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FOOTBALL**
COACH SIMPLE. PLAY FAST. WIN.

JDFB WEIGHT ROOM SAMPLE PROGRAM

This Sample Program is For Viewing Purposes Only. If you choose to use this programming, you do so at your own risk.

This sample programming is for you as a coach to see how [JDFB Weight Room](#) is designed. It is to help you decide if this program can help your players maximize their potential on the field this season.

I'm providing a short glossary on the next page. [JDFB Weight Room](#) includes complete descriptions and **video instruction** on each lift. Plus, you get access to Chris Lawyer, an expert strength coach who designed the entire program, inside our Private Forum.

There's a lot more to running a weight room than just some sets and reps. We've put together a **complete Strength Training system** that will include:

- 24 Week Off-Season Training Program (3 days per week, 72 workouts)
- 16 Week In-Season Training Program (2 days per week, 32 workouts)
- Video Instruction on how to perform and coach major lifts
- Private Forum Access to ask your Strength Training questions to Coach Lawyer any time you need help.

Goals

I have never seen a strength training program that was put together with so much attention to detail, while being suited to nearly every High School Football strength program. Chris Lawyer is an Elite level strength coach, and his work on [JDFB Weight Room](#) blows away anything I have seen or done in 15 years as a High School Football strength coach.

The goals of [JDFB Weight Room](#) for your athletes include:

- **Increase Strength** and increasing size of your athletes. Most teenage boys grow by looking at a weight. This program takes that to the max by being expertly organized and planned. We use squats, presses and pulling movements.
- **Increase Explosiveness** of your players. You don't want big, slow guys. We can't just use a powerlifting or bodybuilding workout. *JDFB Weight Room 2017* uses Olympic-style movements like the Power Clean, Push Press and explosive pulls, performed safely and with proper weight, to develop more explosive athletes.
- **Increase Athleticism** on the football field. As you move closer to the season, this program is designed to begin to focus on the movements that your players use on the field. *JDFB Weight Room 2017* uses a holistic approach to ensure your athletes are working on every aspect of the game.
- **Injury Prevention** to keep your players on the field all season. This is overlooked in many strength training programs. We use a variety of auxiliary movements to strengthen, stabilize and improve mobility. Emphasis is on injury prevention in the shoulders and knees, where we see more injuries in football. The holistic approach also means the athlete is more balanced, which can help prevent muscle strains, pulls and cramping.

Glossary

CGPS - Clean Grip Power Snatch

RDL - Romanian Deadlift

HSPU - Hand Stand Push-Up

BSSQ - Bulgarian Split Squat

GHR - Glute/Ham Raise

Session 1A

General Warm-up

Hang Clean

_____ <35% x warm up, _____ 50% x 5

_____ 65% x 3

_____ 75% x 2-3

_____ 80% x 2-3 x 5 sets (10-15 lifts)

JDFB WEIGHT ROOM

Box Squat (% of box SQ 1RM, NOT back squat)

Pause all reps.

_____ *SAMPLE PROGRAMMING* <50% x warm up, _____ 65% x 5

_____ 75% x 3

_____ 85% x 1

_____ 80% x 2-3 x 5 sets (10-15 lifts)

[Recommended accessory work; or similar]

Barbell Row/RDL: 3 sets of 5-8 each/set (opt. widen grip for RDLs if necessary)

Chins/Abs/opt. Neck Work: 3 sets of 6-10/HR (load/assist as needed)

Stretch (full straddle sides, quad, pretzel, newspaper, doorway, subscap, etc)

Session 1B

General Warm-up

CGPS/Press Variation/Front SQ (% of hang clean 1RM)

<30% _____ x 5/5/5, 40% _____ x 3-5/3-5/3-5, 50% _____ x 3/3/3 x 3 sets

Push Press (% of power jerk 1RM; use rack, jerk boxes, or cleans)

50% _____ x 5, 65% _____ x 5

75% _____ x 3-5 x 5 sets

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Bench Press

<35% _____ x 10, 50% _____ x 8, 70% _____ x 5

80% _____ x 5 x 2 sets; MR _____

[Recommended accessory work; or similar]

HSPU/BSSQ: 2-3 sets of 5-8/HR (may sub handstand; load or assist, as needed)

Elbow Extension/Face Pull/Rev Lunges: 2-3 sets of HR

Anaerobic Capacity: hills, sprints, sled, tire, etc x 1:2-3 interval x 5-8 sets

Stretch (full straddle sides, quad, pretzel, newspaper, doorway, subscap, etc)

Session 1C

General Warm-up

Snatch Pull

Up to a heavy single _____ (90%-95%; not 1RM)

_____ 80% x 3

_____ 80%-90% x 2-3 x 3 sets

JDFB WEIGHT ROOM

Front Squat

~~_____ <35% x 6-10, _____ 50% x 5-8~~
SAMPLE PROGRAMMING

_____ 65% x 5

_____ 75% x 5

_____ 80% x 3-5 x 3-5 sets (12-20 lifts); opt. MR _____ (last set)

[Recommended accessory work; or similar]

Pull-ups/GHR/opt. Neck Work: 5-8 x 2-4 sets (load or assist as needed)

Dips/Obliques/opt. Neck Work: 5-8/HR x 2-4 sets (load or assist as needed)

Opt. conditioning: Tabata Interval (20s on, 10s off x 6-10 sets) w/rope or similar

Stretch

Session 2A

General Warm-up

CGPS/Press Variation/Front SQ (% of Hang Clean 1RM)

<30% _____ x 5/5/5

40% _____ x 3-5/3-5/3-5

50% _____ x 3/3/3 x 3 sets

Power Clean and Jerk (% of power jerk 1RM)

50% _____ x 5 (clean and jerk each rep)

60% _____ x 3 (same as above)

70% _____ x 1/3 (1 clean/3 jerks)

75% _____ x 1/3 x 5 sets

Bench Press (short rest)

Up to 50% _____ x 5-8, 75% _____ x 3-5, 85% _____ x 1-3

80% _____ x 2-3 paused x 5 sets

[Recommended accessory work; or similar]

Bradford Press/Rev Fly/BSSQ: 2-4 sets of HR

Elbow Extension/Flexion/Abs/opt. Neck Work: 2-3 sets of HR

Stretch

Session 2B

General Warm-up

Clean Complexes (Clean/Front SQ; hang optional)

_____ <35% x 5/5, _____ 50% x 3-5/5

_____ 65% x 3/3-5

_____ 75% x 2/3

_____ 85% x 1/1-3 x 3-5 sets

Back SQ ***JDFB WEIGHT ROOM***

_____ <35% x 6-10, _____ 50% x 5-8

_____ 60% x 8 ***SAMPLE PROGRAMMING***

_____ 70% x 5

_____ 75% x 5-8 x 2-3 sets (16-24 lifts); _____ opt. MR (last set)

[Recommended accessory work; or similar]

Pull-ups/GHR: 3 sets of 6-10 (load or assist as needed)

Plank Circuit: middle/side/middle/side/middle (repeat or max time)

Opt. conditioning: Tabata Interval (20s on, 10s off x 6-10 sets) w/rope or similar

Stretch

Session 2C

General Warm-up

CGPS/Press Variation/Front SQ (% of hang clean 1RM)

<30% _____ x 5/5/5, 40% _____ x 3-5/3-5/3-5, 50% _____ x 3/3/3 x 1-3 sets

Strict Press (% of OHP; racks, blocks, or cleaned)

_____ 65% x 5

_____ 75% x 5 **JDFB WEIGHT ROOM**

_____ 80% x 3-5 x 3-5 sets (12-20 lifts); opt. MR _____ (last set)

SAMPLE PROGRAMMING

Bench-Grip Floor Press (aka, "comp grip", strongest hand position; opt. low board)

<50% _____ x 8, 65% _____ x 5

80% _____ x 3-5 . . . increase (2-3% of 1RM/set) up to a 3-5RM

_____, _____, _____, _____, _____

[Do not fail reps! Focus on technique and rack after any "near miss".]

[Recommended accessory work; or similar]

Dips/Face Pulls/BSSQ: 2-3 sets of 5-8/HR (load or assist as needed)

Neck Work/Abs: 2-4 sets of HR

Anaerobic Capacity: hills, sprints, sled, tire, etc x 1:2-3 interval x 5-8 sets

Stretch (full straddle sides, quad, pretzel, newspaper, doorway, subscap, etc)