

SUMMER WORKOUTS

By Dr. Greg Shepard

Summer is a time that you can CATCH UP, GET FURTHER BEHIND or STAY AHEAD of your opponents. To do things right, it will take commitment for both coach and athlete. Hopefully, this article will help your summer be more productive.

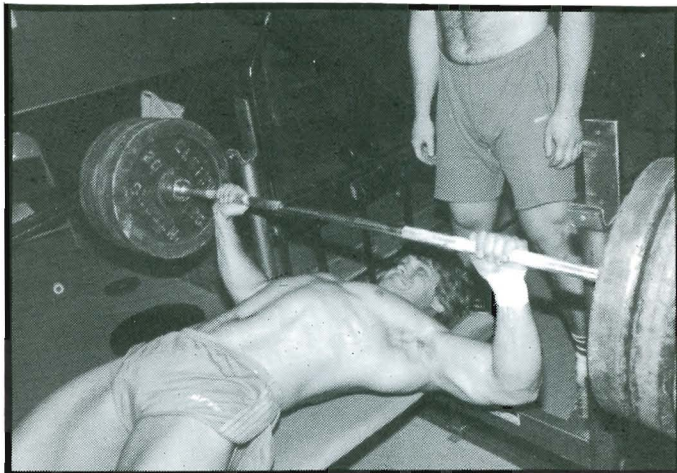
Summer should be a continuation of your off-season program at school. You should not take anytime off but continue immediately after school is out. Who wants to get sore all over again? Not only should an athlete lift weights but agility, flexibility and running programs must be continued. Running might be stressed even more. As far as technique work, your intensity should be increased. Attending summer skill camps can be valuable. Quarterbacks should throw, snappers should snap, receivers should catch, guards should pull, defensive linemen should pass rush, wrestlers should practice takedowns plus up and down positions, basketball players should shoot jumpers, free throws and practice ball handling and dribbling techniques, baseball and track should likewise work on technique. For football I recommend in states where it is legal to get into a passing league or form one of your own.

I always thought it very valuable as a high school coach to have a team meeting in May. The purpose of the meeting was to evaluate team goals, set summer guidelines and organize workout and practice schedules. I think roll should be taken and athletes should be expected to workout at least twice a week. The weight room might have to be open early in the morning and in the evening to accommodate everyone's work schedule. I believe if the weight room is open every weekday morning and every evening Monday through Thursday, everyone should have an opportunity to workout. I found Friday evening to be a non-productive time to have the gym open. Besides, Friday night is a time for being with friends or family.

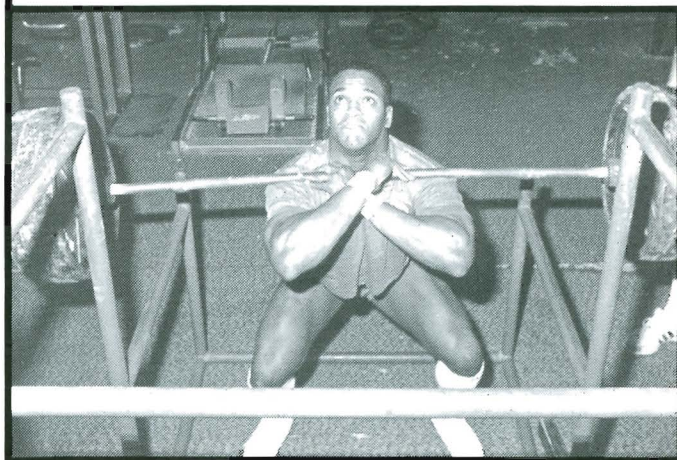
I also believe that keeping the gym open in the mornings is an excellent time to have the junior high athletes come in for an organized program. Some districts will let this be part of a summer school program. Who knows, a miracle might happen, and you may even make it financially worthwhile. Wouldn't it be great, if the BFS Readiness Program could be put in and have 50 kids graduate from that during the summer. What a nucleus to start with next fall with your young kids!

Some athletes will have periods where they will be out of town. The truly dedicated athlete will be responsible and have workouts pre-planned. I don't care where an athlete goes, he can always find a way to get in his workouts. He should take his belt, workout clothes, football, running shoes, workout book and ideas as to where he can workout. You just can't miss 2-3 weeks of workouts because you went on vacation. Even two or three hours a week will pay big dividends. So don't miss!

Be committed! Be prepared! Fulfilling your summer workout goals and responsibilities will develop your confidence and physical abilities for the school sports year. Good luck!



You must come in at least twice a week.!

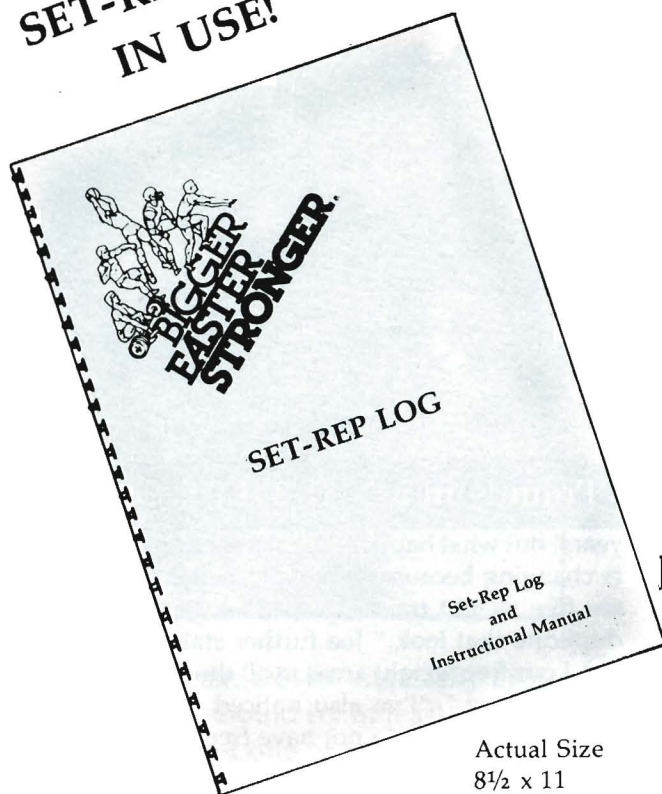


Summer is your last chance to get fierce before the season starts.



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