

A.I.E. SPORTS TRAINING

4-Week Elite Football Program

Attitude Is Everything · Built by Coach G

A structured 4-week program delivering daily workouts (Monday–Friday) with warm-ups, route running, footwork, ball skills, speed & explosiveness, strength, film study, and recovery. Scan the QR codes for demonstration videos.

WEEK 1 — FOUNDATION

Goal: Lock in stance, start, and clean mechanics. Build the base.

Monday · Speed & Start

- Dynamic warm-up (10 min: leg swings, lunges, high-knees, A-skips)
- Stance & start reps — 8×10 yd
- Acceleration sprints — 6×20 yd
- Cool-down: static stretch 8 min

Tuesday · Footwork

- Dynamic warm-up
- Ladder: lcky shuffle, in-in-out-out, lateral runs — 3 rounds
- 5-cone box drill — 5 rounds
- Jump-rope 3×2 min

Wednesday · Routes & Catch

- Dynamic warm-up
- Route tree (slant, hitch, out, go) — 2 reps each side
- Ball drill: over-shoulder, high-point, sideline toe-tap — 20 catches
- Recovery walk 10 min

Thursday · Strength

- Dynamic warm-up
- Goblet squats 4×8 · Push-ups 4×15 · DB row 4×10
- Broad jumps 4×5 · Plank 3×45s
- Foam roll 10 min

Friday · Film & Recovery

- Film study: 20 min of a pro at your position — 3 notes
- Light footwork 15 min
- Full body stretch + hydration

Weekly Goal

Complete every warm-up. No skipped days. 3 film notes turned in.