

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.

WEEK 2 — ACCELERATION & CUTS

Goal: Add explosiveness, sharper cuts, and cleaner ball tracking.

Monday · Explosiveness

- Dynamic warm-up
- Med-ball chest throws 4×5
- 10-yd resisted sprints 6 reps
- Box jumps 4×5

Tuesday · Footwork & Agility

- Dynamic warm-up
- Pro-agility (5-10-5) — 6 reps
- L-drill — 6 reps
- Reactive mirror drill 3×30s

Wednesday · Route Precision

- Dynamic warm-up
- Speed cuts at 3, 5, 7 yd — 4 reps each
- Ball drill: contested catches 20 reps
- Cool-down

Thursday · Strength

- Dynamic warm-up
- RDLs 4×8 · DB bench 4×8 · Pull-ups 4×AMRAP
- Single-leg hops 3×6 each
- Foam roll

Friday · Film & Recovery

- Film: watch your last game/practice — 5 corrections
- Light jog + stretch 20 min

Weekly Goal

Beat your Week 1 pro-agility time. Log 5 corrections from film.

WEEK 3 — ROUTE RUNNING & SEPARATION

Goal: Sell every route. Win at the top of the stem.

Monday · Speed

- Dynamic warm-up
- Flying 20s — 6 reps
- Hill/incline sprints 6×15 yd
- Cool-down

Tuesday · Releases

- Dynamic warm-up
- Press releases (slap, swim, hop) — 5 each side
- 1-on-1 release footwork — 10 reps
- Ladder finisher 3 rounds

Wednesday · Routes

- Dynamic warm-up
- Full route tree at 75% then 100% — 2 reps each
- Ball drill: back-shoulder + fade — 20 catches

Thursday · Strength

- Dynamic warm-up
- Back squat 5×5 · Incline DB press 4×8 · DB row 4×10
- Rotational med-ball throws 3×6 each

Friday · Film & Recovery

- Film: NFL WR at your position — chart top-of-route moves
- Yoga / mobility 25 min

Weekly Goal

Two clean reps of every route in the tree. Add 1 new release move.

WEEK 4 — GAME SPEED & COMPETITION

Goal: Put it all together at full velocity. Compete.

Monday · Full Speed

- Dynamic warm-up
- Route tree at full game speed — 1 rep each
- 20-yd fly sprints 4 reps
- Cool-down

Tuesday · Competition

- Dynamic warm-up
- 1-on-1 release + route reps — 10 reps
- Contested catch circuit — 15 catches
- Conditioning: 10×40 yd on :30

Wednesday · Skill Refinement

- Dynamic warm-up
- Weakest 3 routes — 5 reps each
- Ball drill: one-hand catches — 20 reps

Thursday · Strength (Deload)

- Dynamic warm-up
- Squats 3×5 (light) · Push-ups 3×15 · Row 3×8
- Core circuit 10 min

Friday · Retest & Film

- Retest: 40-yd, pro-agility, vertical jump — log times
- Film: your own reps from Weeks 1–4 — write 5 wins, 5 fixes

Weekly Goal

Beat opening-week test numbers. Compile a Week 5 self-plan.

DEMONSTRATION VIDEOS

Scan any code with your phone camera to see the drill demo.



Dynamic Warm-Up



Route Tree Drills



Footwork Ladder



Ball Skills



Speed & Acceleration



Strength Basics

RECOVERY ROUTINE (DAILY)

- 8 hrs sleep minimum
- Hydrate: half your bodyweight in oz of water
- 10 min foam roll: quads, hamstrings, calves, glutes, back
- Static stretch full body 8–10 min post-workout
- Ice bath or cold shower after high-intensity days (optional)
- Protein within 45 min of training

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Coach G · Gerald Worsham