



COMMIT TO BE FIT

JR.BUCS FIELD DAY 2021



TAMPA BAY
BUCCANEERS
FOUNDATION



ambetter.



TABLE OF CONTENTS

DYNAMIC WARMUPS	5
JUMPING JACKS	7
BURPEES	9
REVERSE LUNGE WITH KNEE LIFT	11
PUSH-UPS	13
20-YARD SHUTTLE RUN	15
PLANKS WITH ARM RAISE	17
CAPTAIN CRUNCHES	19
NFL LADDER DRILLS	21
STATIC COOL DOWN	23



DYNAMIC WARMUPS

These dynamic warmups will help you improve your endurance, which will allow you to move for longer lengths of time without getting tired and develop your muscular strength.

Skater Jumps

Start by standing on your left leg with your hips and knees slightly bent. Extend your left hip, knee and ankle to jump forward and to the right at about a 45-degree angle. When you land, make sure its on the ball of your right foot while bending your knees to absorb impact. Next, jump off your right leg in the opposite direction.

Knee to Elbow

Stand with your feet apart and your right arm raised. Bring your right elbow down while raising your left knee, and then back to your starting position. Do that as many times as you can for thirty seconds, and then switch to your left side and repeat for another thirty seconds.

Squat Jumps

To start, place your feet apart in a position where you can jump as high as possible. With your feet in that position, drop your hips back as far as possible while pushing your knees out to have them under your hips. Jump up with a single motion as high as you can. This explosive, dynamic exercise will work your entire leg and really get your heart rate up. It's a targeted leg exercise and cardio all in one!

High Kicks

Start by standing tall with your feet shoulder-width apart. Kick one leg as high as you can while keeping your knee straight. Return to the starting position and repeat with the other leg. Continue to alternate between legs for thirty seconds. Like the last exercise, this targets both your legs and your cardio all in one.



JUMPING JACKS

Jumping Jacks help improve your cardio and stimulate your heart muscles. They use oxygen to meet energy demands, making sure your heart stays healthy!

Start out with your feet together and your arms down on your sides, then as you jump your legs out shoulder width apart, move your arms in an upward motion up above your head. Now jump back to your starting position.

Repeat this for ten to twelve reps.

Buccaneers' Spin!

Let's put a fun "spin" on it! Complete your jumping jacks while rotating in a circle. Now reverse! Great job!



BURPEES

Burpees help improve your endurance and work all your body's muscles.

Start out by standing straight with your feet about shoulder-width apart, then move into a low squat position and place your hands on the floor. Next, jump the feet back to a push-up position, complete one push-up, then immediately return your feet to the squat position.

Next, leap up as high as possible before squatting and moving back to the push-up position.

Repeat this for ten to twelve reps.

Buccaneers' Spin!

Let's do one more...but this time, when you return to your feet, show us your best touchdown celebration dance!



REVERSE LUNGE WITH KNEE LIFT

This drill helps improve your leg strength and balance, along with strengthening your heart and lungs, which means more blood and oxygen are pumping around your body. That will keep you energized for longer periods of time.

Start by standing with your feet about shoulder-width apart. Step backwards with your right foot, landing on the ball of your foot and bending both knees to create two 90 degree angles. Push through your left heel to return to standing position. As you stand up, thrust your right knee toward your chest. Repeat this ten times, then try ten reps switching sides.

Repeat this whole workout three times to get the most out of it.

Buccaneers' Spin!

For your last rep, when you step backwards to bend your knees, give us your best pirate "ARRRRRGH"!



PUSH-UPS

Push-ups help improve your upper-body strength and develop your core muscles.

Start out on all fours, place your hands shoulder width apart, then extend your legs straight out. Using your arms and shoulders, lower your body as low as you can without touching the ground. Now, using those same muscles, push your body back up.

Repeat this for ten to twelve reps.

Buccaneers' Spin!

Now for a little fun – let's play a game. Each push-up equals 1 point. When Tom Brady throws a touchdown pass, the Buccaneers get 6 points. When Ryan Succop kicks the extra point – the Bucs get 1 point. If Ryan Succop were to kick a field goal, it's 3 points.

Below is a suggested scenario to read out loud to your students and have them do push-ups. Look familiar? It's our scoring summary from our Super Bowl LV victory!

TOUCHDOWN! Beautiful touchdown connection between Brady and Rob Gronkowski; the tight end goes in motion in the backfield and is already running full speed when Brady connects with him on the tight end screen, scoring a touchdown. Ryan Succop kicks the extra point. It's 7-3 Bucs with 37 seconds left in the first quarter.

TOUCHDOWN! Brady to Gronk AGAIN! Kansas City's L'Jarius Sneed tried to hold the tight end and he still caught it in the end zone. Ryan Succop kicks the extra point. That makes it 14-3 Bucs with 6:03 left before halftime.

TOUCHDOWN! Brady fakes the handoff and finds Brown in the end zone. Tampa Bay, somehow, did it again. Ryan Succop kicks the extra point. That makes it 21-6 Bucs with just six seconds left in the half.

TOUCHDOWN! Tampa Bay isn't slowing down at all. Fournette goes off right tackle, untouched, for a 27-yard run. Touchdown! Ryan Succop kicks the extra point. That makes it 28-9, Bucs, with 7:45 left in the third quarter.

FIELD GOAL! Even when things go wrong for Tampa Bay, it ends up all right. Succop sneaks the ball inside the left upright to make it 31-9 Bucs with 2:50 left in the third quarter.

FINAL: Bucs 31, Chiefs 9



20-YARD SHUTTLE RUN

The 20-Yard Shuttle Run is a great test of your speed and agility.

Start by placing three cones along a line, with each one five yards apart. Start at the middle line and put one hand down on the ground in a three-point stance. Start by going to either side and touch the cone. Next, run 10 yards in the opposite direction and touch the farthest cone. Finally, go back to the middle and run through the line you started from to end the drill.

To really test yourself, have someone time you with a stopwatch!



PLANKS WITH ARM RAISE

Planks with arm raises help strengthen your core and lower back muscles while improving shoulder and spinal stability.

Start in plank position by going parallel to the ground and holding yourself up with just your forearms, elbows and toes. Make sure your body is in a straight line. Once you are steady, raise your right arm out in front of you and keep it straight. Hold this position for five seconds, and then lower it back to the ground. Continue by raising your left arm out in front of you and keep it straight. Hold this position for five seconds, and then lower it back to the ground.

Repeat this for three reps.

Buccaneers' Spin!

Ok...Let's do one more rep. But this time, we want you to hold your plank and say the following Buccaneers cheer: B-U-C... C-A-N... E-E-R-S... Go Bucs!

Now faster! Excellent job!



CAPTAIN CRUNCHES

Captain Crunches focus on strengthening your core which leads to better balance and stability.

For this, begin by lying on your backs with your feet crossed off the ground. Simultaneously bring your shoulders off the ground and “crunch” your abdominal muscles together. Next, lower back down with control, and immediately repeat. Do as many reps as you can in one minute.

Buccaneers' Spin!

After you complete your last crunch, jump up and show us your best Captain Fear pose!



NFL LADDER DRILLS

Ladder Drills help improve your footwork, speed, and agility.

Place the agility ladder on the ground.

Modification: If you do not have a ladder, try tape or putting markers down on the ground.

To get familiar with the ladder workouts, start at one end and run through it by putting one foot in each square until you reach the end. Be sure to alternate your feet with each square. Repeat as often as necessary.

Next, try that same drill, but put two feet in each square as you run through. You will have to tap each foot very quickly, but you have got this! Repeat as often as necessary.

For your next Ladder Drill, try to hopping through each square of the ladder. First with both feet at the same time, and next with just one foot. Choose your left or right foot, then make sure you keep the other foot up off the ground the whole time.

To test your lateral movement, the side Ladder Drills will be most effective. Start on either side of the ladder and begin by stepping into the first square with your right foot. Then bring your left foot into that same square. Next, one by one, remove each foot from that square. First your right, then your left. Move onto the next square and repeat until you've reached the end of the ladder. Once finished, try it again from the other side of the ladder.



STATIC COOL DOWN

Great job on your workout! We're almost to the goal line. These cool down stretches are important for your body to recover and be ready to tackle the rest of your day!

Toe Touches

Sit tall with your feet together and bend down to touch your toes while keeping your arms and knees straight. Stay bent down to try and reach your toes for a count of ten, and then return to standing position.

Butterfly Stretch

Sit down and put your feet together with your knees out. Try keeping your feet as close to your body as possible for thirty seconds. You can even try pushing down on your knees lightly, using your elbows to get an extra stretch.

Knees to Chest

Start by lying down on your back and bringing one knee as high up as possible, trying to touch your chest. Do this for a count of ten, and then switch legs. Repeat this stretch three times.

Hamstring Stretch

While lying on your back, lift and straighten one leg directly above your hips. Holding the calf or thigh, press your heel toward the ceiling as you pull your leg back toward your chest. Do this for thirty seconds, switch legs, and repeat.

Glutes Stretch

Sit on the floor, bend your right leg while keeping your left foot flat on the floor. Cross your right leg over the left thigh, and using the elbow to thigh for leverage, twist to the right and hold this position for 30 seconds. Then repeat on the opposite side.

