

Strength Training for Football



**Mount Si High School
Snoqualmie, WA**

“True commitment is doing what needs to be done even when nobody is looking.”



Objectives: Mount Si High School



- Injury Prevention
- Team Building
- Athletic Development
- Education on life-long healthy habits- nutrition and exercise
- Performance Enhancement

Training Philosophy



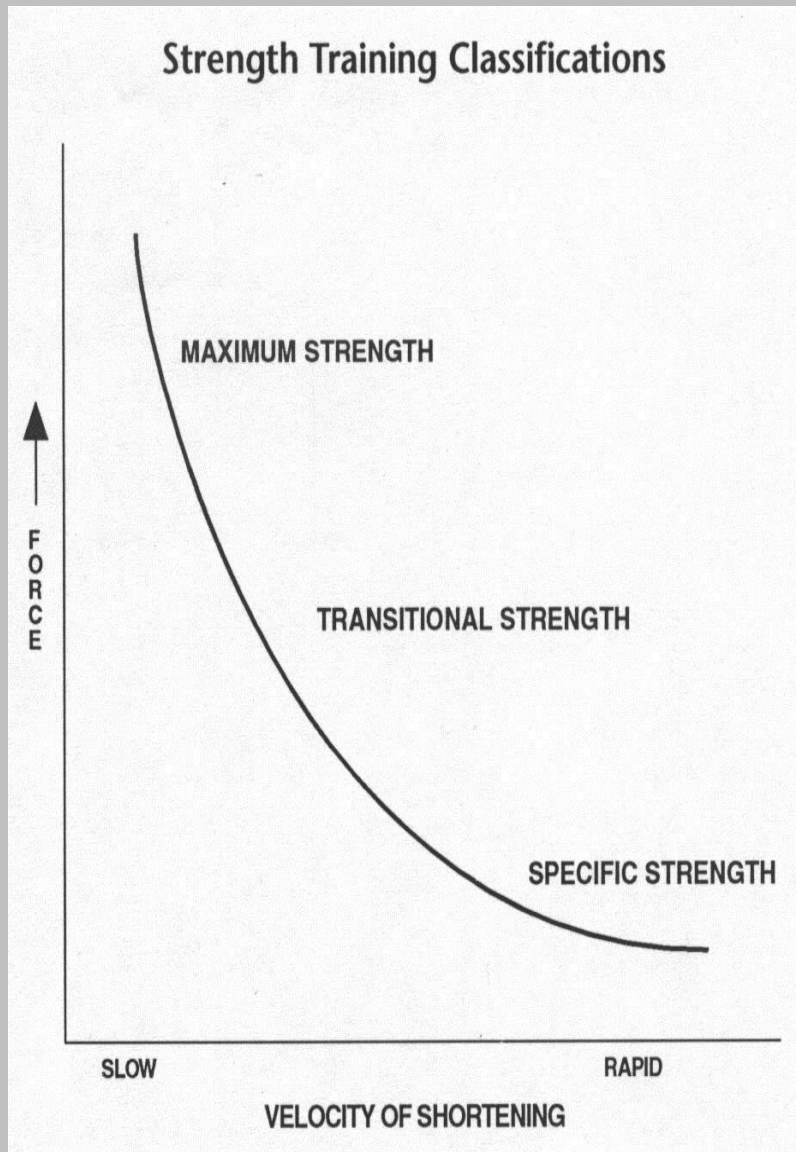
- Train movements not muscles.
- Train core before extremities.
- Train fundamental movement skills before sport specific skills.
- Train body weight before external resistance.
- Train strength before strength endurance.

Key Program Components



- Dynamic Flexibility
- Technique
- Core Strength
- Strength
- Functional Strength
- Power
- Speed/Agility/Quickness
- Nutrition/Hydration/Rest Education

Annual Training Plan



- **Max/General Strength:** Traditional weight training that does not imitate a specific sport skill. Speed is not of concern. Base strength.
- **Transitional Strength:** Movement with resistance that incorporates the joint dynamics of the skill. Higher speed component is involved.
- **Specific Strength:** Movement with resistance or assistance that imitates the joint dynamics of the sport skill. High degree of specificity in mechanics, skill and speed.

Mount Si Football Annual Plan

<u>Month:</u>	Dec.	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.
<u>Phase:</u>	B1	B2	S1	S2	S3	P1 Li	B3	P2	P3	M	M	M
				P1 Sk	S2	P2 Sk		S3	P3			
<u>Period:</u>	←			Off-season Program				→ ← In-season/Playoffs →				

- **Base Strength (B):** 3 phases
 - Goals: Increase work capacity, muscles mass and structural strength
 - High volume, low to moderate intensity- speed not a focus
 - Focus on weak areas, improve flexibility and core strength
- **Strength (S):** 3 phases
 - Goals: Strength development/prepare for power phase
 - Transitional strength- add speed and agility training
 - Moderate volume, moderate intensity- speed more of a factor
- **Power (P):** 3 phases
 - Goals: Peak intensity phase to prepare for season- high degree of sport specificity
 - Specific strength- plyometric, speed and agility related to sport specificity
 - High intensity, low volume
- **Maintenance (M):** In-season training
 - Goals: Maintain strength, injury prevention

“Luck is a derivative of sweat. The more you sweat, the luckier you get.”



What can Parents do??

- Help your child with healthy nutritional choices
- Encourage your child to be a multi-sport athlete
- Be aware of supplements