**Football group workouts**

Ladders

* 2 feet each box
* Hop scotch
* Salsa

Dot drills

* 2 foot forward/backward x 5
* 1 foot ABCDECBA x 5 (letter pattern on the bulletin board)

Med ball

* Chest pass with partner x 20 throws each
* Overhead backward throw

Jump rope

* 2 foot 2 x 30 seconds
* 1 foot 2 x 30 seconds

Pushup

* Clap pushup 2 x 8-10

Quick feet on weight plate

* Toe touches x 30 seconds
* Step on-and-off x 30seconds

**Football group workouts**

**Do the whole workout twice**

Ladders

* 2 feet each box
* In-and-outs
* High knees
* Butt kickers

Jumps

* Weighted jumps x 10
* 180˚ jumps x 10

Med ball

* Single leg chest pass with partner x 15 throws each
* 2 leg squat wall throws

Box jumps

* 2 foot 2 x 8
* 2 foot plyometric drop jumps 2 x 6

Pushup

* Short pushup x 20
* Elastic band punches x 20

Stair run

* x 5 sets

**Football group workouts**

**Do the whole workout twice**

Ladders

* 2 feet each box
* 1 foot each box right foot down, left foot back
* Ickey shuffle

Dot drills

* Scissor (lunge) jumps x 10
* Side-to-side cone hops x 20

Med ball

* Lunge throws against wall x 10 throws each leg
* Squat pass with partner x 10 throws each

Jumps

* 2 foot squat jumps x 15
* 1 foot squat jumps x 7

Pushup

* Diamond pushups x 12

Battle ropes

* x 30 seconds

Shuffles

* Lateral shuffles 2 x length of room
* Lateral carioca 2 x length of room

**Football group workouts**

**Do the whole workout twice**

Ladders

* 2 feet each box
* 1 foot each box right foot down, left foot back
* Ickey shuffle

Med ball

* Overhead squat x 10
* Overhead stationary lunge R foot forward x 5
* Overhead stationary lunge L foot forward x 5
* Squat throw x 10
* Lunge throw R foot forward x 5
* Lunge throw L foot forward x 5
* Squat throw backward x 10

Box Jumps

* Plyometric drop step x 8

Sled push

* Weighted sled push – high handle x 20 yds
* Weighted sled push – low handle x 20 yds