

Daily OPT Programming

Client Name

Date

Professional Name

Goal General performance

Phase 5

WARM-UP

Exercise	Sets	Duration	Coaching Tips
SMR: gastrocnemius, IT-band, lats	1	30s	
Dynamic: tube walking, MP lunges, MB lift and chop	1	10 reps	

CORE/BALANCE/PLYOMETRIC

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
MB pullover throw	2	12	X/X/X	0s	
Rotation chest pass	2	12	X/X/X	0s	
MP SL hop w/ stabilization	2	10	2/0/2	60s	

SPEED/AGILITY/QUICKNESS

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
N/A					

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tips
Superset 1: DB chest press	3	5	X/X/X	0s	90% intensity for strength portion of all resistance supersets. 35% intensity for power portion of all resistance supersets.
Superset 1: plyometric push-up	3	10	X/X/X	2 min	
S2: standing cable rows	3	5	X/X/X	0s	
S2: soccer throw	3	10	X/X/X	2 min	
S3: barbell shoulder press	3	5	X/X/X	0s	
S3: overhead med ball throw	3	10	X/X/X	2 min	
S4: DB lunges	3	5	X/X/X	0s	
S4: tuck jump	3	10	X/X/X	2 min	

COOL-DOWN

Exercise	Sets	Duration	Coaching Tips
Repeat warm-up SMR	1	30s	
Static: gastrocnemius, IT-band, lats	1	30s	

Coaching Tips: