

## Garfield Snertz

### Warm-up: Core Activation

- Dead bug hold - 5 breaths
- Dead bugs - 5 per side
- Side-lying quad stretch - 5 breaths
- Down-dog push into squat - 5
- Split squat - 5 per leg
- Single-leg dead lift - 5 per leg
- Inchworm - 5
- Reverse bear crawl - 5 per side

### Warm-up: Linear Mechanics (all 10 yds)

- Forward march (powerful)
- Backward march (powerful)
- Forward skips (explosive)
- Backward skips (explosive)
- Skips for height
- Skips for distance
- Low A run
- Medium A run
- High A run

### Warm-up: Sprinting Form

- Starts - 2 per side (Athletic stance, focus on driving the first 3 steps, then decelerate immediately with light footsteps.)
- Build-Ups - 2-4 as needed to finish warming up (Build up to full-speed over a distance that is needed for where your body is at.)

### The Snertz:

- 10 pushups 45 sec. each front plank, side planks, bridge hold
- 4 X 15 ground jumps to sprint – sprint 40yds after 15 jumps (ground jumps - touch the ground and then jump as high as you can reaching for the sky, landing and repeating as fast as you can)
- 4 X 15 jump tucks to sprint– sprint 40yds after 15 jumps (jump tucks – jump as high as you can tucking your knees to your chest)
- 10 pushups 45 sec. each front plank, side planks, bridge hold
- 2 X 40yds lunge/twists (regular lunges, but you twist your torso left and right at the bottom of each lunge – do not slam knees into ground – control with your glutes – these will give you the

endurance to keep pivoting and faking late in the day, and the power to jump, sprint, and change direction)

- 2 X 40yds frog jumps (do a standing broad jump with a controlled landing and jump again for 40yds)
- 10 pushups 45 sec. each front plank, side planks, bridge hold
- 10 X 5-10-5 shuttle/cone runs
- 10 X 40yds explosions (run a 40 as fast as you can) Rest between sets should simulate ultimate – sometimes get a full recovery like at the end of a point, sometimes see if you can do a couple back to back without rest kind of like guarding a deep cut and then going deep yourself the other way
- 4 X 100yds strides at 50%

Throwing:

- 10 each of flat, inside-out, and outside-in forehands and backhands, hammers, scoobers, and off-hand backhands.

Cool Down:

- Be sure to stretch all of: glutes, hamstrings, calves, hip flexors, quads, pecs, and lats