

GPS CALIFORNIA

"WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE THEN, IS NOT AN ACT, BUT A HABIT" ARISTOTLE

STRENGTH AND CONDITIONING

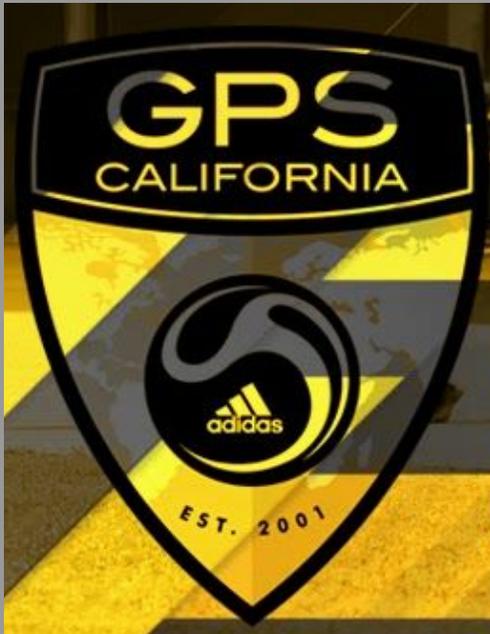
March 18-April 6



"Greetings! I am Chris Evans, Director for Strength and Conditioning for GPS Los Angeles. I understand the reality of canceled practices, closed schools, and social isolation. Our goal through this document is to provide some suggestions, tips, and ideas for sessions that will add a sense of normality during uncertain days."

I am designing these workouts as things that can be done in and around the house:

- The warm-up needs 15-20 meters
- The strength and mobility training can be done in a small room.
- These exercises and drills can be done 2-3 days a week
- Can be worked in and around the skills training provided by the club.
- I am open to doing small group conditioning sessions via web conferencing software on request. Please seek out your coach and myself to discuss.



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In this packet you will find:

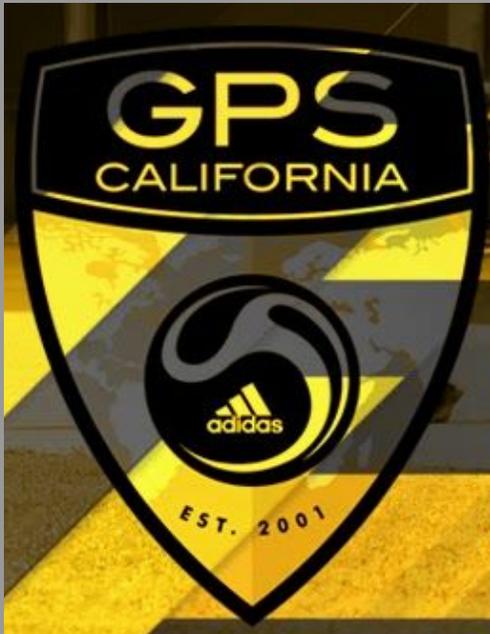
1. Warmup:

- a. This is an overview of what I do with the athletes each session. Including work on mobility, form/technique, strength, as well as speed. The warmup can last anywhere from 15-20 minutes.

2. Strength and Mobility Training:

- a. this focuses on core strength, hip strength, as well as hip mobility 10-15 minutes

If you have questions, or want to reach out, please feel free to email me at cvvevans244@gmail.com or text/call me at 818-653-6606.



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Dynamic Warm Up:

(All ages & skill levels) 10-20 minutes

Not only does a dynamic warm up prepare one for exercise/competition, it also, if done correctly, works on:

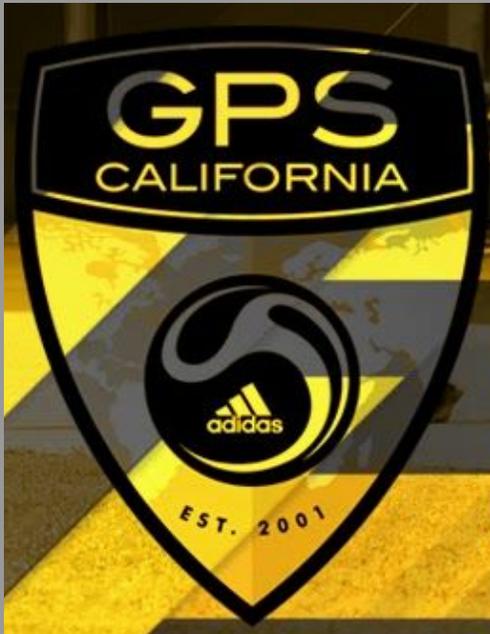
- running form
- mobility/injury prevention,
- aerobic development (as the heart rate begins to rise)
- power/seed development

Skips

These warm the body up. The key is to focus on form (correct technique), and develop some agility/coordination as well. There are 3 different versions (forwards, sideways, and backwards)

1. A-Skip: Simple skip

Focus on bringing the knee parallel to the ground, arm swing (don't cross the body).
foot placement (sole of foot parallel to ground..do not point the toe at the ground).



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2. B-Skip:

This is the A-Skip with an extension.

Once the knee reaches ninety degrees and the thigh is parallel to the ground, the athletes extend the leg in front of them

3. Side skip:

Facing sideways.

Bring feet together with a small bounce.

Move sideways.

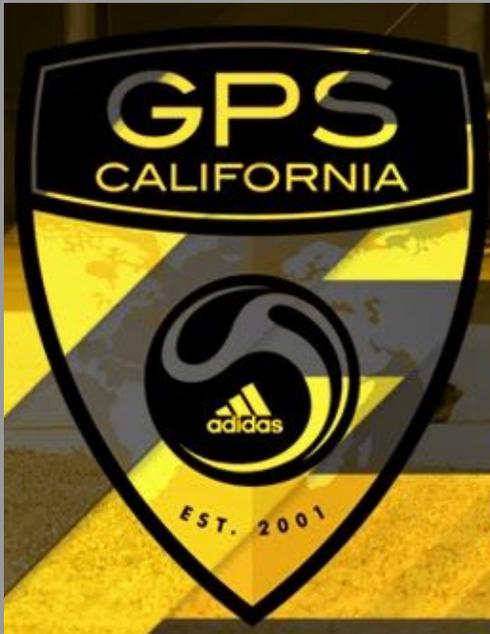
Arms crossing over each other above their head.

4. Backwards Run: (only if safe/there is enough room)

Facing backwards

Bring the heels

Run the 15-20 meters (not fast, just get the body moving in a different direction)



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Dynamic Stretching

TIP: AVOID STATIC STRETCHING HERE! In order to keep your heart rate higher and keep the body ready for exercise we want to avoid standing still which wastes the work we have just done. In practice I use walking stretching.

1. Hamstring Stretch:

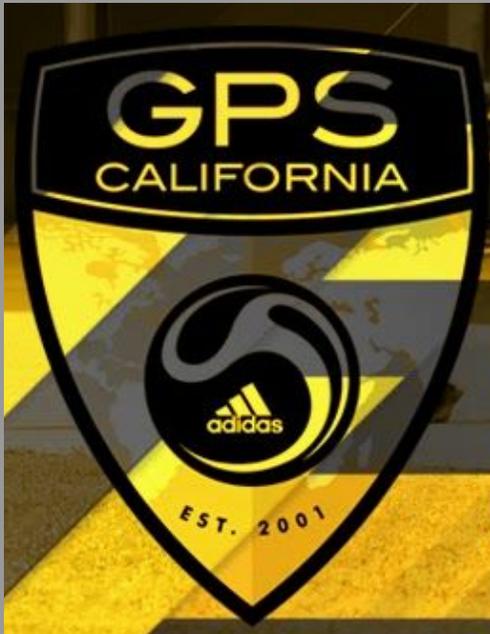
Walk three steps.
Extend the toe.
Reach both hands down.
Walk three steps and alternate feet.

2. Quad Stretch:

Walk three steps.
Pull one foot up behind the glute.
Point knee down to the ground, alternate.
Note: do not let the knee go out to the side.
They should hold their ankles when bringing back the leg and not their toes.

3. IT Stretch:

Walk three steps.
Holding at the ankle.
Pull the foot up across the front of the body.



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4. Frankenstein:

Arms straight out in front of the body walk and extend leg straight out in front of the body...look like a monster

Power Development:

This part of the warm up begins to focus a little more on activating muscles and movements that develop power and speed.

1. Straight leg bounds:

leg straight in front and brought back down to the ground while the athlete bounces forward. Focus on the contraction of the glute as this exercise is done

2. Single leg bound:

Standing on one leg hop 15-20 meters. As the athletes become stronger and develop coordination, they will be able to lift the front knee higher as they hop or bound

3. Squat Jumps 15-20 meters: (This is their favorite!!!)

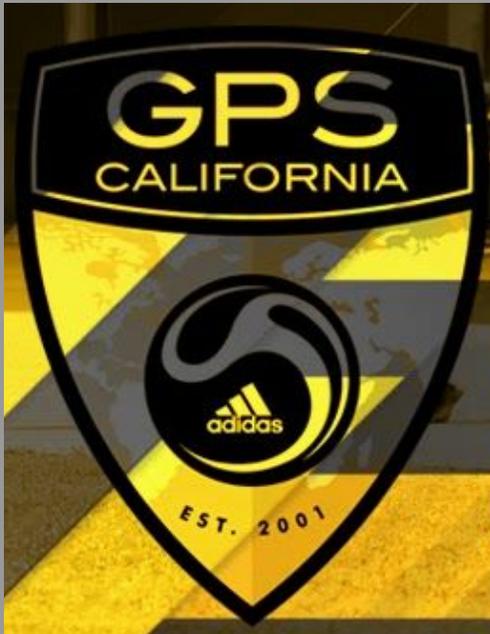
Getting in the proper squat position:
(Head up, glutes back, knees behind the toes)

Jump forward

Recover balance

Jump forward again for the 15-20 meters.

Note: Form is important and key here...if the head/shoulders are down or if their knees bend out over their knees, they should stop, slow down, and first focus on the proper form before they continue.



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Speed Development:

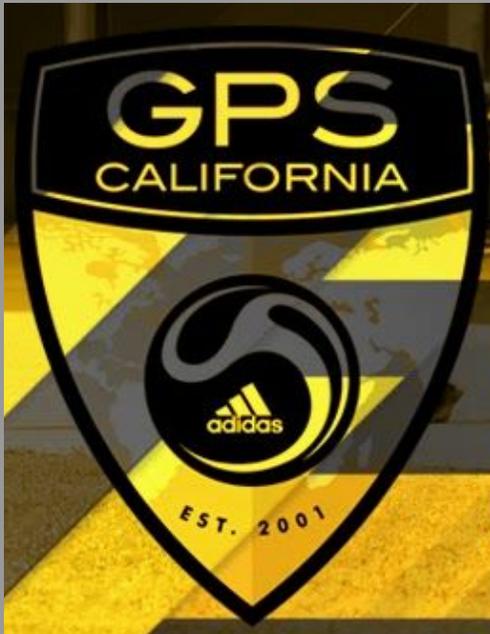
This part of the warmup ties it all together...form and power to work on some speed. Again, this can be accomplished with a space of 15-20 meters inside, in a yard, or even on a street/sidewalk.

1. Pogos:

Feet together
Bounce in place 5 times
(Toes should extend off the ground an inch or two)
After the fifth time Sprint 15-20 meters.
Walk back to recover
Repeat.

2. In and Outs:

Feet start together
Jump (feet off ground only an inch or two) and separate feet
Jump, bring them back together (quicker the better).
Do this...out and then in 5 times and sprint 15-20 meters.
Walk back and repeat.



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3. Toe Flips:

Feet start together

Jump up and with legs straight

Flip the toes up at the ankle

Land back on toes (This works on ankle strength and mobility as well).

5 flips and then sprint 15-20 meters

Walk back and repeat

4. Mountain climbers:

On the ground

Hands on the ground

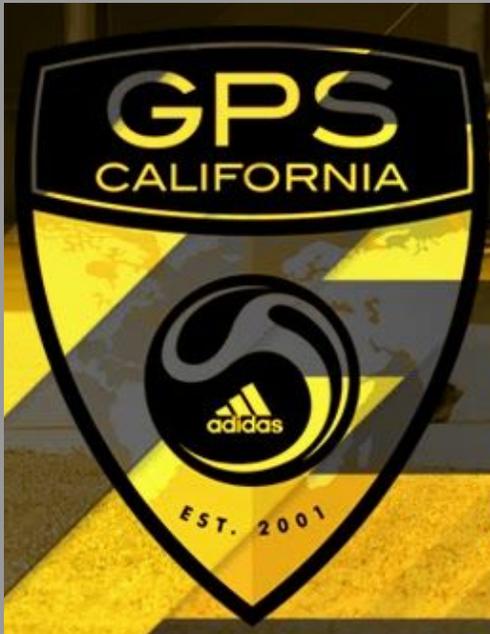
arms straight

alternate knees drawn up to the chest.

Each leg should come up to the chest 5 times and then drive up into running position

Sprint 15-20 meters.

Walk back and repeat



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Strength/Mobility Exercises

So often when we hear core, we picture crunches and planks. In truth, developing core strength involves working our bodies in different directions and planes of movement. The goal is not to have great looking abs at the beach, but to provide the athlete with the strength, stability, and mobility to avoid injury and improve performance.

The key to these exercises is form and technique...without the proper form, these are not effective. I have provided a video link for two different sessions, one is for younger athletes 6th grade and under, and one is from the older athletes 7-12. These can be done 3 times a week.

March 19-27

K-6: <https://www.youtube.com/watch?v=5-2gUA0nrco>

7-12: https://www.youtube.com/watch?v=fBxLLadf_q4

March 30-April 4

K-6 <https://www.youtube.com/watch?v=1xqZb9EQr9Q>

7-12: https://www.youtube.com/watch?v=CqYjxPaMw_g