

JUNIOR TIGERS FOOTBALL

Preseason Exercise/Workout and Preparation

- No large meal one hour prior to workout/football practice.
- Hydrate all day before practice (water and/or Gatorade/sports drink is fine).
- Bring plenty of cool drinks to football practice.

Recommended Workout: PRESEASON

- Work out on your own 2-3 weeks before official practice starts, at least 4 days per week.
- Suggested routine:
 1. Stretch and jog to loosen up muscles.
 2. Twenty-five push-ups, twenty-five sit-ups, twenty-five jumping jacks.
 3. Run 15-20 yards utilizing side-to-side runs, up and back, Karaoke steps up and back, high knees up and back, cowboys up and back.
 4. Sprint workout: Take 30 second break in between sprints
 - a. 20 yard sprints up and back, then 30 yard sprints up and back, then 40 yard sprints up and back, then 50 yard sprints up and back.
 - b. Finish this sprint work out with 20 yard sprints as fast as you can, starting at a 3 point stance x 4 sprints.
 - c. Cool down with jogging 2-3, Fifty yard runs (half speed) – this is a good warm down.
 5. Finish up with Twenty-five sit-ups, twenty-five push-ups, twenty-five jumping jacks (always count out loud with your repetitions).

Overview: This brief workout should last about 20-25 minutes. The idea is to get your body and muscles, as well as heart and lungs into a little shape before the start of official football practices. If you have a football, play catch with a family member, or just throw it up in the air and catch it yourself. Get your hand-eye coordination in shape as well.

Our football coaching staff looks forward to working with all of the Tunkhannock Junior Tigers football players. We plan on teaching all aspects of football to all of the participants.