

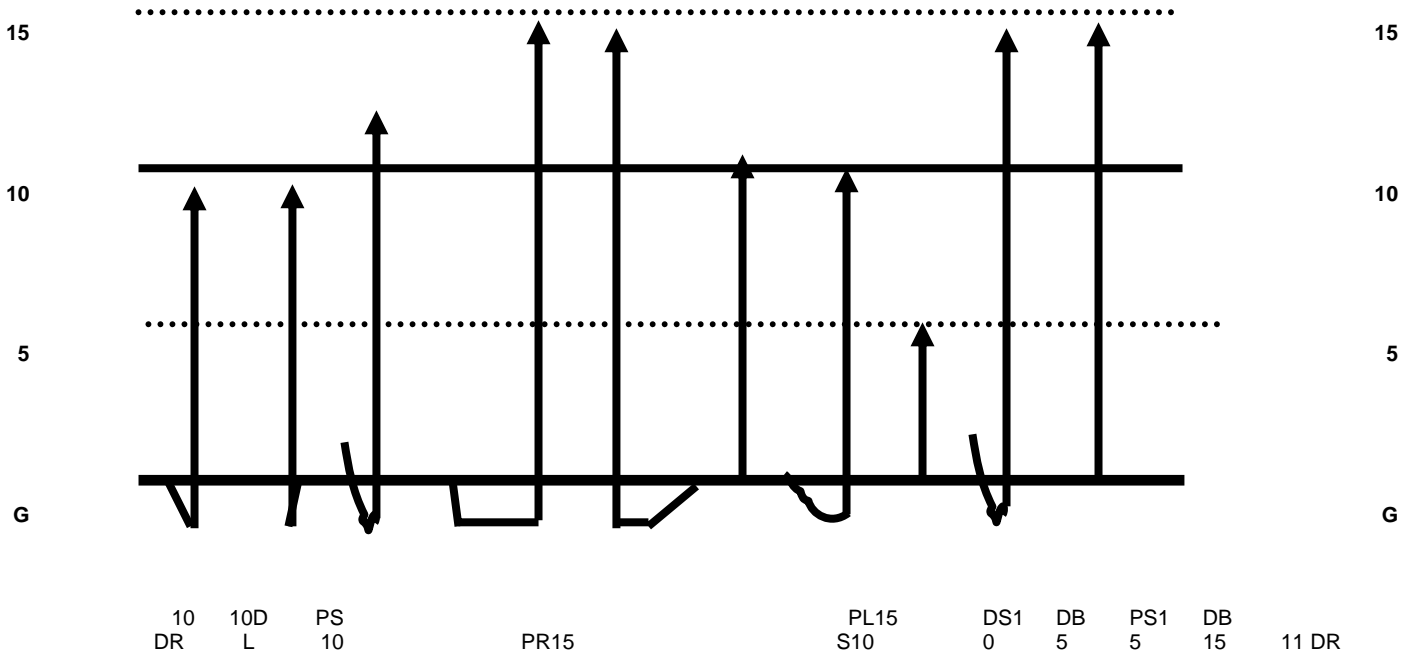
Position Conditioning

SUBMITTED BY:

The Play Book

theplaybook.jimdo.com

Offensive Linemen



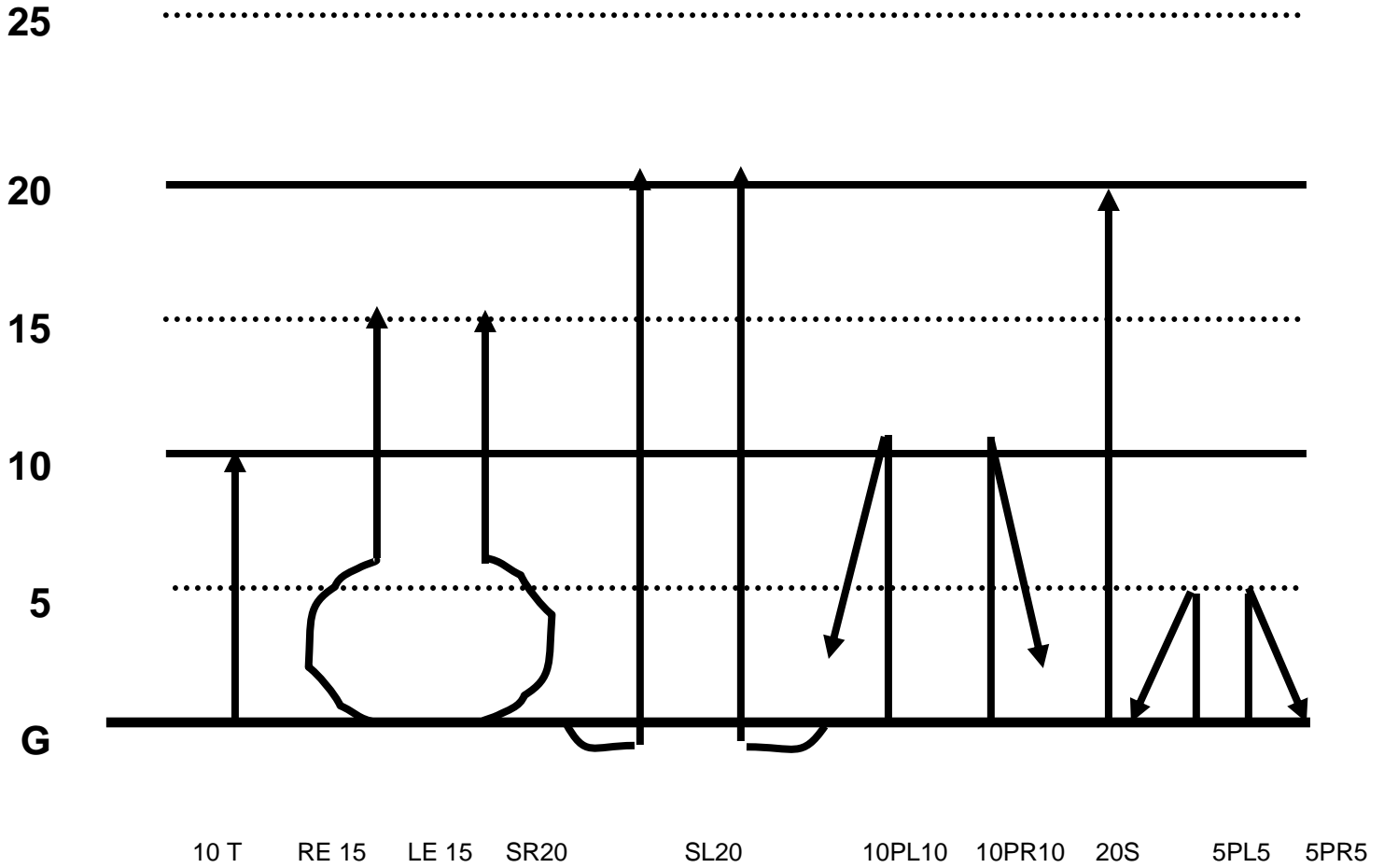
DESCRIPTIONS

- 10 DR** Drop step right sprint 10 yards
- 10 DL** Drop step left sprint 10 yards
- PS 10** Pass set sprint 10 yards
- PR 15** Pull right 15 yards
- PL 15** Pull left 15 yards
- S 10** Sprint 10 yards
- DS 10** Draw Set sprint 10 yards
- DB 5** Drive block 5 yards
- PS 15** Pass set sprint 15 yards
- DB 15** Drive block 15 yards

Workout Order

Set #1	Set #2	Set #3
DB 15	S10	DB 15
S10	DB 5	10 DL
DS1 0	DB 15	PS 15
10 DR	S10	DS1 0
PR 15	DB 5	PS 15
PL 15	DB 15	DB 15
DB 5	10 DL	PS 10
PS 10	PR 15	DS1 0
PS 15	PL 15	S10
10 DL	DB 15	PS 10

Defensive Linemen

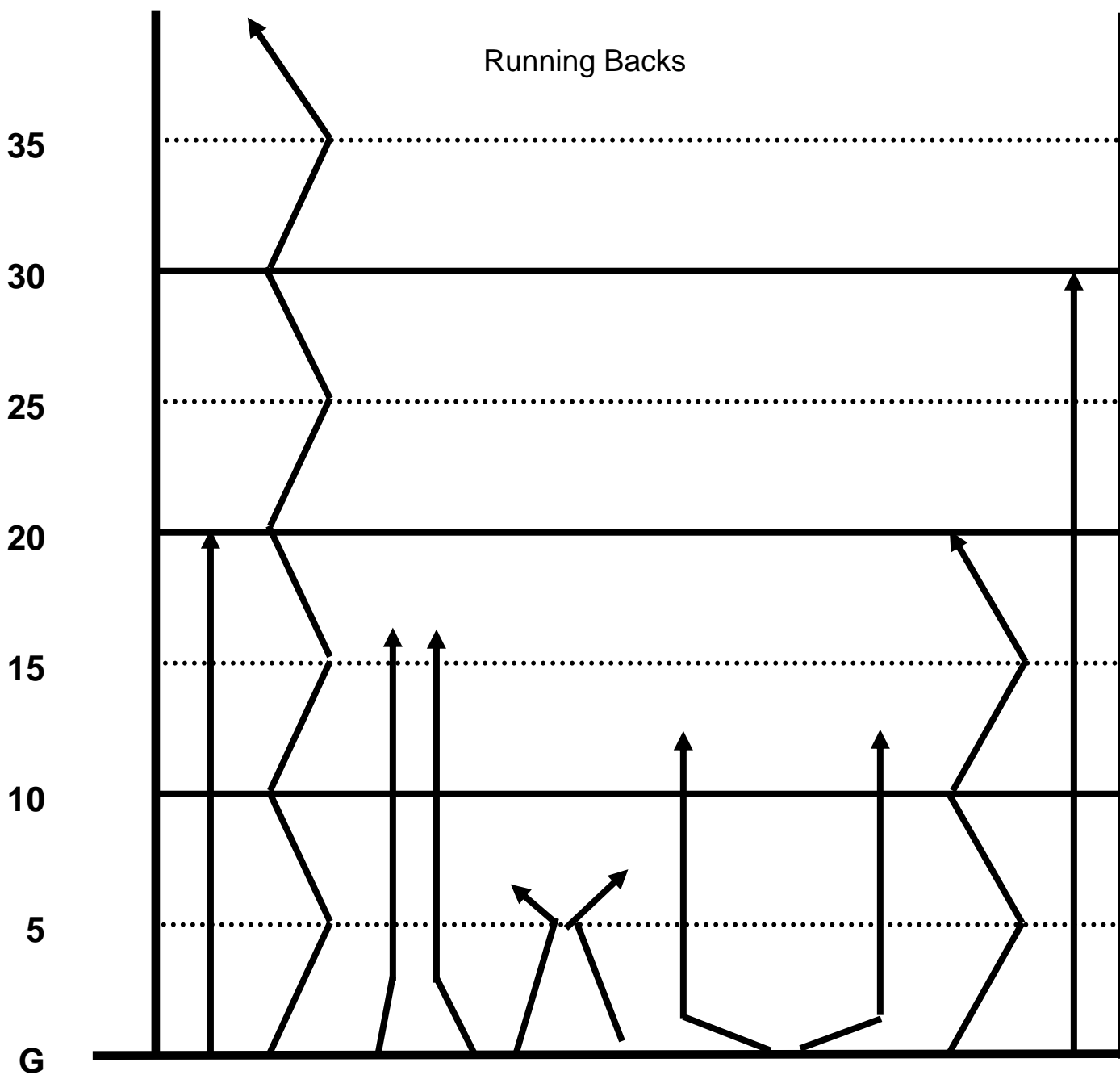


DESCRIPTIONS

- 10 T** 10 Yd Takeoff
- RE 15** Pass rush Right edge sprint 15
- LE 15** Pass rush left edge sprint 15
- SR20** Shuffle right sprint 20
- SL20** Shuffle left sprint 20
- 10PL10** 10 yd Takeoff,pursuit left 10
- 10PR10** 10 yd Takeoff,pursuit right 10
- 20S** 20 yd Sprint
- 5PL5** 5 yd Takeoff,pursuit left 5
- 5PR5** 5 yd Takeoff,pursuit right 5

Workout Order

Set #1	Set #2	Set #3
10 T	5PR5	LE 15
RE 15	20S	SR20
LE 15	10PL10	SL20
SR20	SR20	5PR5
SL20	RE 15	5PL5
10PL10	10 T	20S
10PR10	LE 15	10PR10
20S	SL20	10PL10
5PL5	10PR10	10 T
5PR5	5PL5	RE 15



S 20 C40S BRS15 BLS15 URL10 URR10 FL10 FR10 C20S S25

DESCRIPTIONS

- S 20** Sprint 20
- C40S** Sprint 40 cut
- BRS15** Block right sprint 15
- URL10** Under route left sprint 10
- FL10** Flare route left sprint 10
- FR10** Flare route right sprint 10

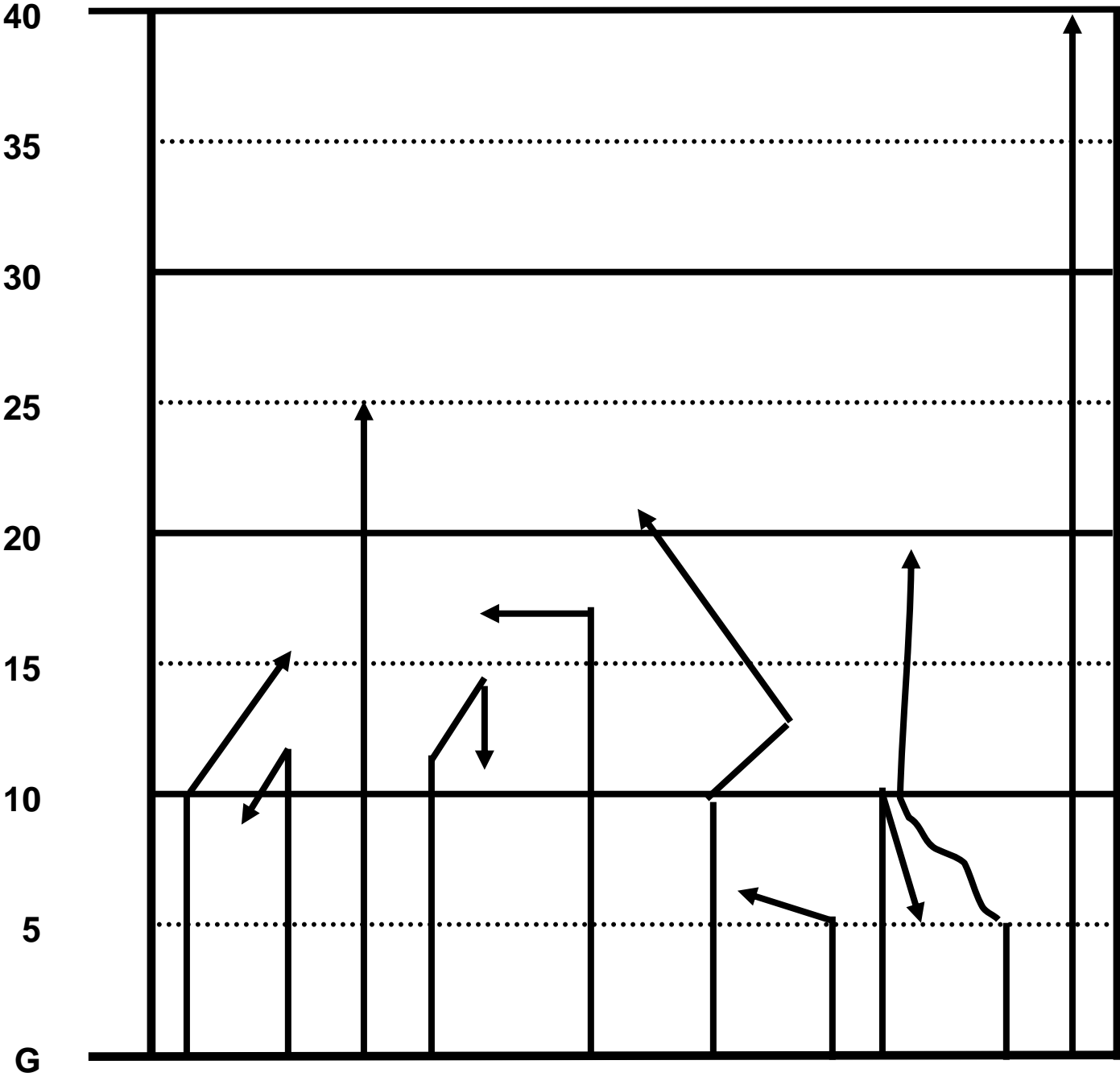
Workout Order

Set #1	Set #2	Set #3
S25	S 20	S25
C20S	C40S	S 20
URR10	BRS15	URL10
BLS15	URL10	FL10
FR10	FL10	C20S
FL10	FR10	URR10

- BLS15** Block left sprint 15
- URR10** Under route right sprint 10
- C20S** Sprint 20 cut
- S25** Sprint 25

URL10	BLS15	BLS15
BRS15	URR10	FR10
C40S	C20S	BRS15
S 20	S25	C40S

Wide Receivers



10P 12C 25S 12PC 15IN 10PCOR 5UN 10 OUT 10SNAK 10P

DESCRIPTIONS

- 10 P** 10 yard post
- 12 C** 12 yard comeback
- 25 S** 25 yard streak

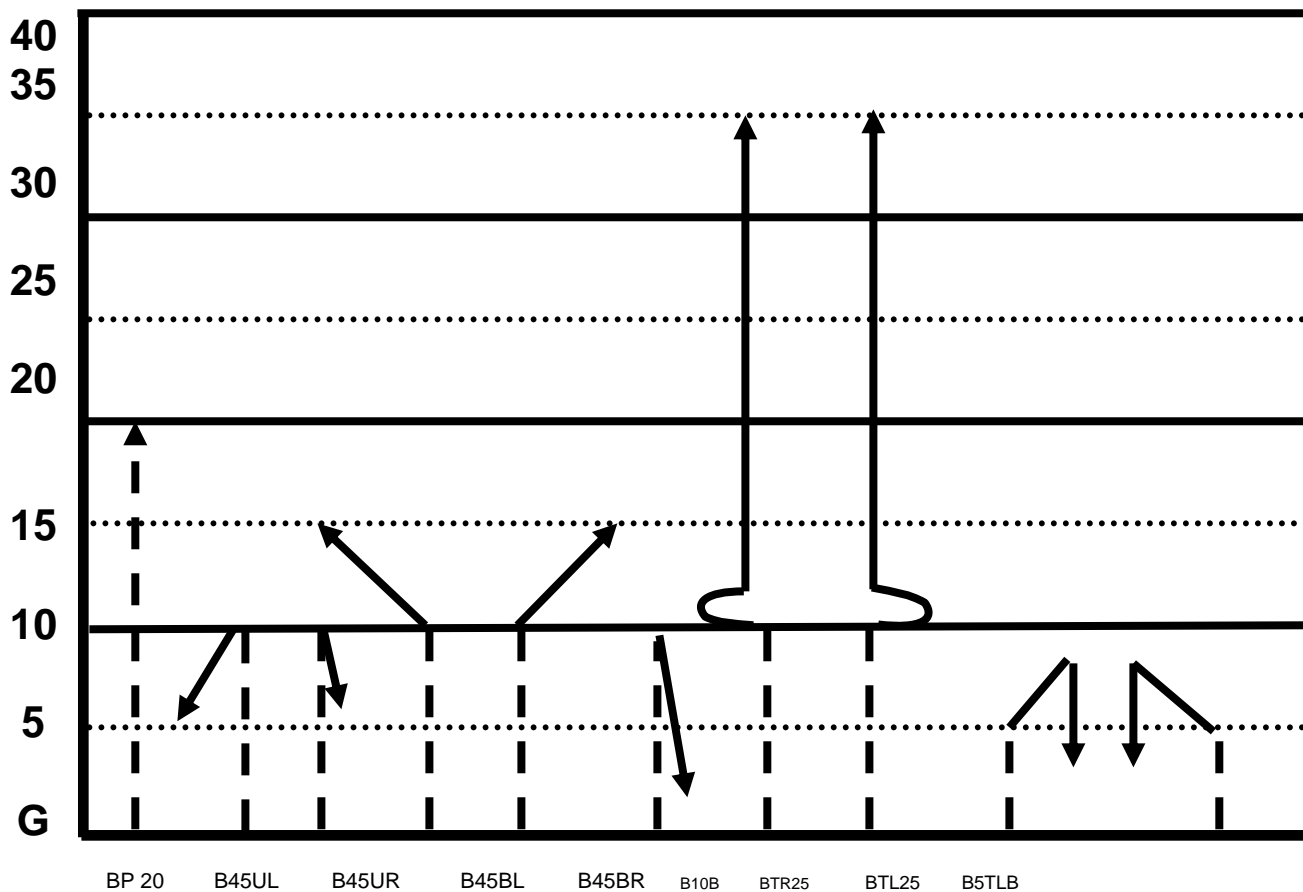
Workout Order

Set #1	Set #2	Set #3
10 P	12C	12 PC
12 C	12 PC	15 IN
25 S	10PCOR	10 PCOR

12 PC 12 yard post comeback
15 IN 15 yard in route
10 PCOR 10 yard post corner
5 UN 5 yard under route
10OUT 10 yard out
10SNAK 10 yard snake route
40S 40 yard streak

12 PC	10 OUT	5 UN
15 IN	40 S	10OUT
10 PCOR	10P	10SNAK
5 UN	25 S	10 P
10OUT	15 IN	12 C
10SNAK	5 UN	25 S
40S	10 SNAK	40S

DEFENSIVE BACKS



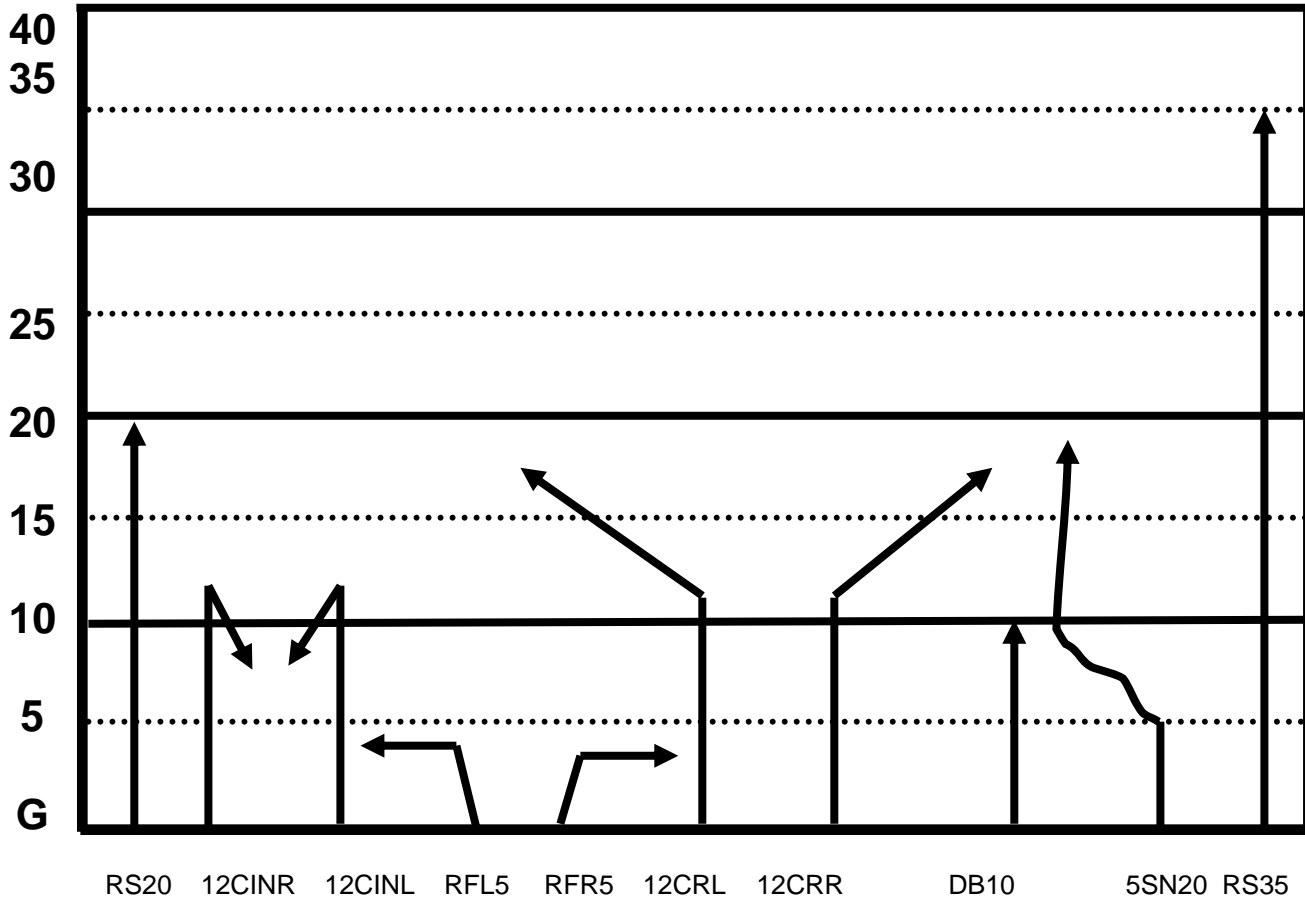
DESCRIPTIONS

- BP 20** Back pedal 20 yards
- B45UL** Back pedal 10 yards break left at 45 degrees
- B45UR** Back pedal 10 yards break right at 45 degrees
- B45BL** Back pedal 10 yards break back left at 45 degrees
- B45BR** Back pedal 10 yards break back right at 45 degrees
- B10B** Back pedal 10 yards break 10 yards
- BTR25** Back pedal 10 yardsturn right,sprint 25 yards
- BTL25** Back pedal 10 yardsturn left,sprint 25 yards
- B5TLB** Back pedal 5 yards,break back left 45, break forward
- B5TRB** Back pedal 5 yards,break back right 45, break forward

Workout Order

Set #1	Set #2	Set #3
BP 20	B5TRB	B5TLB
B45UL	B5TLB	B5TRB
B45UR	BTL25	BTR25
B45BL	BTR25	BTL25
B45BR	B10B	BP 20
B10B	BP 20	B45UL
BTR25	B45UL	B45UR
BTL25	B45UR	B45BL
B5TLB	B45BL	B45BR
B5TRB	B45BR	B10B

Tight Ends



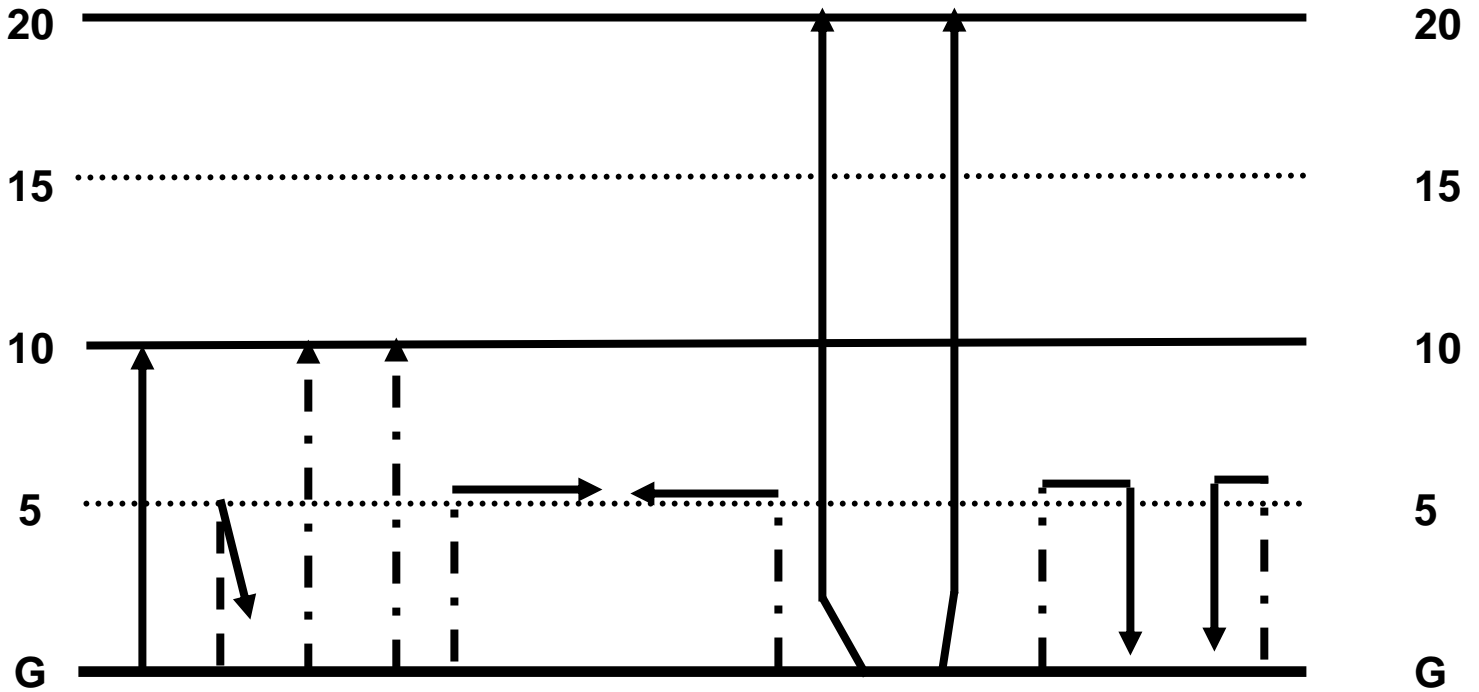
DESCRIPTIONS

- RS20** Release sprint 20 yards
- 12CINL** 12 yard curl in left
- 12CINR** 12 yards curl in right
- RFL5** Release flat left 5 yards
- RFR5** Release flat right 5 yards
- 12CRL** 12 corner route to left
- 12CRR** 12 corner route to the right
- DB10** Drive block 10 yards
- 5SN20** 5 yards snake route sprint 25
- RS35** Release sprint 35 yards

Workout Order

Set #1	Set #2	Set #3
RS20	12CRL	12CRR
12CINL	12CINL	DB10
12CINR	RS20	5SN20
RFL5	12CRR	RS35
RFR5	DB10	12CINR
12CRL	5SN20	RFL5
12CRR	RS35	RFR5
DB10	12CINR	12CRL
5SN20	RFL5	12CINL
RS35	RFR5	RS20

Linebackers



S20 B5S5 LR10 LL10 PDLS5 PDRS5 DSLS20 DSRS20 B5SLB5 B5SRB5

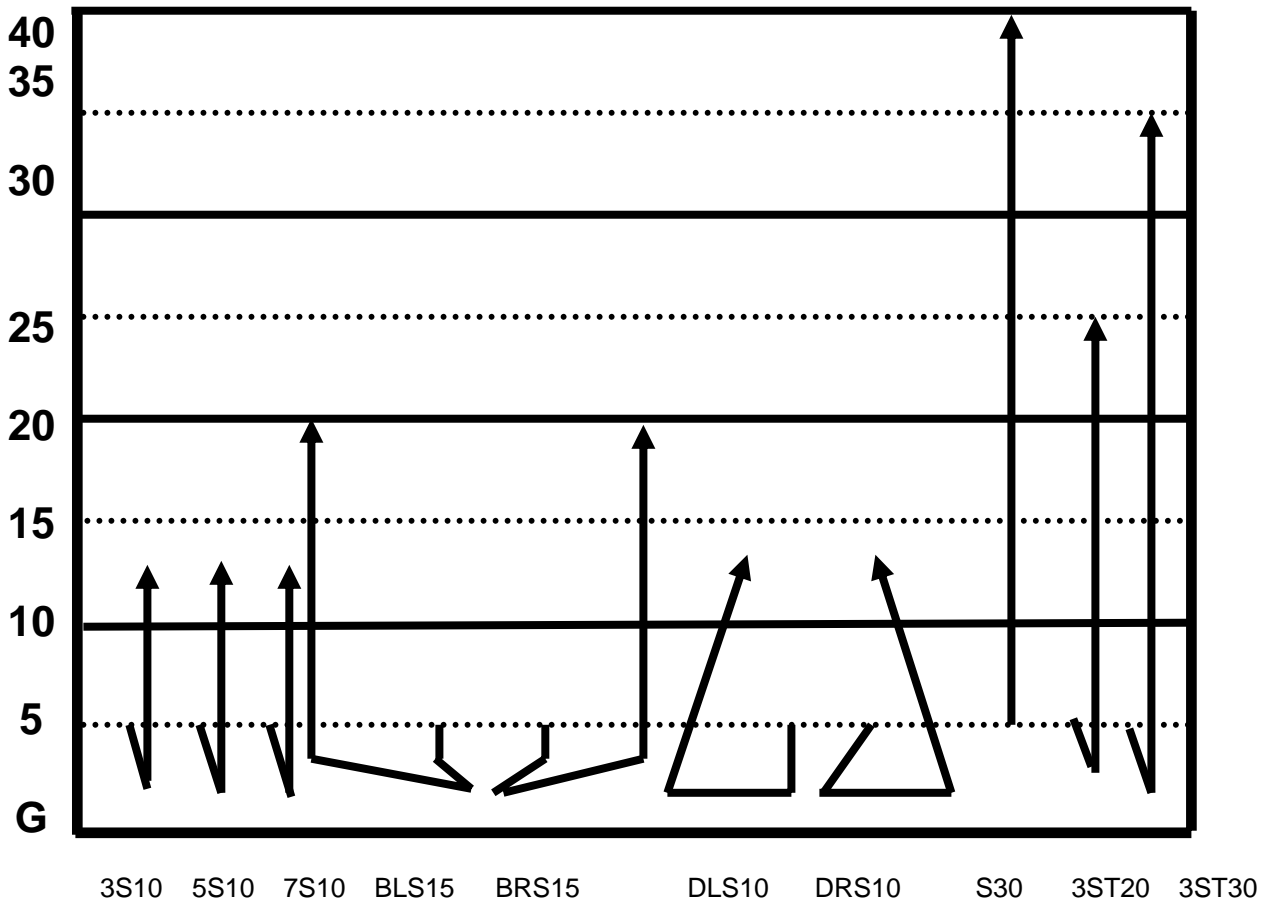
DESCRIPTIONS

- | | |
|---------------|--|
| S20 | Sprint 20 yards |
| B5S5 | Back pedal 5 yards, break 5 yards |
| LR10 | Lateral run right 10 yards |
| LL10 | Lateral run left 10 yards |
| PDLS5 | Back pedal 5 yards lateral left shuttle |
| PDRS5 | Back pedal 5 yards lateral right shuttle |
| DSLS20 | Downhill left shuffle sprint 15 yards |
| DSRS20 | Downhill right shuffle sprint 15 yards |
| B5SLB5 | Back pedal 5 yards shuffle left, sprint 5 yards |
| B5SRB5 | Back pedal 5 yards shuffle right, sprint 5 yards |

Workout Order

S20	B5S5	S20
B5S5	LL10	B5S5
LR10	PDRS5	LR10
LL10	DSRS20	LL10
PDLS5	B5SRB5	PDLS5
PDRS5	B5SLB5	PDRS5
DSLS20	DSLS20	DSLS20
DSRS20	PDLS5	DSRS20
B5SLB5	LR10	B5SLB5
B5SRB5	S20	B5SRB5

Quarterbacks



DESCRIPTIONS

- 3S10** 3 Step drop sprint 10
- 5S10** 5 Step drop sprint 10
- 7S10** 7 Step drop sprint 10
- BLS15** Boot leg left sprint 15 yards
- BRS15** Boot leg right sprint 15 yards
- DLS10** Dash left sprint 10
- DRS10** Dash right sprint 10
- S30** Sprint 30
- 3ST20** 3 Step drop sprint 20
- 3ST30** 3 Step drop sprint 30

Workout Order

3S10	S30	5S10
5S10	3ST20	BLS15
7S10	3ST30	DLS10
BLS15	BLS15	S30
BRS15	BRS15	3ST30
DLS10	DLS10	3ST20
DRS10	DRS10	DRS10
S30	3S10	BRS15
3ST20	5S10	7S10
3ST30	7S10	3S10