. Serious athletes workout hard in the off season. Dedication to your workout is mandatory in order for it to work. Motivation is the key to staying dedicated to your workout. The way you stay motivated is thinking about the football season that is coming up soon and how your workouts during the off season will give you an edge over the ones who didn't workout.