

Cornerstone “at the field” workout



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The following workout can be done by your players (of all ages) at the field with minimal equipment. Remember, conditioning is an opportunity for improvement, not a punishment. If you treat it that way, your players will work harder during conditioning, not avoid it.

These exercises should be done in an explosive manner. The reps given here are just suggestions. Some players will need more, some will need less. Do not sacrifice speed and explosiveness for reps. Doing 8 reps explosive and quick is better than doing 15 reps where the last 7 are slow and lethargic.

You will know the appropriate medball weight because they will be able to do the exercises with good form and good velocity. As a general guideline:

8-10 years old	2-4 lbs
11-13 years old	3-5 lbs
14-15 years old	3-6 lbs
15-18 years old	6-10 lbs

Medball Workout

- Medball Side Throw 2 x 8-12 each side
- Rotational Scoop Toss 2 x 8-12 each side
- Step Behind Med ball Toss 2 x 8-12 each side
- Medball Hot feet Toss 2 x 8-12 each side

AB Workout

- 2 x 30s front plank
- 2 x 30s side planks (each side)
- V-Ups 2 x 15-20
- Russian Twists (w/medball) 2 x 20 (each side)

Cardiovascular

- 6 – 30 yard sprints
- 6 – 60 yard sprints

Leg workout

- Body weight squats 2 x 10-25
- Split squats jumps 2 x 8-15 each leg
- Jump squats 2 x 10 - 15
- Tuck jumps 2 x 10-15
- Side to side drive 2 x 10-15 each side

J-Band Routine

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