

FOOTBALL IN-SEASON

FOR HIGH SCHOOL

DON'T MAINTAIN! PROGRESS!!!!

MON	TUES	WED	THURS	FRI	SAT
FLEXIBILITY DOT DRILL	FLEXIBILITY DOT DRILL	FLEXIBILITY DOT DRILL	FLEXIBILITY DOT DRILL	FLEXIBILITY DOT DRILL	FLEXIBILITY DOT DRILL
PAR. SQUAT BENCH CLEAN	PRACTICE PREPARE HARD	PRACTICE PREPARE HARD	BOX SQUAT TOWEL BENCH *S.L. D.L.	WIN THE GAME	OPTIONAL LIGHT WORKOUT
DIPS NECK	MENTALLY PREPARE	MENTALLY PREPARE	DIPS NECK	HAVE FUN	HAVE FUN
PLYOS SPRINT	REST	REST	PLYOS SPRINT	REST	REST

**Do 2 sets of 10 on the Straight Leg Dead Lift or if you have a Trap Bar, plug that in as a Core Lift.*

By Dr. Greg Shepard

The BFS In-Season high school program is unique and incredibly effective. All sports generally do the same In-Season program. Therefore, when a high school athlete plays football, basketball and baseball, he will always train twice per week with the weights. He will stretch and do the dot drill everyday. Sprint and Plyometric workouts will be done in practice twice per week.

Another unique feature is we laugh at the concept of maintaining. That's bogus for high school. We break 8 or more records per week even during the season: what if a three sport athlete was taught the principle of maintaining? What have you got after four years of high school: A wimp, someone who has failed to reach their potential!

When all is said and done if you can Parallel Squat big, Power Clean big and Bench big, you'll have no problems. So we don't spend a lot of time and do a lot of exercises. Workouts only take about 30 minutes twice a week. Just spend about 10 minutes on each of the three core lifts. You'll probably get your neck done during practice. I recommend to use the partner system. With the dips, just get two good sets in and these can be done anytime. Just do them twice per week.

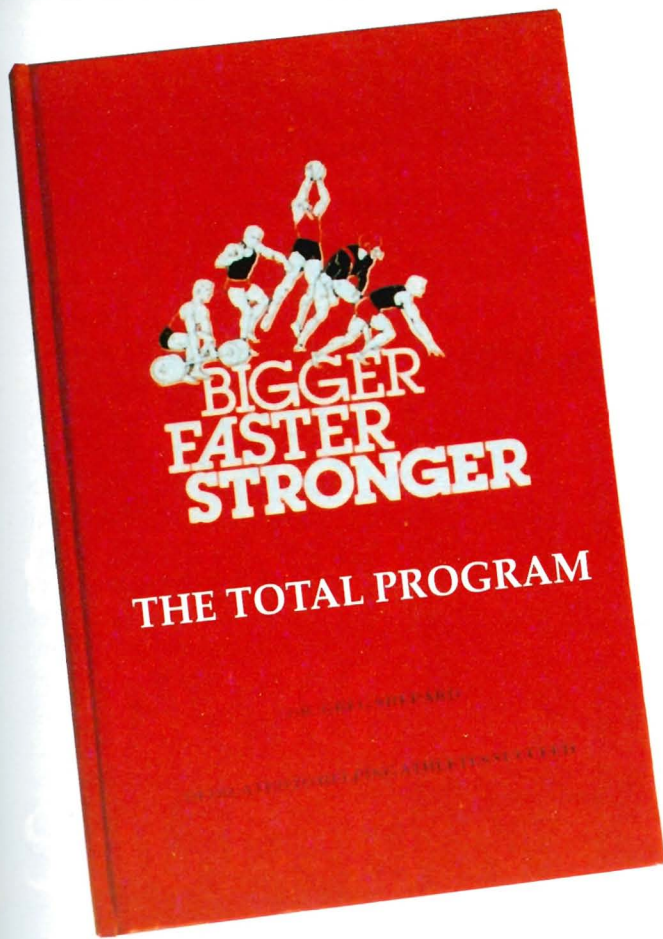
Most people wouldn't workout the day before a

game: But We Can!. That's where the Box Squat comes in. You recover almost instantly. If you were to do Parallel Squats the day prior to a game, it would most likely affect you. With the Box Squat, you can workout hard and I guarantee you'll be just fine. We do them with the Utah Jazz all the time. The Towel Bench is also not that stressful. The reason I like football to workout Thursday is that Tuesday and Wednesday are usually hard practice days while Thursday is a lighter practice day. For those who play Saturday games, you would have the option of doing your core lift workout on Thursday or Friday.

Plyometrics are easy to do. Our Plyo Box Jumping routine only takes 10 minutes. Vertical Jumps and Standing Long Jumps can be done on the field in 5 minutes. Just do 10 quality Vertical Jumps and 3 sets of 3 Standing Long Jumps. Speed training is done by most coaches however, I encourage you to also review proper technique and form on a consistent basis.

So there you have it. Train twice a week on the core lifts and break 8 or more personal records per week. Always stretch and do the BFS Dot Drill. Take a little time to consistently work on Speed and Plyometrics. Record everything! Do the same basic In-Season program with all sports and you'll reach your potential and dominate!

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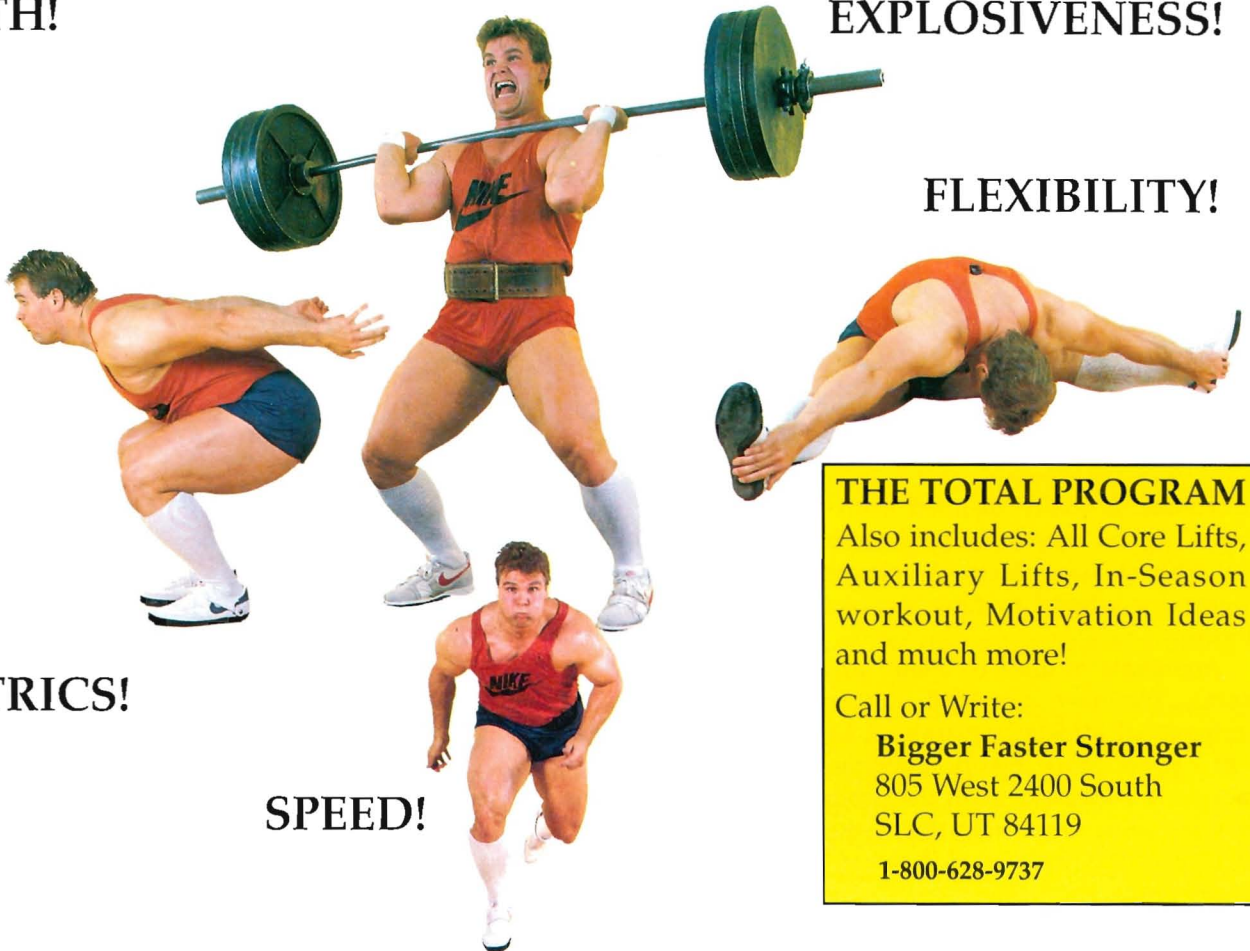
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Poster 2
FLEXIBILITY: Stefan illustrates
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1-2-3-4 flexibility program.

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C

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LEAN

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started fast to stress speed to lower parts of quality. Arm
pull is only used to lower body under the bar while your
body is in the air. Bounce up, head level.





1 THE START: Head level, eyes straight,
hips down, arms locked, spread chest,
lower back locked-in.



2 THE BEGINNING PULL: Head, eyes, and arms the same.
Begin lift with legs only.
Maintain same back angle. Do
not jerk weight off the
platform.



3 MIDDLE PULL: Move hips in
explosively under shoulders.
Do not jerk shoulders and
head back. Head, eyes and
arms keep the same position.



4 ERECT POSITION: Head
straight, eyes level, arms
locked, shoulders over hips. Bar
moves in a straight line. Do not
jerk shoulders and head back.



5 FINAL PULL: Up on toes,
fully extend your legs. Do not
pull with arms or jerk
shoulders back. Bar should
continue in a vertical path.



6 THE FINISH: Stand erect,
elbows up, bar resting on the
deltoids and collar bone.

Stefan Fernholm: 6'-1 1/2", 270 lbs., Squat: 820, Clean: 440, 40:4.3, VJ:40

For further information on
books, videos and clinics, write —
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Poster 3
SQUAT: Stefan squats 800
pounds! Illustrates leg and hip
power with correct squatting
technique.

Poster 4
CLEAN: Stefan cleans 415
pounds! Illustrates correct power
clean technique with awesome
poundages.

Poster 5
PLYOMETRICS: Stefan
demonstrates beginning and
advanced plyometrics!

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