

**Shepherd Hill Football
2018 LB Offseason Manual**

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LB Classroom Code: ivwsq3



A “*typical*” summer week:

Monday

AM: SH workout, post workout drills

PM: Rest

Tuesday

AM: SH agility workout, post workout drills

PM: Speed Camp

Wednesday

AM: SH workout, post workout drills

PM: Rest

Thursday

AM: SH agility workout, post workout drills

PM: Speed Camp

Friday

AM: SH workout, post workout drills

PM: Rest

Saturday

Rest Day

Sunday

AM: Rest Day

PM: Passing League

LB Workouts

Monday-Wednesday-Friday

Coach Holland will coach all players through a workout routine designed to maximize strength and durability in the SH weight room. Some of the major lifts include:

Deadlifts

Cleans

Bench Press (with variations)

Squats (with variations)

Post workout drills specific for LB's:

Reverse Grip Bench

Jump Rope

Upper cuts w/ Medicine Ball

Wood Choppers

Glute/Hamstring

Neck Machine

****Many of these drills have video examples and/or detailed descriptions available in the LB Classroom**

LB Conditioning

Tuesday-Thursday

Captains will lead all players through workouts designed to increase agility, speed and conditioning on the SH turf or lower fields. Some of the conditioning workouts include:

300's

40 yard dash

Tire workouts

The Wolverine

The Devil (new this year)

The Eagle

The Fitchburg 50

Post workout drills specific for LB's:

Stance and start

Block destruction

Physio Ball break down

Key read and react

****Many of these drills have video examples and/or detailed descriptions available in the LB Classroom**

Speed Camp

It's encouraged that you sign up and participate in Coach Holland's Speed Camp on Tuesday and Thursdays. The camp is designed to increase explosive speed and agility.