

SOAR Fitness – HS Football Training

Winter through spring is the main time when high school football players begin to file into the gym with hopes of improving speed, power and strength for the upcoming season. Over the course of the last 10 years, we have refined our football training program to maximize those results. Since most high school players are required to lift at school, our program must take that into account to ensure that we are not overtraining our athletes. We take a less is more approach to ensure that that every dose of training is a benefit to the athlete. Ideally, we like to see our high school football guys 2x per week.

Training Objectives

1. Recovery and Aerobic Development

These sessions take place during the week and focus on helping our athletes improve movement quality and aerobic development. Aerobic had gotten a bad rap in the past because most coaches associate it with slow running. At Soar, we use mobility drills, MB throws, sled work and light calisthenics such as skips to create a low intensity workout. Research has shown that aerobic development is crucial for proper conditioning for camp and in the 4th quarter. These drills will also help the athlete “recharge their battery” during the week.

2. Speed, Agility and Power Development

This is what everyone is looking for. We find the best day of the week when the athlete is most recovered to perform these drills. Plyometrics, weighted jumps, sprints and specific agility drills are used. Again, quality reps, in low volume with adequate rest are the goal here. Combine and camp testing exercises such as the 40 and shuttle will fall into this category in the spring.

3. Posterior Chain Development

Strength in the low back, glutes and hamstrings is vital for speed development and the reduction of risk of non – contact injury. However, it seems to be the most neglected aspect of training in a lot of the kids we see. Thus, our strength training focus after our speed and power work focuses mainly on this.

4. Extras

This is where we fill in the holes or work on individual weaknesses. This could include squat technique improvement, extra volume for those needing to gain weight, farmer’s carries or core work that is not being covered at school.

To discuss the need of your football player, contact Mike Kozak at 614-306 -9364