

HIGH SCHOOL FOOTBALL

PERFORMANCE PLAN

MOVE BETTER. PLAY STRONGER

Full-Body Workout Structure

Focus on 4–6 compound exercises per session, 1–2 sets each, with controlled tempo and appropriate weight.

Keep volume lower than off-season but maintain intensity.

Exercises (Pick 3-5)

Lower Body

Back Squats, RDLs, Walking Lunges, Power Cleans, Box Jumps

Upper Body

Bench Press, Pull-Ups, Overhead Press, Bent Over Rows, Medicine Ball Chest Pass

Core

Hanging Leg Raises, Palloff Press, Planks, Chops & Lifts, Farmer's Carry

Plyometrics (1–2x/week)

Improve ankle stiffness, hamstring strength, and force production. Examples: Box Jumps, Bounding Lateral Jumps, High Skips, Hurdle Hops

Speed & Agility

Quick direction changes, balance, coordination.

Drills

Sprint Starts, Ladder Shuffles, Resisted Sprints, Ankle Skips, Butt-Kickers

Recovery & Injury

Prevention

Dynamic stretch before, static stretch & foam roll after. Focus on flexibility, mobility, and 8+ hrs sleep.

Active recovery: walking, swimming.

Nutrition & Hydration

Eat lean protein, whole grains, healthy fats, fruits & veggies. Drink water throughout the day.



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