

High School Football – 4-Day Strength & Speed Program (Sample)

Key Principles:

- Emphasis is on **strength, explosive power, and speed mechanics**.
 - 4 days per week allows recovery while maximizing development.
 - Warm-ups, lifting, plyometrics, and speed drills are structured to fit **75 minutes per session**.
 - Rest periods: 60–90 sec for lifts, 30–60 sec for plyometrics and speed drills.
 - Technique and proper movement mechanics are prioritized over heavy loads.
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Day 1 – Lower Body Power & Acceleration

Warm-Up (10 min):

- Dynamic stretches: walking lunges, high knees, butt kicks, A-skips, B-skips
- Hip mobility drills: lateral lunges, world's greatest stretch
- Bodyweight squats ×15

Strength / Power (35 min):

1. **Back Squat** – 4×6 (focus on speed on the way up)
2. **Romanian Deadlift** – 3×8
3. **Walking Lunges with Dumbbells** – 3×10 each leg
4. **Box Jumps** – 3×8
5. **Broad Jumps** – 3×6

Speed & Acceleration (30 min):

- **10-yard sprints** ×6 (full effort, focus on start mechanics)
 - **20-yard sprints** ×4 (maximum acceleration)
 - **Flying 20s** ×4 (build to top speed over 10 yards, sprint 20)
 - **Resisted sprints** (sled or band) ×3×10 yards
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Day 2 – Upper Body Strength & Explosiveness

Warm-Up (10 min):

- Banded shoulder warm-up: pull-aparts, face pulls, external rotations
- Push-ups ×15, scapular push-ups ×10
- Medicine ball chest pass ×10

Strength / Power (35 min):

1. **Bench Press** – 4×6
2. **Incline Dumbbell Press** – 3×10
3. **Pull-Ups / Assisted Pull-Ups** – 3×8
4. **Push Press (Dumbbell or Barbell)** – 3×8
5. **Medicine Ball Overhead Toss** – 3×8

Speed / Explosiveness Mechanics (30 min):

- **Resisted sprints** (band or sled) ×4×10 yards
 - **Lateral bounds** ×3×8 each side
 - **High-knee sprint in place** ×3×30 sec
 - **Bounding for distance** ×3×6
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Day 3 – Lower Body & Lateral Quickness

Warm-Up (10 min):

- Walking lunges, carioca, high knees, B-skips
- Hip openers and ankle mobility
- Mini-band lateral walks ×20 yards each way

Strength / Power (35 min):

1. **Deadlift** – 4×6 (moderate weight, focus on speed off the floor)
2. **Front Squat** – 3×8
3. **Step-Ups with Dumbbells** – 3×10 each leg
4. **Single-Leg Romanian Deadlift** – 3×8 each leg
5. **Depth Jumps** – 3×6

Speed & Agility (30 min):

- **3-cone drill** ×4
 - **5–10–5 shuttle** ×4
 - **Lateral bounding** ×3×6 each leg
 - **Reaction sprints** (coach calls left/right) ×6
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Day 4 – Full Body Power & Speed

Warm-Up (10 min):

- Dynamic stretches, hip circles, high knees, butt kicks
- Shoulder band warm-up
- Medicine ball rotational toss ×10 each side

Strength / Power (35 min):

1. **Power Clean / Hang Clean** – 4×5 (focus on explosive lift)
2. **Pull-Ups / Chin-Ups** – 3×8
3. **Dumbbell Goblet Squat** – 3×10
4. **Incline Dumbbell Press** – 3×10
5. **Broad Jumps** – 3×6

Speed / Explosiveness (30 min):

- **Flying 20s** ×4
 - **Ladder drills** (lcky shuffle, lateral quick steps) ×6
 - **Bounding** ×3×8
 - **Resisted sprints** ×3×10 yards
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Additional Notes for High School Coaches:

1. **Technique over load:** Focus on teaching young athletes correct lifting, sprinting, and jumping mechanics.
2. **Rest periods:** Adjust based on athlete readiness; ensure sufficient recovery between explosive sets.
3. **Progression:** Gradually increase weight, height for jumps, and sprint intensity weekly.
4. **Integration:** This program can be paired with **position-specific skill sessions** on non-lifting days.
5. **Injury prevention:** Include hip, ankle, and core mobility work in warm-ups.