

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Off-season Football Conditioning

By Robert Michael

Football is definitely a sport that requires a combination of skills and athletic ability. This is why it's

so important to develop a football conditioning program that would help you improve in every aspect of the game. These aspects include: strength, cardiovascular, and cardiorespiratory training. All of these areas need to be improved upon and directed towards skill improvement that mimics what takes place on the football field. Football players often require endurance, strength, flexibility, coordination, and explosive speed and acceleration.

The purpose of this article is not to give you a blueprint of an exact conditioning program but instead to give you what you need to know to design one for yourself. This is because one program will not necessarily work for everyone. Schedules sometimes need to be adjusted and programs need to be flexible when necessary.

A good preseason football conditioning program should begin 8–10 weeks before the season and should take place six days a week. The seven day should be used for resting and recovery. If you train too hard and do not rest your muscles you will almost certainly receive an injury. During the course of your work out stretching is one of the most important things you can do to avoid injury. This will also help you promote muscle growth and flexibility if done over a period of time.

Day 1: Run 3–5 miles

On day one you should run three to 5 miles in order to promote endurance and your cardiovascular systems. Each week of training start off with a three-mile run. If this is not enough then do an extra mile or two but don't become too excessive because you'll certainly run more later in the week.

Day 2, 4, and 6: Work on Speed Training

On these days your focus should be on speed and acceleration. The best way to work on speed and acceleration is doing some form of sprinting. Remember to stretch between sprints and at the end of your work out.

Off-season Football Conditioning

Day 3 and 5: Work on skills that are specific to your position and strength training

You can develop position specific skills by doing a variety of practice drills. Obviously because each position has different skills we cannot go over them all here. If for example you are a running back, you want a practice run blocking, ball handling, receiving, pass blocking, and agility drills.

After position specific training, focus on strength training. Focus on those areas which are specifically needed for your position. Finish off with a three-mile run.

Your football conditioning program should be approached with caution. If you overwork your body you may end up injured and not able to play at all during the season.

Therefore is important to take it slow careful and do plenty of stretching. Finally it is always important to your diet high in protein and carbohydrates to keep yourself energized. This will also help your body

perform at its best. By following a strict football conditioning program you should have a great season.

Robert Michael is a writer for Football Cube which is an excellent place to find football links, resources and articles. For more information go to:

<http://www.footballcube.com>

Lowering The Risk Of High School Football Injuries

By Jonathon Hardcastle

Football is a dangerous sport. Players endure bruising contact, long practices in hot weather and all sorts of unusual stresses and strains on their muscles, ligaments and tendons. It is not possible to prevent injuries in the game of football and for this reason many parents are hesitant to allow their children to participate. But the risk of injury can be minimized with cooperation between parents, doctors and coaches.

When your child comes to you and asks to try out for football, your answer should always be contingent on the results of a full medical checkup. Be sure that the doctor knows that it is a sports physical so that he or she can check for the appropriate things like joint flexibility and heart health. After your child is cleared medically, then you can move on to investigating the program and learning what safety measures are provided.

One of the most important facets of avoiding injury in any sport is maintaining proper conditioning through exercise and good nutrition. Ask your child's potential coach how conditioning is handled. Year-round conditioning is ideal, but barring that, children should participate in appropriate conditioning programs for at least six weeks prior to the beginning of regular practices. Ask whether the coach is responsible for conditioning or if the program has a trainer that works with children.

Off-season Football Conditioning

Dehydration is a critical issue among football players since practices typically occur outdoors during the hottest part of the summer. Ask the coach what measures are taken to prevent dehydration. Know that fluid breaks should be taken about every 45 minutes and players should be allowed to drink all they want in order to keep properly hydrated. Also ask whether the coach, trainers or other personnel are certified in CPR.

Wearing protective equipment is a given, but you need to work with the coach to ensure that it fits properly. Whether or not the program requires it, your child should wear a mouth guard. Mouth guards are instrumental in preventing dental injuries and can protect against jaw and certain types of head injuries as well.

Ask what medical staff will be on hand during practices and games should an injury occur. To prepare for the worst-case scenario, consider giving the coach or trainer an emergency health care authorization letter. This letter will allow your child to be transported and treated at a hospital even if you are not there to give permission.

Jonathon Hardcastle writes articles for

<http://footballorbust.com/>

– In addition, Jonathon also writes

articles for

<http://recreationandmore.com/>

and

<http://igamerscorner.com/>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!