

Off-Season Workouts

Pass Rush Workouts

Workout #1: Hand combat

Drill

Reps

Sets

4-man board get off

2 get offs x each side

2

Big man bags

1 full rep x each side

2

Samurai reaction

30 second work

3

Contacted lifts

10 lifts x each side

2

Workout #2: Hip work

Drill	Reps	Sets
<u>Alternating shuffles</u>	2 reps x each side	2
<u>Flip flip</u>	1 full rep x each side	2
<u>Alternating flip flip</u>	1 full rep x each side	2
<u>Barrel circles</u>	30 seconds work	4
<u>Hip flip progression</u>	1 progression x each side	2

Workout #3: Get off

Drill

Reps

Sets

6-point get off

2 reps x each side

2

1-leg get off

2 reps x each side

2

4-man board get off

2 reps x each side

2

Back pedal get off

2 reps x each side

2

Workout #4: Agility & conditioning

Drill	Reps	Sets
<u>4-man board get off</u>	2 get offs x each side	2
<u>Lateral flips</u>	1 rep	2
<u>Lateral touch redirect</u>	1 rep	2
<u>Up lateral flips</u>	1 rep	2

Workout #5: Pass rush moves

Drill	Reps	Sets
<u>Pop up stab</u>	2 reps x each side	2
<u>Stab progression</u>	2 reps x each side	2
<u>Swipe & rip progression</u>	1 rep x each side	2
<u>Rapid rush</u>	20 seconds work	3

Block Destruction Workouts

Workout #1: Hand speed + placement

Drill

Reps

Sets

4-man get off

2 get offs x each side

2

Goal post strikes

4 reps

5

Forearm strikes

1 full rep

10

Speed strikes

30 seconds work

4

Workout #2: Run stunt

Drill

Reps

Sets

Pop up stunts

4 reps

5

Stunt & redirect

2 reps x each side

3

Bag reads

2 reps x each side

3

Slant & read

2 reps x each side

3

Workout #3: Block release

Drill	Reps	Sets
<u>4-man get off</u>	2 get offs x each side	2
<u>Rip & sprint</u>	1 rep x each side	4
<u>Block release agility</u>	2 reps	3
<u>Pop up escapes</u>	1 full rep (all escapes)	4

Workout #4: Explosion

Drill

Reps

Sets

4-man get off

2 get offs x each side

2

6-point explosion

3 reps

3

3-point layout

3 reps

3

3-point explosion

3 reps

3

Workout #5: Recognition

Drill

Reps

Sets

Get off redirect

2 reps x each side

3

Square drill

5 reps

4

DSPC

3 reps

4

1-on-1 recognition

3 reps

4