

OFF-SEASON HOME WORKOUTS INTRODUCTION

We have created an off-season workout program for players looking to gain/maintain general fitness during the off-season and also to help them prepare for the upcoming season.

On the OLL Development Webpage are workout PDF files that provide for a 20 week program (with 1 week off). The program is designed to use only bodyweight resistance and is progressive in nature – starting with general strength and conditioning, then progressing to movements for agility while continuing to maintain strength.

In each of the 4-week workout programs are links to new exercises for illustrative purposes. While many of the exercises are pretty straight forward, there are some that might require visual examples.

It is recommended that each player records their workout dates and reps so they can track their progress. For some, workouts like this will be entirely new – start slow with low reps and gradually work up. The first 4 weeks is designed for fundamental strength that will be built on as the program progresses.

The workout program is designed to be done 2 times during the week with a 3rd day for some form of other activity that gets the heart rate up... for some, that will just be attending their weekly games or practices for other sports. Examples are provided in the weekly workouts for things that can be done on the 3rd activity day.

IMPORTANT:

- If, at any time, the player feels pain or dizziness, stop the workout and take a break. If they feel better, they can resume. If they don't feel better, end the workout for that session. Getting into good physical condition is a gradual process – it is important to ease into the workouts and only push their progress to make small gains from week to week. After the 20 weeks is complete, those small gains will result in a significant improvement from where they started in week 1.
- Many of the players are multi-sport athletes and already have weekly activity they are doing. These workouts can be used to supplement their existing activities but should not be performed to the point where the player gets burned out from over-activity.

The workout schedule ahead of the 2022 season would look something like this:

Start Dates

Week 1-4: December 12, 2021

Week 5-8: January 9, 2022

Week 9: February 6, 2022.... WEEK OFF (take a break ahead of pre-season ramp up)

Week 10: February 13, 2022

Week 14: March 13, 2022

Week 18: April 10, 2022

The completion of the program is designed to align with the beginning of the season for the players.