

**The Game Changer Workout**



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**The Game-Changer Workout**

The world of competitive sports is filled with talented players... but talent only goes so far. Athletes who dominate, win championships, and receive scholarships are those who out-work and out-prepare their competitors.

*The Game-Changer Workout* program is designed to help high school athletes get the competitive edge. A comprehensive cardio and strength training routine, it challenges the body and helps you reach your highest possible potential, helping increase your physical fitness and athletic skill and decrease the risk of injury.

By dedicating yourself to *The Game-Changer Workout*, you're taking the next step in your athletic career - to be among the elite players willing to make the kind of dedication that most others are not. You've committed to the level of conditioning that will help you avoid injuries, stay on the field, and get noticed by college recruiters.

Make *The Game-Changer Workout* a focal point of your regular training routine, and prepare to achieve the champion-level results you need in all aspects of your game.



**The Game-Changer Workout**

**Agility/Explosion/Plyometric Exercises**

Before you begin to follow *The Game-Changer* *Workout* outline, note that you'll see several references to agility, explosion, and plyometric exercises. Below are descriptions of these terms for your reference.

**Balance Drills**

Balance and stability are key components to increasing athletic performance. They increase your center of gravity, allowing you to produce greater force and strength and make more precise movements.

**Cone Drills**

The primary objective of the cone drills is to increase agility, quickness, and fluidity. It helps build body awareness by building lateral and linear speed. While performing these movements make sure you "attack" the cones, moving at an accelerated motion. Once you approach a cone, work on deceleration. At the end of this program you should see improvements in your ability to control acceleration and deceleration in your movements.

**Line Hop and Block Drills**

**Line hops**

If you want powerful, functionally strong legs, these movements will help build muscle mass, strength, and explosive power simultaneously. For the different variations on this exercise, you'll do the line hops as quickly as you can while maintaining form.

Keep your upper body still and focus on moving your feet only. Perform all patterns for three sets of 15 seconds. After performing the single-leg hops, rest and repeat on the other leg.

**Block Drills**

Block drills will help build dynamic power, coordination, and balance by using just an athlete's body weight. This advanced exercise is a must for any athlete who needs lateral power and coordination. Start small and slowly build up the height of the barrier.  
  
Perform all patterns for three sets of 15 seconds each with a break between each set. Draw a cross on the ground and number the spaces 1, 2, 3, and 4. Staying in a low, athletic position, and jump as quickly as possible through the patterns outlined below.

|  |  |
| --- | --- |
| **Two Legs:**  1-2  1-4  1-3  2-4  oliver logo.png | **One Leg:**  1-2  1-4  1-3 |

**The Game-Changer Workout**

**Agility/Explosion/Plyometric Exercises (continued)**

**Sprints**

Perform all sprints with proper mechanics and at 100% speed. It is critical that all sprints be performed with all-out effort. Rest between each rep and attack the next one at full speed. It may help for you or someone else to record your sprints so you can critique your technique.

**Foam Roller**

Foam rolling is a self-myofascial release (SMR) technique that's becoming a trend among athletes. The purpose of the roller is to roll the foam roller under each muscle group until a tender area is found, maintaining pressure on the tender areas (known as trigger points) for 30 to 60 seconds.If you have never used a foam roller you may want to start off with a softer foam roll.

**Ab Series**

Building a solid core is essential for great posture and support. These muscles provide support and movement to the trunk that is often known as the core and aid in breathing process.

**Planks**   
While face down on your forearms and toes, squeeze your core muscles and keep a straight line between ankles and shoulder. Hold for 10 seconds.

**Side Plank**  
Face to the side on your forearm and foot. Raise your hips off the floor and hold for 10 seconds.

**V Sits**  
Lay on your back with arms extended overhead and legs straight out. Simultaneously raise your arms, shoulders, and legs off the ground touching together at the upright position (V shape). Slowly lower and repeat for eight reps.



**The Game-Changer Workout**

**Week 1, Day 1**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Balance Drills**

1. Balance Toe Touch
2. Overhead Balance Toe Touch

**Ladder Drills**

1. One-Foot Hop
2. Two-Feet Hop
3. Hopscotch
4. Ickey Shuffle (One Foot Outside and Two Feet Outside)
5. Two Feet In and Out
6. Horizontal Step-In
7. Piano Shuffle
8. Ali Shuffle

**Static Stretching (end of workout)**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet Hamstring Stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch



**The Game-Changer Workout**

**Week 1, Day 2**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Cone Drills**

1. Jog/Sprint/Sprint/Jog
2. Pro Agility
3. Nebraska Agility
4. Three-Cone with Backpedal
5. T-Test (Sprint/Shuffle/Backpedal)

**Plyometric Drills**

1. Two-Feet Line Hop
2. Right Foot Line Hop
3. Left Foot Line Hop
4. Alternate Line Hop

**Static Stretching (end of workout)**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet Hamstring stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch



**The Game-Changer Workout**

**Week 1, Day 3**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Sprints**

1. 8x20-Yard Sprints
2. 6x40-Yard Sprints

**Ab Series Workout**

**Static Stretching (end of workout)**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet Hamstring Stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch



**The Game-Changer Workout   
Week 2, Day 1**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Line Block drills**

1. Two-Feet Block Drill
2. Right Foot Block Drill
3. Left Foot Block Drill
4. Two-Feet X Drill

**Cone Drills**

1. T-Test (Sprint/Shuffle/Backpedal)
2. Three-Cone Drill
3. W-Drill
4. Z-Drill
5. Four-Cone Drill
6. Four-Cone Medley

**Ladder Drills**

1. Ickey Shuffle (One Foot Outside, Two Feet Outside)
2. Two Feet In and Out
3. Horizontal Step-In
4. Piano Shuffle
5. Ali Shuffle

**Ab Series Workout, Foam Roller**

**Static Stretching (end of workout)**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet Hamstring Stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch



**The Game-Changer Workout**

**Week 2, Day 2**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Balance Drills (Three Sets of Eight)**

1. Balance Toe Touch
2. Over Head Balance Toe Touch
3. Straight-Leg Front and Side Raise

**Line Drills**

1. Two-Feet Line Hop
2. Right Foot Line Hop
3. Left Foot Line Hop
4. Alternate Line Hop

**Line Block drills**

1. Two-Feet Block Drill
2. Right Foot Block Drill
3. Left Foot Block Drill
4. Two-Feet X Drill

**Static Stretching (end of workout)**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet Hamstring Stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch



**The Game-Changer Workout**

**Week 2, Day 3**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Sprints**

1. 5x15 Yards
2. 6x40 Yards

**Cone Drills**

1. Pro Agility
2. Nebraska Agility
3. Three-Cone with Backpedal
4. T-Test (Sprint/Shuffle/Backpedal)

**Static Stretching (end of workout)**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet Hamstring Stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch

**Foam Roller**



**The Game-Changer Workout**

**Week 3, Day 1**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Ladder Drills**

1. One-Foot hop
2. Two-Feet hop
3. Hopscotch
4. Ickey Shuffle (One Foot Outside, Two Feet Outside)
5. Two Feet In and Out
6. Horizontal Step-In
7. Piano Shuffle
8. Ali Shuffle

**Cone Drills**

1. Pro Agility
2. Nebraska Agility
3. T-Test (Sprint/Shuffle/Backpedal)
4. Three-Cone Drill
5. W-Drill
6. Z-Drill
7. Four-Cone Medley

**Static Stretching**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet hamstring Stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch

**Foam Roller**



**The Game-Changer Workout**

**Week 3, Day 2**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Balance Drills (Three Sets of Eight)**

1. Balance Toe Touch
2. Overhead Balance Toe Touch
3. Straight-Leg Front and Side Raise

**Ladder Drills**

1. One-Foot Hop
2. Two-Feet hop
3. Hopscotch
4. Ickey Shuffle (One Foot Outside, Two Feet Outside)
5. Two Feet In and Out
6. Horizontal Step-In
7. Piano Shuffle
8. Ali Shuffle

**Line Drills**

1. Two -Feet Line Hop
2. Right Foot Line Hop
3. Left Foot Line Hop
4. Alternate Line Hop

**Line Block drills**

1. Two-Feet Block Drill
2. Right Foot Block Drill
3. Left Foot Block Drill
4. Two-Feet X Drill

**Foam Roller**



**The Game-Changer Workout**

**Week 3, Day 3**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Line Drills**

1. Two-Feet Line Hop
2. Right Foot Line Hop
3. Left Foot Line Hop
4. Alternate Line Hop

**Line Block Drills**

1. Two-Feet Block Drill
2. Right Foot Block Drill
3. Left Foot Block Drill
4. Two-Feet X Drill

**Sprints**

1. 6x40 Yards
2. 3x10 Yards

**Foam Roller**



**The Game-Changer Workout**

**Week 4, Day 1**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Phase 2**

**Balance Drills (Three Sets of Eight)**

1. Balance Toe Touch
2. Overhead Balance Toe touch
3. Straight-Leg Front and Side Raise

**Phase 3, Part 1 (Two Sets)**

**Ladder Drills**

1. One-Foot Hop
2. Two-Feet Hop
3. Hopscotch
4. Ickey Shuffle (One Foot Outside, Two Feet Outside)
5. Two Feet In and Out
6. Horizontal Step-In
7. Piano Shuffle
8. Ali Shuffle



**The Game-Changer Workout**

**Week 4, Day 1 (continued)**

**Phase 3 Part 2 (Two Sets)**

**Cone Drill**

1. Jog/Sprint/Sprint/Jog
2. Pro Agility
3. Nebraska Agility
4. Three-Cone with Backpedal
5. T-Test (Sprint/Shuffle/Backpedal)
6. Three-Cone Drill
7. W-Drill
8. Z-Drill
9. Four-Cone Drill
10. Four-Cone Medley

**Phase 4 (Three sets of 15 seconds)**

**Line Drills**

1. Two-Feet Line Hop
2. Right Foot line Hop
3. Left Foot Line Hop
4. Alternate Line Hop

**Line Block drills**

1. Two-Feet Block Drill
2. Right Foot Block Drill
3. Left Foot Block Drill
4. Two-Feet X Drill

**Static Stretching**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet Hamstring Stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch



**The Game-Changer Workout**

**Week 4, Day 2**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Phase 2**

**Balance Drills (Three Sets of Eight)**

1. Balance Toe Touch
2. Overhead Balance Toe touch
3. Straight-Leg Front and Side Raise

**Phase 3, Part 1 (Two sets)**

**Ladder Drills**

1. One-Foot Hop
2. Two-Feet Hop
3. Hopscotch
4. Ickey Shuffle (One Foot Outside, Two Feet Outside)
5. Two Feet In and Out
6. Horizontal Step-In
7. Piano Shuffle
8. Ali Shuffle



**The Game-Changer Workout**

**Week 4, Day 2 (continued)**

**Phase 3, Part 2 (Two sets)**

**Cone Drill**

1. Jog/Sprint/Sprint/Jog
2. Pro Agility
3. Nebraska Agility
4. Three-Cone with Backpedal
5. T-Test (Sprint/Shuffle/Backpedal)
6. Three-Cone Drill
7. W-Drill
8. Z-Drill
9. Four-Cone Drill
10. Four-Cone Medley

**Phase 4 (Three sets of 15 seconds)**

**Line Drills**

1. Two-Feet Line Hop
2. Right Foot Line Hop
3. Left Foot Line Hop
4. Alternate Line Hop

**Line Block Drills**

1. Two-Feet Block Drill
2. Right Foot Block Drill
3. Left Foot Block Drill
4. Two-Feet X Drill

**Static Stretching**

1. Lat Stretch
2. Chest Stretch
3. Two-Feet Hamstring Stretch
4. Butterfly Groin Stretch
5. Hip Flexor Stretch
6. Single-Leg Quad Stretch
7. Calf Stretch



**The Game-Changer Workout**

**Week 4, Day 3**

**Dynamic Warm-Up**

1. Jog
2. High Knee
3. Butt Kicks
4. High Knee Pulls
5. Frankenstein

**Sprints 4x40 yards**

**Ab Series**

**Line Drills**

1. Two-Feet Line Hop
2. Right Foot Line Hop
3. Left Foot Line Hop
4. Alternate Line Hop

**Foam Roller**





**Notes**

