



M•A•C SPORTS TRAINING

TRAINING THE USA'S TOP ATHLETES & TEAMS
FOR OVER 15 YRS

“TRAIN LIKE THE PROS”

(sample program)

*ALL SPEED AND AGILITY CAMPS ARE RUN 2 DAYS A WEEK FOR 4 WEEKS,
BUT CAN BE AUGMENTED TO FIT TEAMS CLUBS, REC. PROGRAMS, OR
INDIVIDUAL NEEDS.

- I. **WEEK 1 (DAY 1)**
 - A. **TIME TRIAL (OPTIONAL)**
 - 1. 40YRD. DASH
 - 2. LAT. AGILITY RUN
 - B. **BODY MECHANICS/BODY ALIGNMENT & CHANGE OF DIRECTION FOCUS**
 - C. **ACCELERATION DRILLS (FORM)**
 - 1. FWD. FORM
 - 2. BACKWARD FORM
 - 3. SHUFFLE FORM
 - 4. DYNAMIC SKIP/JUMP
 - 5. DYNAMIC FRONT KICK
 - D. **CORE CONDITIONING - TIME PERMITTING**

- II. **WEEK 1 (DAY 2)**
 - E. **ACCELERATION DRILLS**
 - 1. FORWARD FORM
 - 2. BACKWARD FORM
 - 3. SHUFFLE (CHANGE OF DIR.)
 - 4. DYNAMIC SKIP/JUMP
 - 5. DYNAMIC SKIP/JUMP
 - F. **PLYOMETRIC STEP DRILLS**
 - 1. 2 COUNT J.J.
 - 2. SINGLE COUNT J.J.
 - 3. SIDE SQUAT
 - 4. HIGH KNEE STRADDLE DRILL
 - 5. 2 FOOT UP DOWN DYNAMICS
 - 6. OVERS
 - 7. 2 STEP HOP-OVERS
 - G. **BUNGI ACCELERATION DRILL (PARTNER)**
 - H. **CORE CONDITIONING (TIME PERMITTING)**

- II. **WEEK 2**
 - A. **SPEED ROPE - FORM**
 - 1. 2 FOOT DYNAMIC
 - 2. 2 FOOT MOVEMENT
 - 3. 1 FOOT DYNAMIC
 - 4. 1 FOOT MOVEMENT
 - 5. 2 FOOT DYNAMIC RUN
 - 6. 2 FOOT DYNAMIC KICK FOOT
 - B. **CONE DRILLS - DYNAMIC EXPLOSION**
 - 1. BOX DRILLS - CHANGE OF DIRECTION
 - 2. PLYO - JUMP FRONT
 - 3. PLYO-JUMP SIDE
 - 4. IN & OUT SHUFFLE

5. LATERAL SHUFFLE DRILL
6. BACKWARD FORWARD CHANGE OF DIRECTION

C. ACCELERATION DRILLS FORM

1. FORWARD
2. BACK
3. SHUFFLE
4. DY. SKIP JUMP
5. DY. FRONT KICKS

D. CORE CONDITIONING (TIME PERMITTING)

III. WEEK 3

A. ACCELERATION DRILLS

1. FORWARD
2. BACKWARD
3. SHUFFLE
4. DY – SKIP/JUMP
5. DY – FRONT KICK

B. BUNGI – DYNAMIC EXPLOSION/RESISTANCE DRILLS)

1. SQUAT – STATIC & REGULAR
 - a. FEET FRONT
 - b. SUMO
 - c. FEET TOGETHER
2. BALL OF FOOT SQUAT – STATIC & REGULAR
 - a. SHOULDER WIDTH
 - b. SUMO
 - c. FEET TOGETHER
3. PLYO – SQUAT JUMP (BALANCE)
 - a. SHOULDER WIDTH
 - b. SUMO
 - c. FEET TOGETHER
4. NEGATIVE – BUNGI SQUAT
 - a. shoulder width
 - b. sumo
 - c. feet together

C. TETHER ACCELERATION CHASE DRILL

1. FORWARD FORWARD
2. FORWARD BACKWARD
3. CORE CONDITIONING (TIME PERMITTING)

IV. WEEK 4

A. TETHER LATERAL AGILITY DRILL (BOX)

B. PLYO HURDLE DYNAMIC EXPLOSION

1. OVERTS FRONT
2. OVERTS SIDE
3. ACCELERATION EXPLOSION
4. SHUFFLES
5. CHANGE OF DIR. SHUFFLE
6. FRONT TO SIDE ACCELERATION CHANGE OF DIR

C. ACCELERATION DRILLS

1. FORWARD
2. BACKWARD
3. SHUFFLE
4. DYNAMIC SKIP JUMP
5. DYNAMIC FRONT KICK

D. OPTIONAL TIME TRIAL

1. 40YD DASH
2. LATERAL AGILITY RUN

E. CORE CONDITIONING – (TIME PERMITTING)

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