



BFS Implementation Overview

(WEEKS 1-5: FOUNDATION OF TECHNIQUE & STRENGTH)

Implementation Schedule - Overview

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Foundation of Program/ Technique	Safety Orientation	Teach Power Line & Six Absolutes	Dot Drill / Attendance	Dot Drill / Attendance	Dot Drill / Attendance
Foundation of Program/ Technique	Pass out - Syllabus & Weight Room Rules	Teach Dot Drill (OLC Teaching Video) / Teach Balance Proto- col - Pre Assessment	Teach Box Squat / Spotting (OLC Teaching Video)	Teach Parallel Squat / Spotting (OLC Teach- ing Video)	Teach Power Clean / Spotting (OLC Teaching Video)
Foundation of Program/ Technique	Watch Safety Video & Tour the Room	Test Dot Drill	Practice Box Squat - Body Weight - Groups of 4	Practice Parallel Squat - Body Weight - with a Partner	Practice Power Clean - Body Weight - with a Partner
Foundation of Program/ Technique	Explain First Aid Plan	Teach Flexibility Pro- gram (1-2-3-4)	Test 20 Yard Dash	Test 40 Yard Dash	Test Vertical Jump & Standing Long Jump
Foundation of Program/ Technique	Proper & improper use of equipment	Test Sit & Reach	Test Pro Shuttle	N/A	Student Acknowl- edgement Form Due - Signed by Student & Guardian
Foundation of Program/ Technique	Rack Set up - Bar Catches & Safeties	N/A	N/A	N/A	N/A
Foundation of Program/ Technique	Teach how to Ditch a lift safely	N/A	N/A	N/A	N/A
Foundation of Program/ Technique	Pass out Student Ac- knowledgegment Form	N/A	N/A	N/A	N/A

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Dynamic Warm Up / Attendance	Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
Foundation of Program/ Technique	Teach Hex Bar Deadlift / Spotting (OLC Teaching Video)	Teach Bench Press / Spotting (OLC Teaching Video)	Practice Box Squat - Body Weight - Groups of 4	Practice Power Clean - Body Weight - with a Partner	Practice Bench Press - Body Weight - Groups of 4
Foundation of Program/ Technique	Practice Hex Bar Deadlift - Body Weight - with a Partner	Practice Bench Press - Body Weight - Groups of 4	Practice Parallel Squat - Body Weight - with a Partner	Practice Hex Bar Deadlift - Body Weight - with a Partner	Practice Towel Bench Press - Body Weight - Groups of 4
Foundation of Program/ Technique	Teach 4 Student - Group Rotation	Teach Towel Bench Press / Spotting (OLC Teaching Video)	Teach Glute Ham Developer, Straight Leg Deadlift & Lunge (OLC Teaching Video)	Teach Additional Aux. Lifts	Teach Readiness Program Details (Recording, Etc...)
Foundation of Program/ Technique	N/A	Practice Towel Bench Press - Body Weight - Groups of 4	Practice Glute Ham Dev., Straight Leg Deadlift & Lunge	Practice Additional Aux. Lifts	Flexibility (1-2-3-4 Program)
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Dynamic Warm Up / Attendance	Dot Drill	Teach Dynamic Routine	Dot Drill	Dynamic Routine	Dot Drill
Foundation of Program/ Technique	Teach Set Rep Log Details (Recording, Breaking Records, Etc...) (OLC Interactive SRL Demo)	Teach Sprint Technique (PDF of Sprint Tech. Drills)	All Students Start Readiness Program	Teach Plyometric Program (Drills 1 - 5) (PDF of Plyometric Drills)	All Students - Readiness Program
Foundation of Program/ Technique	Flexibility (1-2-3-4 Program)	Teach Speed Drills (PDF of Speed Drills)	Box Squat - 2 x 10	Teach Agility Drills (PDF of Agility Drills)	Paralle Squat - 2 x 10
Foundation of Program/ Technique	N/A	Flexibility (1-2-3-4 Program)	Towel Bench - 2 x 10	Flexibility (1-2-3-4 Program)	Bench Press - 2 x 10
Foundation of Program/ Technique	N/A	N/A	Power Clean - 2 x 5	N/A	Hex Bar Deadlift - 2 x 5
Foundation of Program/ Technique	N/A	N/A	Flexibility (1-2-3-4 Program)	N/A	Flexibility (1-2-3-4 Program)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Dynamic Warm Up / Attendance	Dot Drill	Dynamic Routine	Dot Drill	Dynamic Routine	Dot Drill
Foundation of Program/ Technique	Program Recap	Practice Parallel Squat - Body Weight - with a Partner	All Students - Readiness Program	All Students - Readiness Program	All Students - Readiness Program
Foundation of Program/ Technique	Readiness Program Details - Graduation Standards	Practice Power Clean - Body Weight - with a Partner	Box Squat - 2 x 10	Power Clean - 2 x 5	Paralle Squat - 2 x 10
Foundation of Program/ Technique	Set Rep Details - Record Breaking - Recording (OLC Interactive SRL Demo)	Set Personal Goals for Class - progress, records, etc...	Towel Bench - 2 x 10	Hex Bar Deadlift - 2 x 5	Bench Press - 2 x 10
Foundation of Program/ Technique	Group Rotations - Recap	Goal Sheets - copy to student & teacher	Practice 2 to 4 Aux. Lifts	Some Students can test out of Readiness Program, on the Power Clean, at this point - based on Technique & Teacher Recommendation	Some Students can test out of Readiness Program, on the Parallel Squat & Bench Press, at this point - based on Technique & Teacher Recommendation
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Dynamic Warm Up / Attendance	Dot Drill	Dynamic Routine	Dot Drill	Dynamic Routine	Dot Drill
Warm Up - Upper Body	Pull Up/Modified	Push Up/Modified	Chin Up/Modified	Push Up/Modified	Pull Up/Modified
Warm Up - Abs	Static - Bridge	Rotational - Plate Twist	Static - Side Bridge (R & L)	Partner Leg Throw	Static - Bridge
Performance Test	N/A	N/A	Dot Drill / Sit & Reach	N/A	Personal Power Ranking for each student (Personal Power Ranking)
Core Lift - 1 (15 Min. Max)	Box Squat (Readiness = 2x10 / Set Rep = 3x3)	N/A	Power Clean (Readiness = 2x10 / Set Rep = 3x3)	N/A	Parallel Squat (Readiness = 2x10 / Set Rep = 3x3)

Week 5 Continued	Monday	Tuesday	Wednesday	Thursday	Friday
Core Lift - 2 (15 Min. Max)	Towel Bench (Readiness = 2x10 / Set Rep = 3x3)	N/A	Hex Bar Deadlift (Readiness = 2x10 / Set Rep = 3x3)	N/A	Bench Press (Readiness = 2x10 / Set Rep = 3x3)
Aux. Lift - 1 (Speed or Explosive)	Glute Ham Dev. - 2 x 10	N/A	Lunge - 2 x 10 each leg	N/A	Glute Ham Dev. - 2 x 10
Aux. Lift - 2 (Push)	DB Incline Press - 2 x 10	N/A	Dips (weighted) - 2 x 25	N/A	DB Military Press- 2 x 10
Aux. Lift - 3 (Pull)	Upright Row - 2 x 10	N/A	Shrugs - 2 x 25	N/A	Lat Pull Down - 2 x 10
Aux. Lift - 4 (Misc.)	DB Flys - 2 x 10	N/A	Tricep - 2 x 10	N/A	Step Ups - 2 x 10 each leg
Aux. Lift - 5 (Misc.)	Straight Leg DL - 2 x 10	N/A	Bicep - 2 x 10	N/A	Straight Leg DL - 2 x 10
Below are optional - if time allows					
Sprint Tech. - Drill 1	N/A	N/A	N/A	2 x 40 yd Sprints - Focus = Head/Eyes	N/A
Sprint Tech. - Drill 2	N/A	N/A	N/A	3 x 40 yd Sprints - Focus = Back/Arms/Wrists	N/A
Sprint Tech. - Drill 3	N/A	N/A	N/A	3 x 40 yd Sprints - Focus = Legs/Knees/Feet	N/A
Sprint Tech. - Drill 4	N/A	N/A	N/A	1 x 40 yd Sprints - Focus = All 8 Points	N/A
Sprint Tech. - Drill 5	N/A	N/A	N/A	5 x 10 yd Sprints - Focus = Explode	N/A