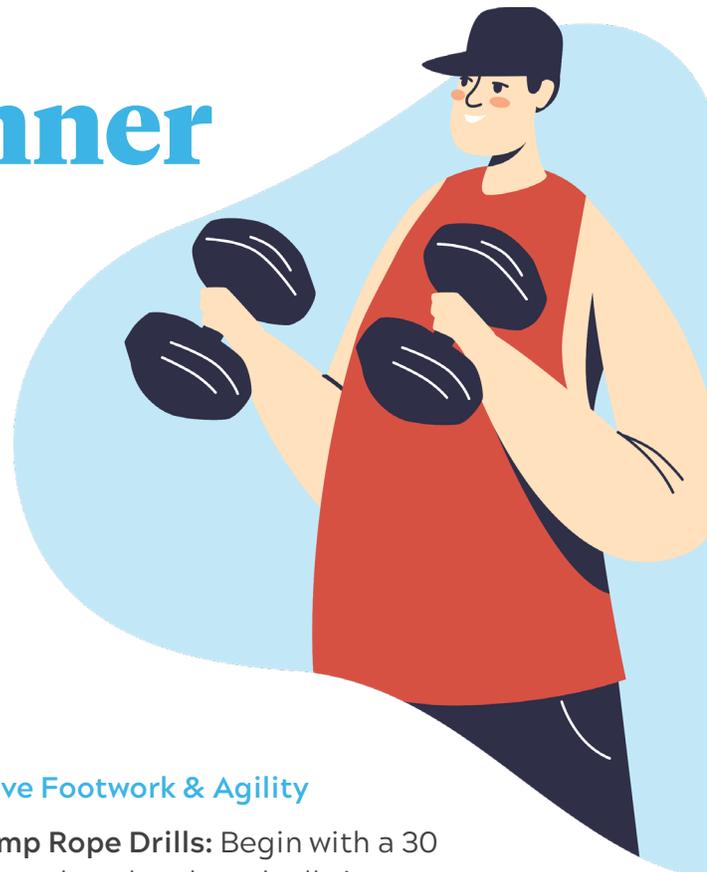


Channel Your Inner Football Star

Are you feeling inspired by watching the NFL athletes compete? Schedule time on the day of the Superbowl to exercise with family or friends. Your body will thank you for the boost of endorphins and movement before the big game. Try the following exercises to channel your inner football star.



Boost Your Catching Skills

Repeat each exercise at least ten times to improve your catching skills.

- Hand Circles:** Enhance grip strength, hand speed and ball control with this exercise.

Hold the football directly in front of you. Let go of the ball and do a complete circle with your hand around the ball. Grab the top of the ball before it hits the ground.

- Back Claps:** Enhance hand speed and reaction time with this exercise.

Hold the football in front of you. Release the ball. Clap your hands behind your back as fast as possible, then catch the ball before it hits the ground.

- Wall Bounce:** Enhance reaction and fast hands.

Face a wall and turn your back to a partner. Your partner throws the football against the wall. Catch the ball as it bounces off the wall.

Improve Footwork & Agility

- Jump Rope Drills:** Begin with a 30 second goal and gradually improve to a minute for each drill.

- › *Jump up and down*
- › *Jump side to side*
- › *Jump forward and backward*

- Weave Drill:** Set up a series of cones 5 feet apart. Set a goal to improve time for this exercise.

Stand at the start. From this position, sprint at an angle so you are in front of the first cone. Stop, then backpedal at an angle so you are between the first and second cones. Sprint forwards so you are in front of the second cone. Repeat until you have weaved through all the cones.



Build Explosive Power

Resistance training is great for developing the type of power needed to tackle opponents. Begin without weights for these exercises to ensure proper form. Add weight as you progress.

Deadlifts

Standing with feet shoulder-width apart, grasp the weight (bar, dumbbell, or kettlebell) on the ground. Lift the weight by driving hips forward and keeping your back flat. Lower the weight under control.

Box Squat

Start with feet shoulder-width apart. Grasp added weight. Keep head and neck in neutral position as you squat towards a chair or box (as if you were going to sit on it). Pause for a moment, sitting on the box or chair and begin the upward movement to standing.

Box Jumps

Find a solid surface (step, chair, bench, box). Stand behind the box with feet shoulder-width apart. Bend knees slightly and drop down, bringing arms behind you. Use the momentum from your quarter squat to propel you upward as you jump onto the box, allowing your arms to swing out in front of you.

Lunges

Stand tall with feet hip-width apart. Take a step forward with the right leg. Start to shift your weight forward so the heel hits the floor first. Lower your body until right thigh is parallel to the floor. Press into the right heel to drive back up into a starting position. Repeat on the other side. Add weight as you progress.

Enhance Endurance

Practice Cardiovascular Exercises:

Swimming, running, jogging, cycling, rowing, etc.

Begin by establishing a base level by exercising for 10, 15, 20 minutes or as long as you feel comfortable. Aim to extend that amount of time to 30-40 minutes over the course of 4 weeks. Incorporate intervals of sprints as you progress.

Resources

<https://www.stack.com/a/football-agility/>

<https://www.stack.com/a/catch-football-drills/>

