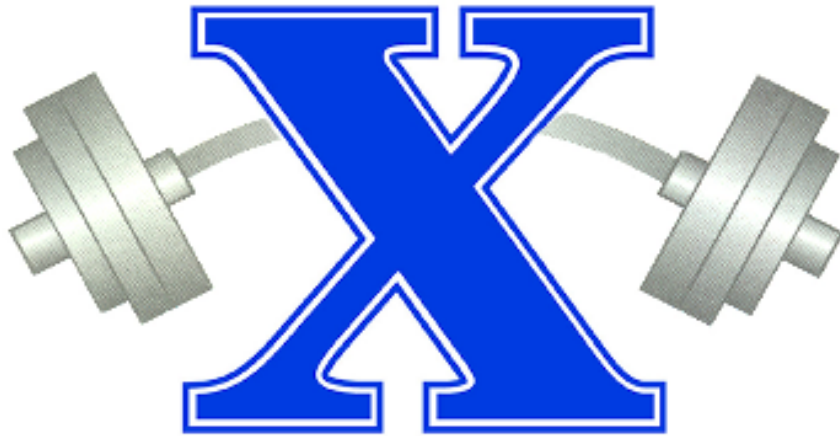


# **TRAINING THE HIGH SCHOOL ATHLETE**



**IYCA International Summit**  
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Strength & Conditioning

# THINGS TO COME....



1. How to develop a multi-level criteria to allow the body better adaptation to training
2. What we have found from developing a year-round systematic program

# BY THE NUMBERS

## ST. XAVIER FOOTBALL

CLASS	HT	WT	BF	NECK	CHEST	WAIST	WRIST	R. BICEPS	R. THIGH
FRESHMEN	69.4	151.6	13.1	13.3	33.8	30.4	6	11.5	20.2
SOPHOMORES	70	174.7	14.4	14.46	35.28	32	6.24	12.51	21.73
JUNIORS	71.1	188.2	16.5	14.9	37.02	33.76	6.44	13.41	22.71
SENIORS	72.6	197.7	16.8	15.6	38.59	33.9	6.51	14.5	23.82
4-YEAR AVG.	3.2	46.1	3.7	2.3	4.79	3.5	0.51	3	3.62

# HOW DO WE ACHIEVE OUR NUMBERS ?

Implementing a systematic training program that addresses the most critical needs of young high school athletes

# HOW DO WE ACHIEVE OUR NUMBERS ?

Focus on entry-level athletes freshman year and their current fitness levels

# HOW DO WE ACHIEVE OUR NUMBERS ?

Integration into our training system begins with exercises that build the CNS, Structural Integrity, and Motor Development

# HOW DO WE ACHIEVE OUR NUMBERS ?

Exercises are chosen based on a training menu that builds the body iso-laterally and bi-laterally, as well as cover the most injury prone areas

# HOW DO WE ACHIEVE OUR NUMBERS ?

Freshmen athletes are separated from upper-classmen as they are taught our terminology and methodology.



# LEVEL BY LEVEL CRITERIA

Freshmen - Educate and Understand

Sophomores - Understand and Demonstrate

Juniors - Demonstrate and Implement

Seniors – Implement and Modify Accordingly



# PROGRAM DESIGN OBJECTIVES

- Expose athletes to a variety of fitness skills
- Increase functional capabilities and motor abilities
- Introduce well-rounded curriculum of exercises
- Gradual introduction to sports-specific fundamentals



# OUR TRAINING PHILOSOPHY

- Be Patient, Be Consistent
- Educate and Coach
- Teach How and Why
- Multi-Lateral Training
- Monitor Progress Daily



# PHYSICAL DEVELOPMENT SYSTEM

## 6 Daily Components:

- Activation-Mobility
- Active-Dynamics
- Athleticism
- Speed Improvement Drills
- Quickness and Acceleration
- Strength Training



## WUP-MOVEMENT-SPEED

## OFF-SEASON

## PHASE 1

MONDAY	SETS/REPS
PREP	
HIP BRIDGE	1 X 20
MARCHING	1 X 20
HIP CROSSOVER	1 X 20
OPPOSITES	1 X 20
DYNAMIC HAMSTRING	1 X 10
ACTIVE-DYNAMIC	
FWD SKIP + ROLLS	2 X 20
SLIDE + GLIDE	2 X 20
CARICOCA	2 X 20
EASY HIGH KNEES	2 X 20
KNEE TO CHEST	1 X 6
LUNGE + INSTEP	1 X 6
SID'S	
SEATED ARM DRILL	3 x 10 sec.
WALKING ARM DRILL	2 x 20 yd.
SPEED (A) WALK	2 x 20 yd.
SPEED (A) SKIPS	2 x 20 yd.
SPEED LADDERS	
TWO FOOT RUNS	X 2
ONE FOOT RUNS	X 2
ICKEY SHUFFLE	X 2
HOPSCOTCH	X 2
SPEED STARTS - PICK 2	
STATIC STARTS	X 2-4
POSITION STARTS	X 2-4
PUSH UPS STARTS	X 2-4
GROUND STARTS	X 2-4
FALLING STARTS	X 2-4

WEDNESDAY	SETS/REPS
PREP	
HIP BRIDGE	1 X 20
TOE TOUCHES	1 X 20
QUADRUPE OBLIQUE	1 X 20
FIREHYDANTS	1 X 20
DYNAMIC PIRIFORMIS	1 X 10
ACTIVE-DYNAMIC	
FWD SKIP + ROLLS	2 X 20
SLIDE + GLIDE	2 X 20
CARICOCA	2 X 20
EASY HIGH KNEES	2 X 20
KNEE TO CHEST	1 X 6
INCHWORM	1 X 6
SID'S	
FRONT CRAWL	X 2
BACK CRAWL	X 2
LEAP FROGS	X 2
HOPPING: DBL/SINGLE LEG	X 2
SID'S	
BOUNDING + HEIGHT	2 x 10 sec.
BOUNDING + DISTANCE	2 x 20 yd.
LONG JUMPS	2 x 20 yd.
FAST FEET : FWD + BWD	2 x 10 yd.
PLYOS - QUICKNESS	
DOUBLE SIDE - SIDE	X 2-4
DOUBLE FRONT - BACK	X 2-4
DOUBLE DIAGONAL	X 2-4
SINGLE SIDE - SIDE	X 2-4
SINGLE FRONT - BACK	X 2-4

FRIDAY	SETS/REPS
PREP	
HIP BRIDGE	1 X 20
ROT. LUNGE	1 X 20
90 ° 90 CONTINUOUS	1 X 20
HIP CIRCLES	1 X 20
DYNAMIC GLUTE	1 X 10
ACTIVE-DYNAMIC	
FWD SKIP + ROLLS	2 X 20
SLIDE + GLIDE	2 X 20
CARICOCA	2 X 20
EASY HIGH KNEES	2 X 20
KNEE TO CHEST	1 X 6
BWD LUNGE + TWIST	1 X 6
SID'S	
SEATED ARM DRILL	3 x 10 sec.
WALKING ARM DRILL	2 x 20 yd.
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FALLING STARTS	X 2-4

# PRINCIPLE OF DYNAMIC ORGANIZATION

Verkhoshansky describes athletic performance as a “complex interaction of many movements in which sport becomes a problem solving activity in which movements are used to produce necessary solutions.”

“ The effectiveness to use one’s motor potential to achieve success is the essence of skill acquisition.”

Verkhoshansky, Y.V. (1986). *Fundamentals of Special Strength-Training in Sport*. (A. Charniga, Trans.). Livonia, MI: Sportivny Press. (Original work published in 1977, Moscow, Russia: *Fizkultura I Sport*).



# THE TRAINING EFFECT

- Initially motor programs are weak and scattered
- Adaptation occurs from imposed loading
- Repetitive practice helps with the interaction and coordination of the neuro-muscular system
- As the system integrates the movements, it becomes ready to evolve as a whole



# THANK YOU

