

PRESEASON PACKAGE

SPEED / AGILITY / STRENGTH / CONDITIONING / PERFORMANCE

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READY TO PLAY >>>

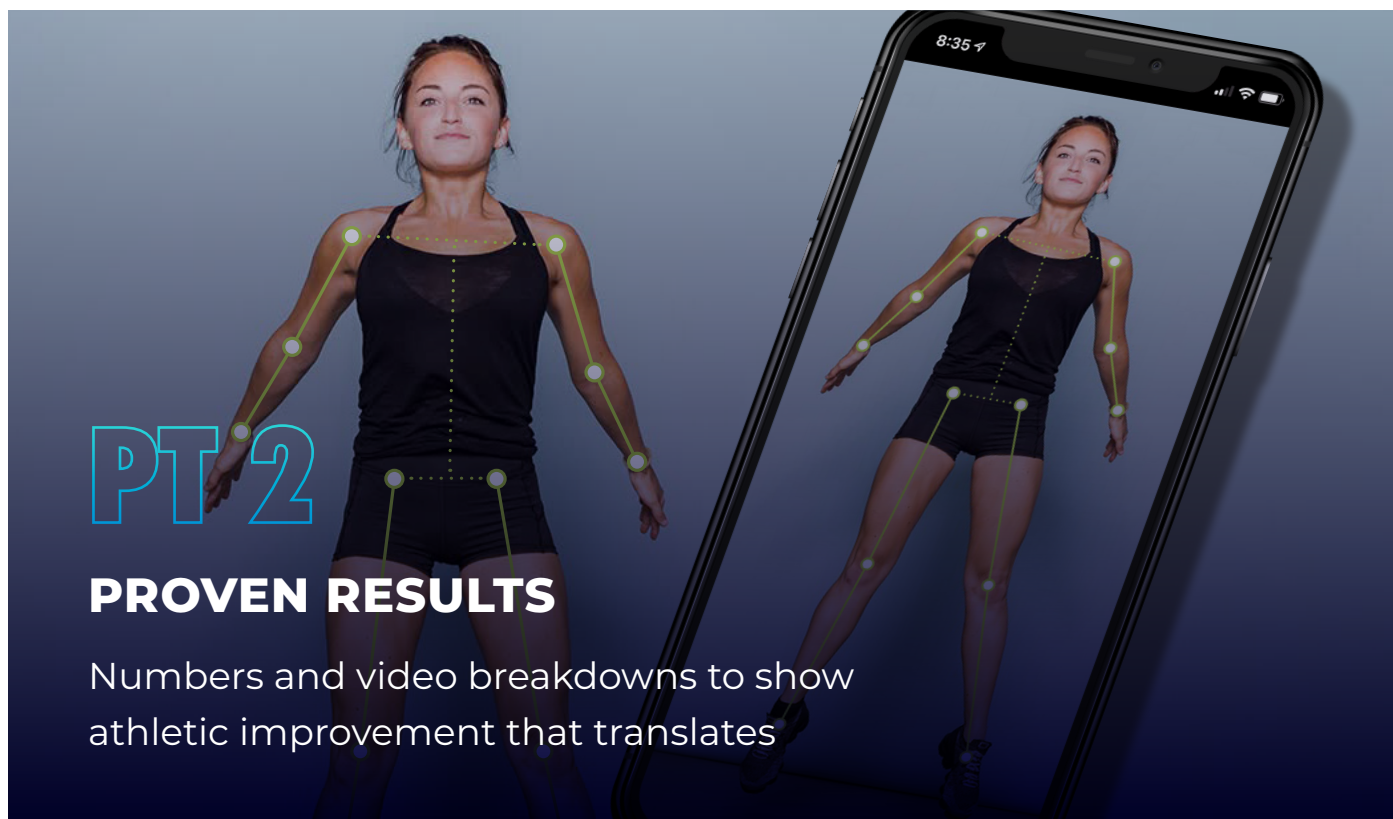
WHAT'S INSIDE



PT 1

PROPERLY PROGRESSED PLANS

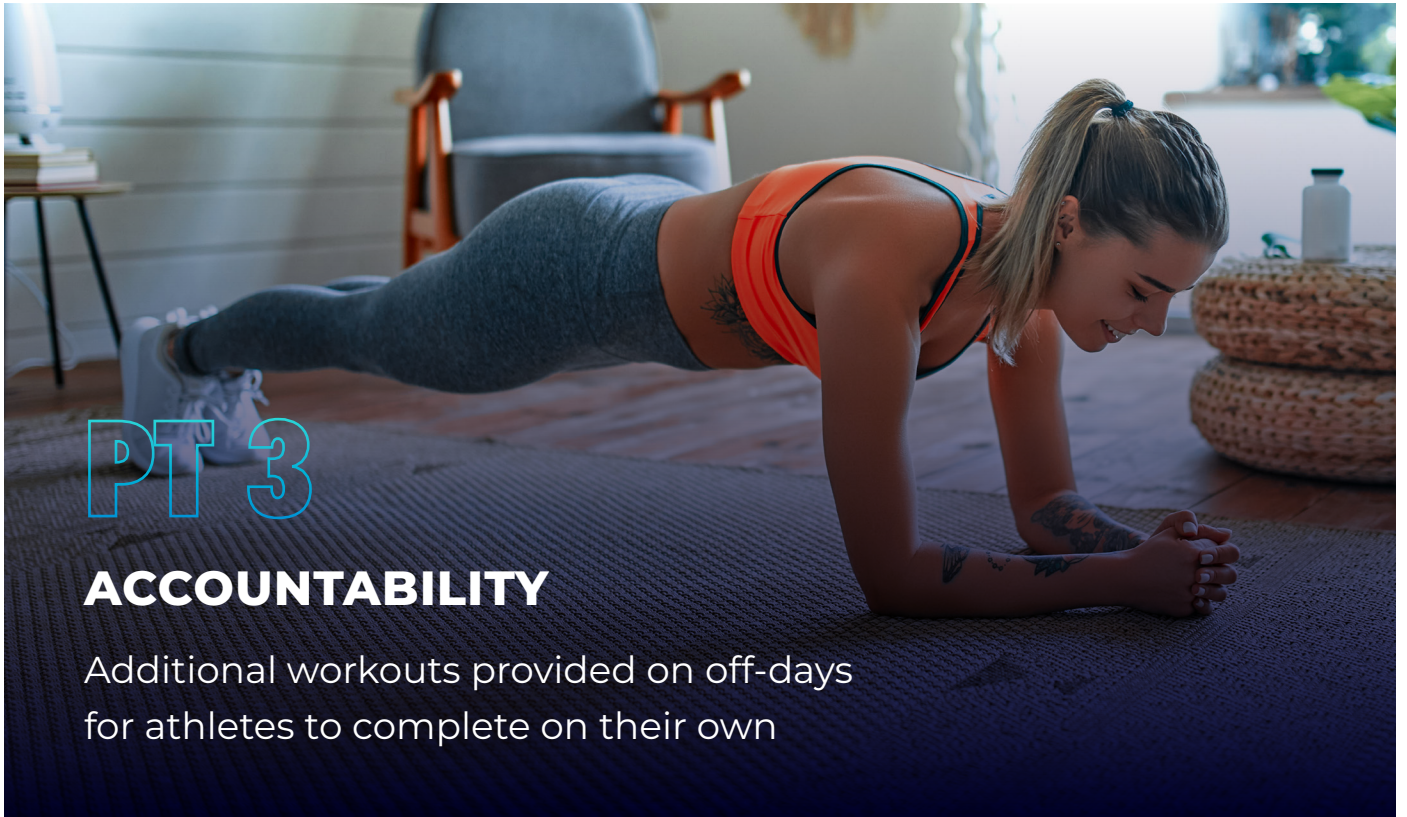
3 Phases that will allow athletes to learn, improve and master fundamental movements



PT 2

PROVEN RESULTS

Numbers and video breakdowns to show athletic improvement that translates



PT 3

ACCOUNTABILITY

Additional workouts provided on off-days for athletes to complete on their own



PT 4

SHIFT THE CULTURE

A true implementation of proper movements including warmups and practice plans



DAY 1 WORKOUT

STATIC WARM UP

DYNAMIC WARM UP

BLOCK A

BLOCK B

BLOCK C

SETS

REPS

SETS

PT 1

PROPERLY PROGRESSED PLANS



A true preseason program should prepare an athlete for the demands of the sport. We break our programs into three phases which can be categorized as the following:

PHASE 1 >>>

- Introduction to Acceleration & Agility
- Body Alignment & Running Mechanics
- Force Production

PHASE 2 >>>

- Change of Direction
- Power & Force Production
- Strength for Sport

PHASE 3 >>>

- Sport Specific Speed
- Sport Specific Agility

DAILY PROGRESSIONS

We break down our individual workouts to help athletes understand bigger concepts by breaking them into bite size pieces.

Here's an example of how we built a session designed around improving linear acceleration.

Notice how the third exercise in each block progresses off each other, with the first two exercises in each block designed around the technical aspects of acceleration.

A BLOCK

- ½ Kneel Hip Flexor Raises
- ½ Kneel Arm Cycles
- ½ **Kneel Acceleration**

B BLOCK

- ½ Split Stance Iso Hold
- Single Leg Deceleration
- **Split Stance Acceleration**

C BLOCK

- 2 – 1 Bound
- Jog to Single Leg Deceleration
- **Bound to Acceleration**

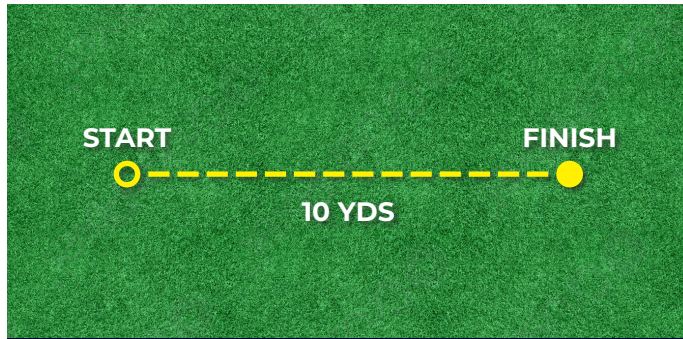
PT 2

PROVEN RESULTS



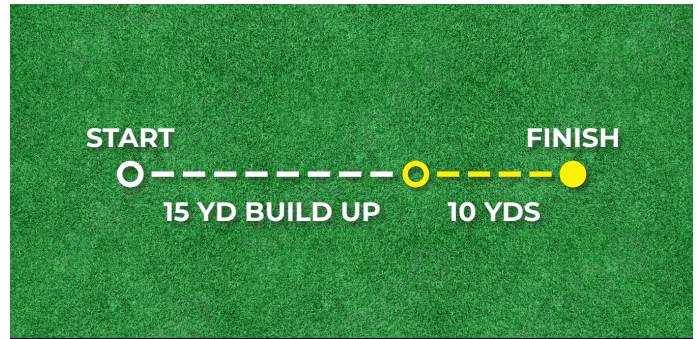
We begin and end all of our preseason programs with testing that will show the athletes progressions over the 12-week period. We choose our tests based on the specific demands of the sport that the team is training for.

Here are the different tests that we choose from and what they help tell us about the athlete's performance.



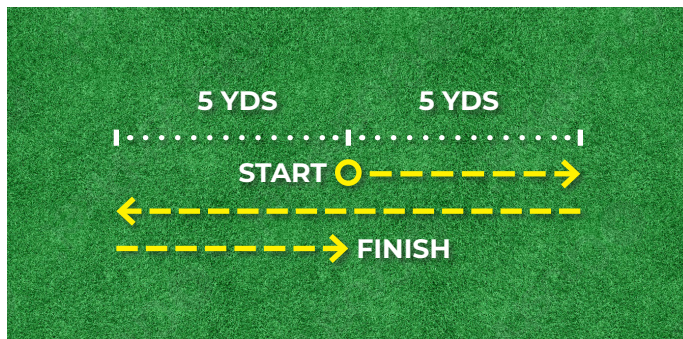
A diagram on a green grass background showing a horizontal dashed yellow line representing a 10-yard distance. A white circle labeled 'START' is at the left end, and a yellow circle labeled 'FINISH' is at the right end. The text '10 YDS' is centered below the line.

10-Yard Dash: First step & initial start from athletic position



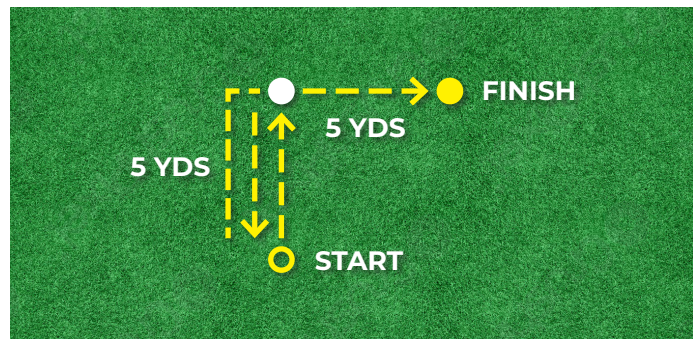
A diagram on a green grass background showing a horizontal dashed yellow line. A white circle labeled 'START' is at the left end. A yellow circle is located 15 yards from the start, with the text '15 YD BUILD UP' below it. A yellow circle labeled 'FINISH' is at the right end, with the text '10 YDS' below it.

Flying 10: Acceleration




A diagram on a green grass background showing a horizontal dashed yellow line. A white circle labeled 'START' is at the left end, and a yellow circle labeled 'FINISH' is at the right end. Above the line, two segments of 5 yards are marked with dotted lines and labeled '5 YDS'. Below the line, a dashed yellow arrow points left from the finish line, and another dashed yellow arrow points right from the start line.

5-10-5: Agility and ability to get in and out of cuts



A diagram on a green grass background showing an L-shaped dashed yellow line. A white circle labeled 'START' is at the bottom left. A yellow circle labeled 'FINISH' is at the top right. The vertical segment is labeled '5 YDS' and the horizontal segment is labeled '5 YDS'.

L Drill: Change of direction in movements we often see on the field



A series of seven blue silhouettes showing a person in various stages of a vertical jump from a standstill position.

Standing Vertical: The ability to jump from a stand still



A series of seven blue silhouettes showing a person in various stages of a vertical jump after a running start.

Approach Vertical: Jumping height when given a running start

PT 3

ACCOUNTABILITY



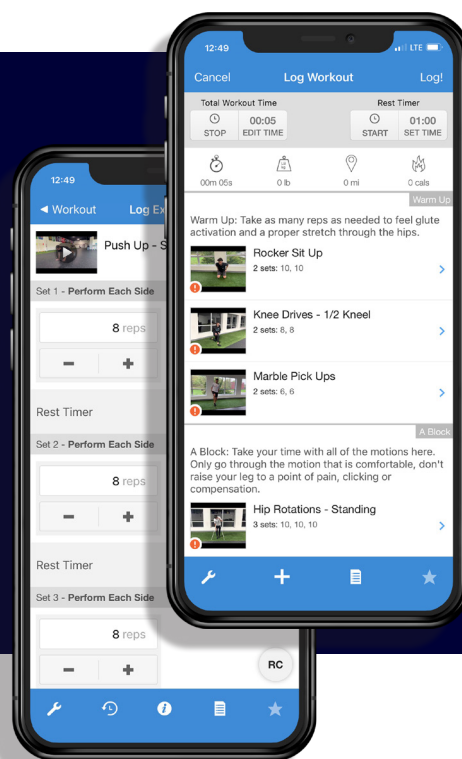
We expect our athletes to not only show up to their scheduled sessions, but also complete the assigned “at-home” workouts that are provided.

“At-home” workouts are programmed so that no additional equipment or space is needed. These are quick, low impact sessions designed around improving movement mechanics which allows us to focus more on the dynamic movements in the gym.

Workouts are sent directly to the athlete through [our app](#) so there are no excuses as to why they can't be accomplished.

We track compliance % through the app and will provide that feedback to the coaching staff.

Coaches can determine how many additional days of “at-home” workouts will be provided for their athletes, we generally suggest three each week, giving the athletes two full days off.



COMMUNICATION

We will be providing consistent feedback to both the coaches and the parents throughout the duration of the preseason program. We send weekly updates of the progress being made and that week's focus. Here's an example of a update sent in the second week of one of our previous preseasons:

“This week's focus was on deceleration and force production. On Tuesday we introduced fascial activation through double leg pogo hops then progressing to single leg. We then followed that with a series of lateral progression.

When teaching speed, we want to make sure the athlete understands force production as it relates to sprinting. We cue the athlete to work towards the ball of their foot, eliminating heel striking which slows you down in an acceleration phase. We did this by implementing isometric holds using the wall and then progressing to dynamic leg swaps so they can understand how to land while accelerating. We saw a big improvement immediately out of most of the girls in our sprints following this progression.”

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PT 4

**SHIFT THE
CULTURE**




We look for this preseason program to carry over to your regular season. We educate our athletes on how to run proper warmups before lifting, practice and game scenarios so they can implement throughout the season.

We will provide the coach with a warmup card for each scenario that they can follow throughout the season to ensure the athletes are ready for each day.

It is important to realize that strength training and movement days are necessary throughout the season in addition to practice. We understand that coaches need time to coach, so **we have created quick workouts that the team can follow throughout the season** to keep the skills that we've developed sharp and athletes healthy.

The implementation of these additional resources are designed to create a winning culture within the team, allowing the team to make their wellbeing a priority and continually improve their performance.

Athletes will also be provided access to our app throughout the season, giving them access to our entire exercise database.

PREGAME WARMUP 

GOALS: Improvement of Control over hip and ankle alignment, Upper and lower body coordination, and Tendon tolerance

WARMUP

EXERCISE	REPETITIONS	SETS	COACH TIPS
Rocker Hip to Hip	20-30 secs	1	Toes together, heel away
Rocker Reach	20-30 secs ea	1	
Rocker Sit-Ups	20-30 secs	1	
1/2 Kneel Calf Raises	20-30 secs ea	1	Feet straight, hip open
1/2 Kneel Rotations	20-30 secs ea	1	
1/2 Kneel COAT Stretch	20-30 secs ea	1	

BODY CONTROL

1/2 Kneel to Stand Hands Overhead (pump)	8 ea	2	Weight in front leg, leaning forward, take 3 deep breathes at the start of each round, 30-4 sec rising and falling
Shoulder Taps	10 ea	2	Feet out wide, no lean, little bend in elbow

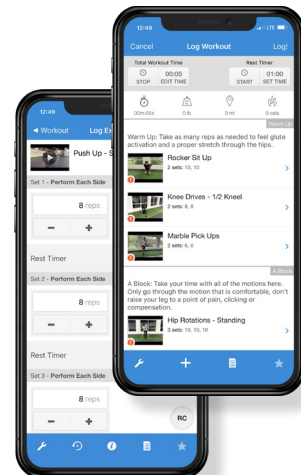
DYNAMIC MOVEMENT

Lateral Walks	10 yd / 10 steps ea	1	No dragging of back foot, feet straight, glute engaged
Shoulder Taps	10 ea	1	Chest up, rotate
Lateral Bound	6 ea	1	

WARMUP CARD



QUICK WORKOUTS



ISLAND ATHLETICS APP

NEXT STEPS

1. INITIAL DISCUSSION

Discuss availability and determine a routine.

2. TEAM REGISTRATION

Coach is responsible for filling out team registration sheet.

3. DOWNLOAD OUR APP

Each parent & player download [Island Athletics App](#) in the app store and creates an account. This is where they will have access to “At-Home” workouts and entire exercise database.

4. TEAMS PROVIDE PAYMENT

Rates are determined based on number of athletes in program.

5. INITIAL ASSESSMENT

Baseline testing on what tests are relevant to team’s sport.

6. COMMUNICATION

Parents and coaches will be provided with a weekly update regarding the training and team progress.