



FLAG FOOTBALL



Athlete Training Guide



Week 1

Nutrition Focus

Eating right is important to your health and your sports performance. Eating right can be easy and enjoyable because there are many delicious healthy choices. Your goal is to eat at least 5 total fruits and vegetables every day! Here some examples of meals you can have for breakfast, lunch, and dinner that are packed with fruits and vegetables:

- **Breakfast:** Try making a parfait! Start with some yogurt and add in granola, nuts, and your favorite fruits and you have a quick and healthy breakfast!
- **Lunch:** Swap out your peanut butter and jelly sandwich for a peanut butter and banana sandwich. Not only will this satisfy a fruit serving, but it is also lower in fat, calories, and sodium. Add in a side of baby carrots for a well-rounded meal.
- **Dinner:** At dinnertime add in a side salad to get a wide variety of vegetables.

Training

1. Warmup

- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.
 - iii. Leg Swings: Put your hands against the wall for balance, then swing your leg from side to side under your body. 30 seconds each leg.
 - iv. High Knees: Stand straight with your feet shoulder width apart. Bring your right knee up to waist level, and then slowly land on your feet. Then bring your left knee up to waist level. Continually switch legs for 30 seconds.
 - v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.



Leg Swing Diagram

2. Training

- a. Offense
 - i. Set up 5-7 cones or place markers in a straight line, about 3 feet apart from each other. While holding a football, zig zag in and out of the cones. Go through the drill 5 times.
 - ii. With a partner, play catch. Work on catching the ball and securing it. Throw the ball back. This will work on both passing and catching.



- b. Defense
 - i. Shuffle: For 30 seconds, shuffle from side to side for 30 seconds. If possible, shuffle at least 10 ft to each side. Do this 3 times.
 - ii. Back Pedal and Run: Set up cones or place markers 5 feet from the starting line. Back pedal to the cones. Once you reach the cone, turn and run 5 more feet. Do this 5 times.
- c. Conditioning
 - i. Sprints: Set up cones or place markers 10 yards away from you. Run as fast as you can through the cones. Do this 5 times.
 - ii. Jumping Jacks: Do jumping jacks for 1 minute.

3. Cool Down

- a. 5-minute walk
- b. Stretch
 - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
 - ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
 - iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
 - iv. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
 - v. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 2

Nutrition Focus

Now you know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of the other food groups and some great choices in each group that make up a healthy meal or diet.

- Grains:
 - Brown or Wild, or Unpolished Rice
 - Oatmeal
 - Whole Grain Bread & Pasta
- Dairy:
 - Low-fat or Skim Milk
 - Low-fat Cheese
 - Low-fat, unsweetened yogurt (watch the sugar!)
 - Cottage Cheese
- Protein:
 - Lean Meats
 - Eggs
 - Fish (frozen, fresh or canned)
 - Nuts

Training

1. Warm Up

- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.
 - iii. Leg Swings: Put your hands against the wall for balance, then swing your leg from side to side under your body. 30 seconds each leg.
 - iv. High Knees: Stand straight with your feet shoulder width apart. Bring your right knee up to waist level, and then slowly land on your feet. Then bring your left knee up to waist level. Continually switch legs for 30 seconds.
 - v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.





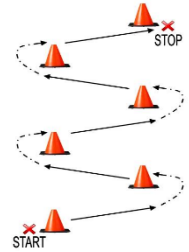
2. Training

a. Offense

- i. Pass Route Running: Run the passing routes listed below 10 times each. If you do not have someone to throw the ball to you, only run the route.

- a. Curl: Run 5 yards and turn around.
- b. Slant: Run 3-4 yards and cut on diagonal.

- ii. Zig Zag Cone Drill: Set up 5 cones or place markers as shown in the picture. Run to the first cone, change direction and run to the other cone. Run through all the cones and repeat 5 times.



b. Defense

- i. Flag Pulling: Practice pulling the flag from a partner.

- a. If you do not have a partner, wrap the flag around a tree or other object. Move about 5 yards away from the tree. When you're ready, run toward the tree and grab the flag. Try to always be moving when grabbing the flag from off the tree to make it more difficult.

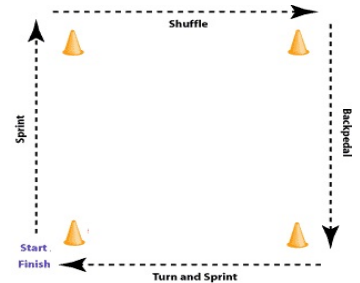
- ii. Back pedal, catch, and run: While back pedaling, have a partner throw you the ball. Catch the ball. Once you catch the ball, run it back to your partner.

- a. If you do not have a partner, place the ball on the cone. Back pedal to the cone, pick the ball up, and run back to your initial starting position.

c. Conditioning

- i. Sprints: Set up cones or place markers 10 yards away from you. Run as fast as you can through the cones. Do this 5 times.

- ii. 4 Cone Drill: Set up 4 cones in a square, about 5 yards apart. First, sprint to the first cone. Then, shuffle to the second cone. Next, back pedal to the third cone. Lastly, turn and sprint through the final cone. Do this drill 3 times. Drill shown in the picture.



3. Cool Down

- a. 5-minute walk

b. Stretching

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
- iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.



- iv. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
- v. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 3

Nutrition Focus

Now that you know what types of foods to eat here is how to build a healthy plate for a meal or for a snack.

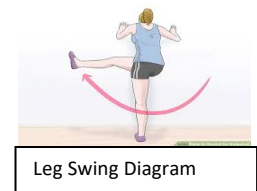
- Watch the amounts of food you put on your plate
- Save junk food like desserts, chips and sodas for special occasions.
- Make half of your plate fruits or vegetables (see diagram below).
- Fill the other half with foods like whole grains, dairy, and protein.
- Add more fruits and vegetables to your meals.
- Keep snacks healthy and small.



Training

1. Warm up

- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.
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 - iv. High Knees: Stand straight with your feet shoulder width apart. Bring your right knee up to waist level, and then slowly land on your feet. Then bring your left knee up to waist level. Continually switch legs for 30 seconds.
 - v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.





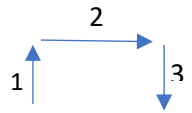
2. Training

a. Offense

- i. Pass Route Running: Run the passing routes listed below 10 times each. If you do not have someone to throw the ball to you, only run the route.
 1. Post Route: Run straight for 7 yards, then cut diagonally.
 2. Fly Route: Run straight, look for the ball once you hit 10 yards.
- ii. Passing to a target: Have a partner run curls and slant routes. Throw them the ball. Repeat this 10 times with each route.
 1. If you do not have a partner to throw to, make a target area with cones, and try to get the ball to the target.

b. Defense

- i. Back pedal, shuffle, run: (1) Back pedal 5 yards, (2) shuffle 10 yards, then (3) run 5 yards forward. Repeat this 3 times, shuffling each way.
- ii. High Point: Have a partner throw ball above you so you will have to jump and catch the ball. While doing this, try to catch the ball as high as possible.
 1. If you do not have a partner to throw you the ball, throw the ball in the air by yourself. Still, try to jump as high as you can to catch the ball.



c. Conditioning

- i. Sprints: Set up cones or place markers 10 yards away from you. Run as fast as you can through the cones. Do this 5 times.
- ii. Squat Jumps: 3 sets of 10 repetitions. Perform the squat exercise, but when you stand back up, jump!

3. Cool Down

a. 5-minute walk

b. Stretching

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
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- v. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if

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you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.

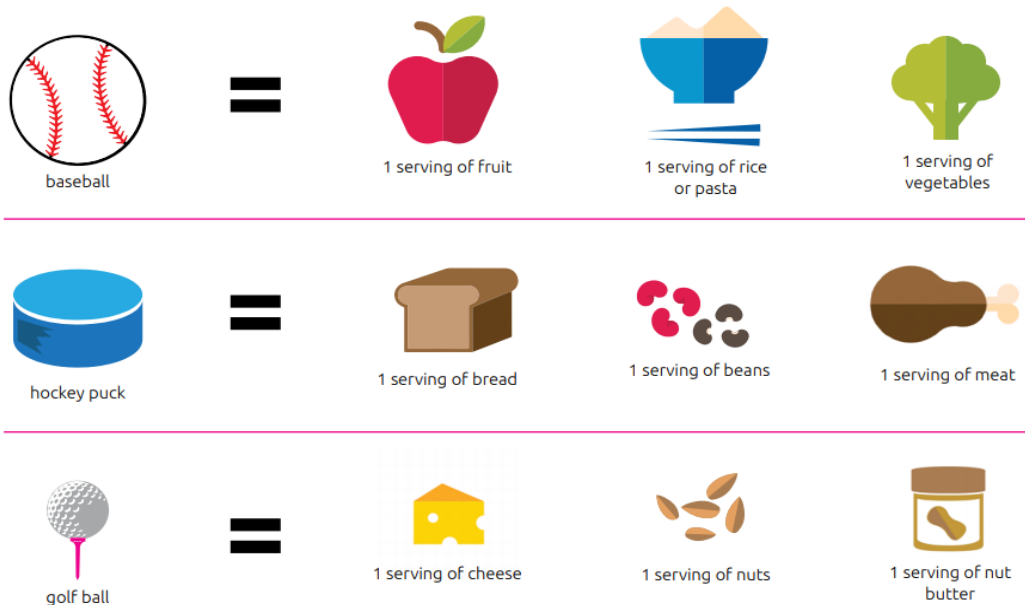


Week 4

Nutrition Focus

The amount of food you eat is one of the most important parts of building a healthy eating style. Choosing smaller portions can help you stay within your calories needs. Be aware of the amount of what you eat and drink during meals and snacks. Some commonly eaten foods can provide more calories than we realize. You can cut down on calories by choosing a smaller portion.

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right:



Training

1. Warm up

- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.



- iii. Leg Swings: Put your hands against the wall for balance, then swing your leg from side to side under your body. 30 seconds each leg.
- iv. High Knees: Stand straight with your feet shoulder width apart. Bring your right knee up to waist level, and then slowly land on your feet. Then bring your left knee up to waist level. Continually switch legs for 30 seconds.
- v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.

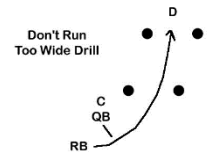


Leg Swing Diagram

2. Training

a. Offense

- i. Passing to a target: Have a partner run post and fly routes. Throw them the ball. Repeat this 10 times with each route.
 - 1. If you do not have a partner to throw to, make a target area with cones, and try to get the ball to the target. If you consistently hit the target area, make it more difficult by moving further away or making the target area smaller.
- ii. Don't Run too Wide Drill: Make two target gates with cones. Receive the handoff from a partner and run through the cones. Complete the drill 10 times each direction. Drill shown in the picture.



- 1. If you do not have a partner, start with the ball in your hand and complete the drill.

b. Defense

- i. Flag Pulling: Practice pulling the flag from a partner. Line up 3 yards behind your partner. When you start, chase down your partner and pull their flag. Do this drill 5 times.
 - 1. If you do not have a partner, wrap the flag around a tree. Face away from the tree. When you start, turn around and grab the flag as fast as you can.
- ii. Catch and Run: Start 15 yards away from your partner. Start running toward your partner and have them throw the ball to either side of you. Catch the ball in stride and run the ball back to your partner.
 - 1. If you do not have a partner, start in the same position. Run forward 5 yards, stop and shuffle 3 yards to each side. Run the rest of the way.

c. Conditioning

- i. Cardio: 5 Minute Jog

3. Cool Down

a. 5-minute walk

b. Stretching

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your



- head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
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 - v. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 5

Nutrition Focus

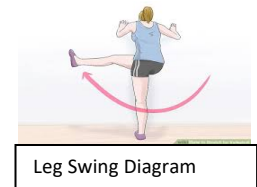
Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes or fruit
- Carrots or peppers dipped in hummus
- Celery topped with peanut butter and raisins

Training

1. Warm up

- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
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 - iii. Leg Swings: Put your hands against the wall for balance, then swing your leg from side to side under your body. 30 seconds each leg.
 - iv. High Knees: Stand straight with your feet shoulder width apart. Bring your right knee up to waist level, and then slowly land on your feet. Then bring your left knee up to waist level. Continually switch legs for 30 seconds.
 - v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.



Leg Swing Diagram

2. Training

- a. Offense
 - i. Set up 5-7 cones or place markers in a straight line, about 3 feet apart from each other. While holding a football, zig zag in and out of the cones. Go through the drill 5 times.
 - ii. With a partner, play catch. Work on catching the ball and securing it. Throw the ball back. This will work on both passing and catching.
- b. Defense
 - i. Shuffle: For 30 seconds, shuffle from side to side for 30 seconds. If possible, shuffle at least 10 ft to each side. Do this 3 times.



- ii. Back Pedal and Run: Set up cones or place markers 5 feet from the starting line. Back pedal to the cones. Once you reach the cone, turn and run 5 more feet. Do this 5 times.

c. Conditioning

- i. Sprints: Set up cones or place markers 10 yards away from you. Run as fast as you can through the cones. Do this 5 times.
- ii. Jumping Jacks: Do jumping jacks for 1 minute.

3. Cool Down

a. 5-minute walk

b. Stretching

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
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- v. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 6

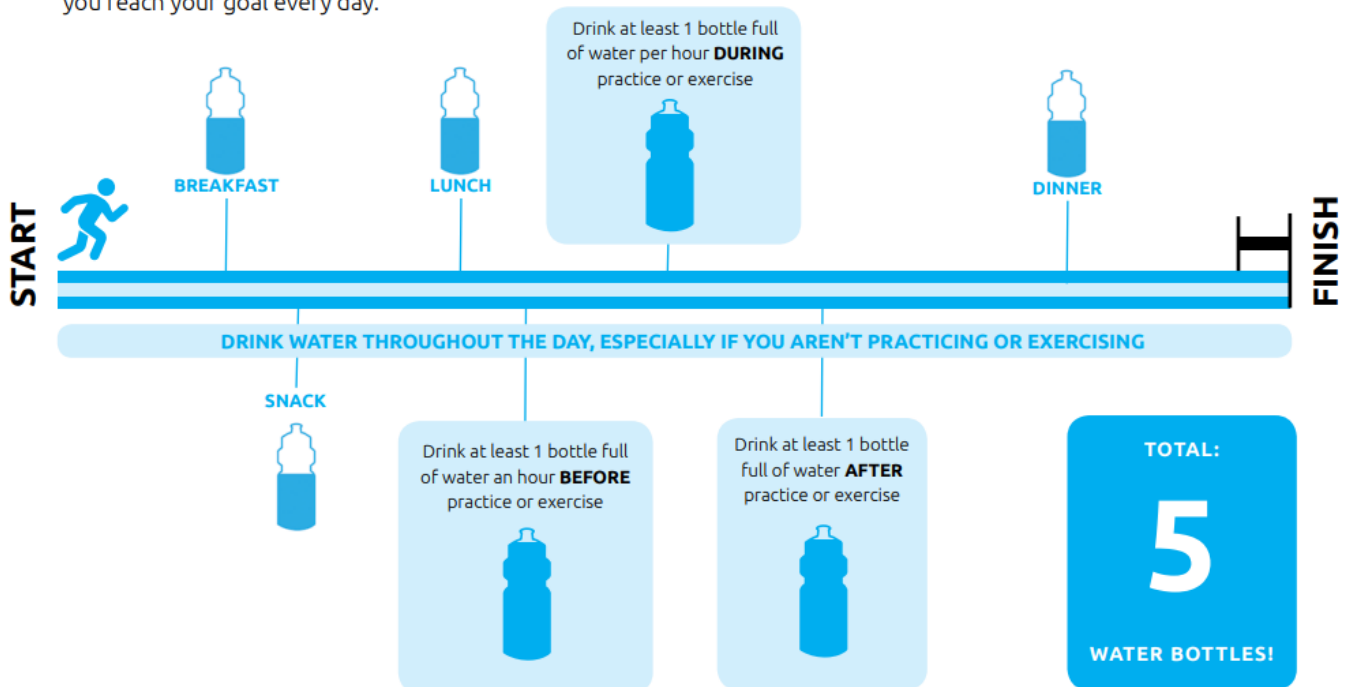
Nutrition Focus

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance. Your goal is to drink 5 bottles of water every day! Your water bottle should be 16-20oz.

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. This is called dehydration. Signs of Dehydration include: •

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.





Training

1. Warm up

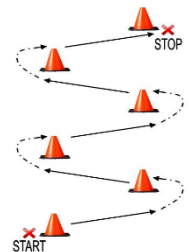
- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.
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 - v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.



Leg Swing Diagram

2. Training

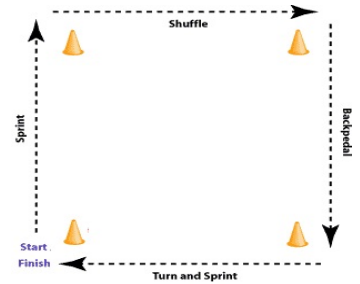
- a. Offense
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 - b. Slant: Run 3-4 yards and cut on diagonal.
 2. Zig Zag Cone Drill: Set up 5 cones or place markers as shown in the picture. Run to the first cone, change direction and run to the other cone. Run through all the cones and repeat 5 times.
- b. Defense
 - i. Flag Pulling: Practice pulling the flag from a partner.
 - a. If you do not have a partner, wrap the flag around a tree or other object. Move about 5 yards away from the tree. When you're ready, run toward the tree and grab the flag. Try to always be moving when grabbing the flag from off the tree to make it more difficult.
 2. Back pedal, catch, and run: While back pedaling, have a partner throw you the ball. Catch the ball. Once you catch the ball, run it back to your partner.
 - a. If you do not have a partner, place the ball on the cone. Back pedal to the cone, pick the ball up, and run back to your initial starting position.





c. Conditioning

- i. Sprints: Set up cones or place markers 10 yards away from you. Run as fast as you can through the cones. Do this 5 times.
- ii. 4 Cone Drill: Set up 4 cones in a square, about 5 yards apart. First, sprint to the first cone. Then, shuffle to the second cone. Next, back pedal to the third cone. Lastly, turn and sprint through the final cone. Do this drill 3 times. Drill shown in the picture.



3. Cool Down

- a. 5-minute walk
- b. Stretching
 - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
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Week 7

Nutrition Focus

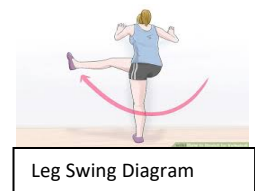
There are many beverage options available, but some of them are healthier choices than others.

- Sodas, energy drinks, and sports drinks are NOT good beverage choices because they have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.
- Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts. Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.
- Water is the best choice for a beverage! Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

Training

1. Warm up

- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
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Leg Swing Diagram

2. Training

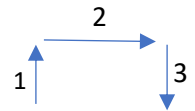
- a. Offense
 - i. Pass Route Running: Run the passing routes listed below 10 times each. If you do not have someone to throw the ball to you, only run the route.
 1. Post Route: Run straight for 7 yards, then cut diagonally.
 2. Fly Route: Run straight, look for the ball once you hit 10 yards.
 - ii. Passing to a target: Have a partner run curls and slant routes. Throw them the ball. Repeat this 10 times with each route.



1. If you do not have a partner to throw to, make a target area with cones, and try to get the ball to the target.

b. Defense

- i. Back pedal, shuffle, run: (1) Back pedal 5 yards, (2) shuffle 10 yards, then (3) run 5 yards forward. Repeat this 3 times, shuffling each way.



- ii. High Point: Have a partner throw ball above you so you will have to jump and catch the ball. While doing this, try to catch the ball as high as possible.

1. If you do not have a partner to throw you the ball, throw the ball in the air by yourself. Still, try to jump as high as you can to catch the ball.

c. Conditioning

- i. Sprints: Set up cones or place markers 10 yards away from you. Run as fast as you can through the cones. Do this 5 times.
- ii. Squat Jumps: 3 sets of 10 repetitions. Perform the squat exercise, but when you stand back up, jump!

3. Cool Down

a. 5-minute walk

b. Stretching

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
- iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- iv. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
- v. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 8

Nutrition Focus

Now that you have learned what food and drinks you should be consuming, let's take a look at how you can tell what's in the products you are buying. All packaged food and drinks come with a nutrition label meant to tell you exactly what you're consuming. Understanding what's in the foods you eat helps you make healthier choices.

Important parts of a food label:

- **Serving size:** Always start with the serving size amount, the rest of the information on the label is based on that. Pay attention to the serving size when you are preparing your meal. For example, if you buy a bag of pretzels and the label says that 1 serving is 15 pretzels, be sure to limit yourself to that amount.
- **Calories:** A calorie is a way to measure how much energy a food provides to your body. The number on the food label shows how many calories are in one serving of that food. The amount of calories a person needs depends on their age, weight, gender, and activity level. Visit <https://www.lifespanfitness.com/fitness/resources/calories-calculator> to see how many calories you should consume each day.
- **Fat:** Our bodies need a little fat every day because it is an important source of energy. Unsaturated fats, which are found in vegetable oils, nuts and fish, are often called “good fats” because they don’t raise cholesterol levels. Saturated fats and trans fats are considered “bad” so you want to try and avoid products high in trans fats.
- **Fiber:** Fiber is important for your digestion. Fiber has no calories and can help you feel full. Ideally you should select foods that have at least 3 grams of fiber per serving.
- **Added Sugars:** An added sugar is a sugar type that doesn’t occur naturally within the product and has been added to sweeten the packaged food item. Try to avoid products with added sugars or look for smaller numbers.

Nutrition Facts:	
Serving size: 1oz (28g)	
Servings per container: about 14	
Amount/Serving	% DV*
Calories 150	Fat Cal. 80
Total Fat 8g	12%
Sat. Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carb. 12g	3%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 6g	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%
<i>*Percent Daily Values (DV) are based on a 2,000 Calorie diet.</i>	

INGREDIENTS: Cranberries (Sugar, Sunflower Oil), Dried Mango (Sugar, Citric Acid) [product of Thailand], Roasted Almonds (Sunflower Oil), Walnuts, Pumpkin Seeds [product of China].

ALLERGY INFORMATION: Contains Tree Nuts (Almonds, Walnuts). Manufactured in a facility that processes peanuts/tree nuts. Our products may contain occasional pit, shell pieces, and other naturally occurring objects.



Training

1. Warm up

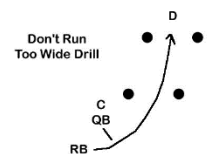
- a. 3 minutes of walking, then increase your speed to a jog for 2 minutes.
- b. Dynamic Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.
 - iii. Leg Swings: Put your hands against the wall for balance, then swing your leg from side to side under your body. 30 seconds each leg.
 - iv. High Knees: Stand straight with your feet shoulder width apart. Bring your right knee up to waist level, and then slowly land on your feet. Then bring your left knee up to waist level. Continually switch legs for 30 seconds.
 - v. Butt Kicks: For 30 seconds, kick your heels back as far as you can. Try and touch your heels to your bottom.



Leg Swing Diagram

2. Training

- a. Offense
 - i. Passing to a target: Have a partner run post and fly routes. Throw them the ball. Repeat this 10 times with each route.
 1. If you do not have a partner to throw to, make a target area with cones, and try to get the ball to the target. If you consistently hit the target area, make it more difficult by moving further away or making the target area smaller.
 - ii. Don't Run too Wide Drill: Make two target gates with cones. Receive the handoff from a partner and run through the cones. Complete the drill 10 times each direction. Drill shown in the picture.
 1. If you do not have a partner, start with the ball in your hand and complete the drill.
- b. Defense
 - i. Flag Pulling: Practice pulling the flag from a partner. Line up 3 yards behind your partner. When you start, chase down your partner and pull their flag. Do this drill 5 times.
 1. If you do not have a partner, wrap the flag around a tree. Face away from the tree. When you start, turn around and grab the flag as fast as you can.





- ii. Catch and Run: Start 15 yards away from your partner. Start running toward your partner and have them throw the ball to either side of you. Catch the ball in stride and run the ball back to your partner.
 - 1. If you do not have a partner, start in the same position. Run forward 5 yards, stop and shuffle 3 yards to each side. Run the rest of the way.
- c. Conditioning
 - i. Cardio: 5 Minute Jog

3. Cool Down

- a. 5-minute walk
- b. Stretching
 - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
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