

GEN JETS

YOUTH FOOTBALL ACTIVITIES

**GET READY FOR THE START OF FOOTBALL
SEASON WITH DAILY FOOTBALL DRILLS AND
EXERCISES FROM THE GENJETS KIDS CLUB!**

All participants who complete a full week of activities
will receive a certificate of completion!





ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jumping Jacks	Squats	Lunges	High Knees	Running
Four Corners Drill	Lateral Stepover Drill	Weave Drill	Circle the Cone Drill	QB Drill

Email a copy of your completed calendar signed by a parent/guardian to **GENJETS@NEWYORKJETS.COM** by September 30th and receive a certificate of completion for the program.



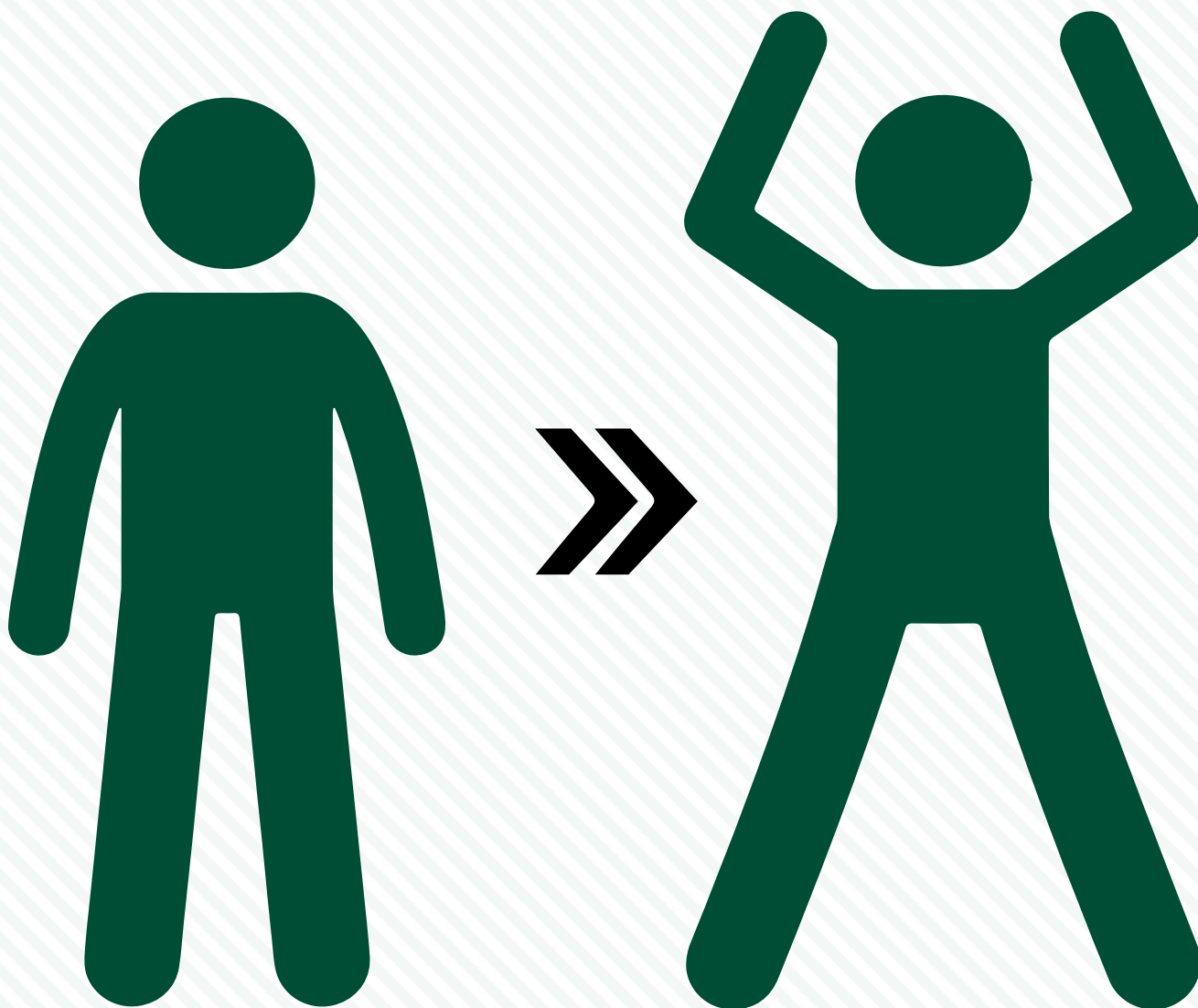
DRILLS AND EXERCISES

SOME OF THESE DRILLS REQUIRE THE USE OF ATHLETIC CONES.
IF YOU DON'T HAVE ANY, YOU CAN USE BOWLS, SHOES
OR FOLDED TOWELS IN THEIR PLACE.

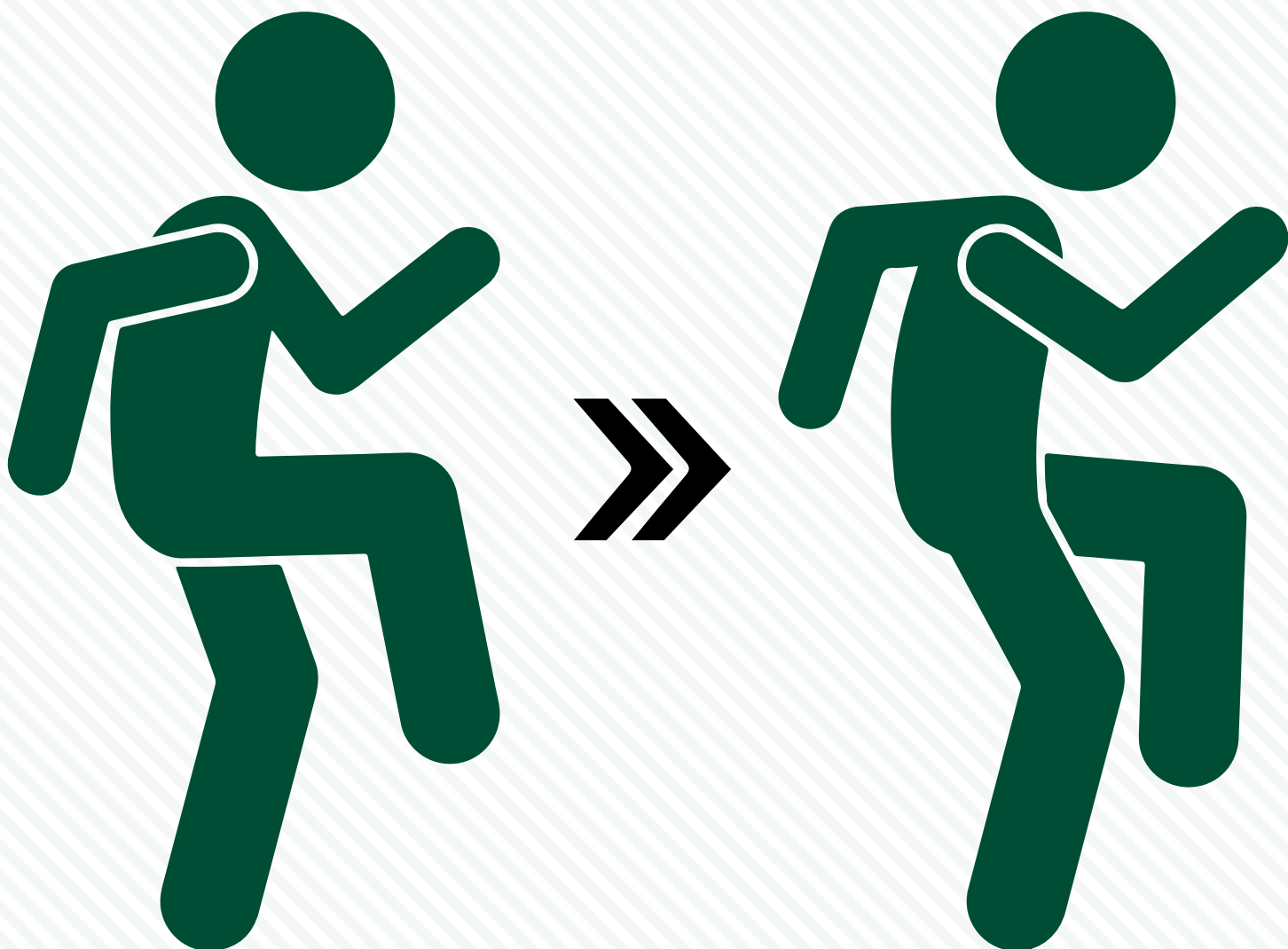
By voluntarily undertaking any exercise displayed in this book
for you or your children, you represent that you understand that
exercise involves strenuous physical movement and that such activity
carries the risk of physical injury and that you or your children
are exercising at your own risk.



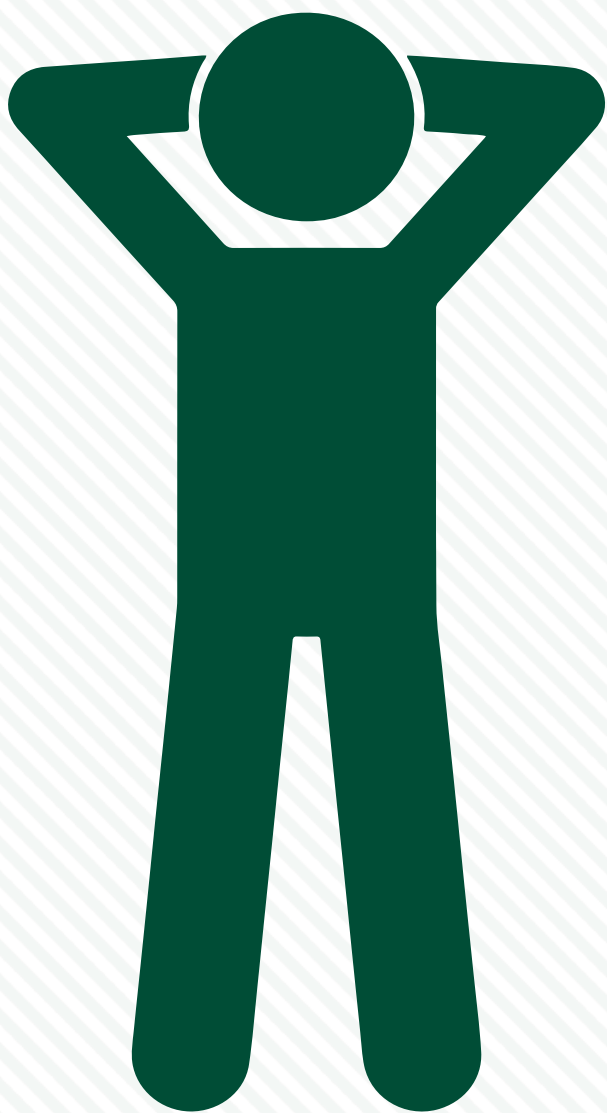
ACTIVITY 1
15 JUMPING JACKS



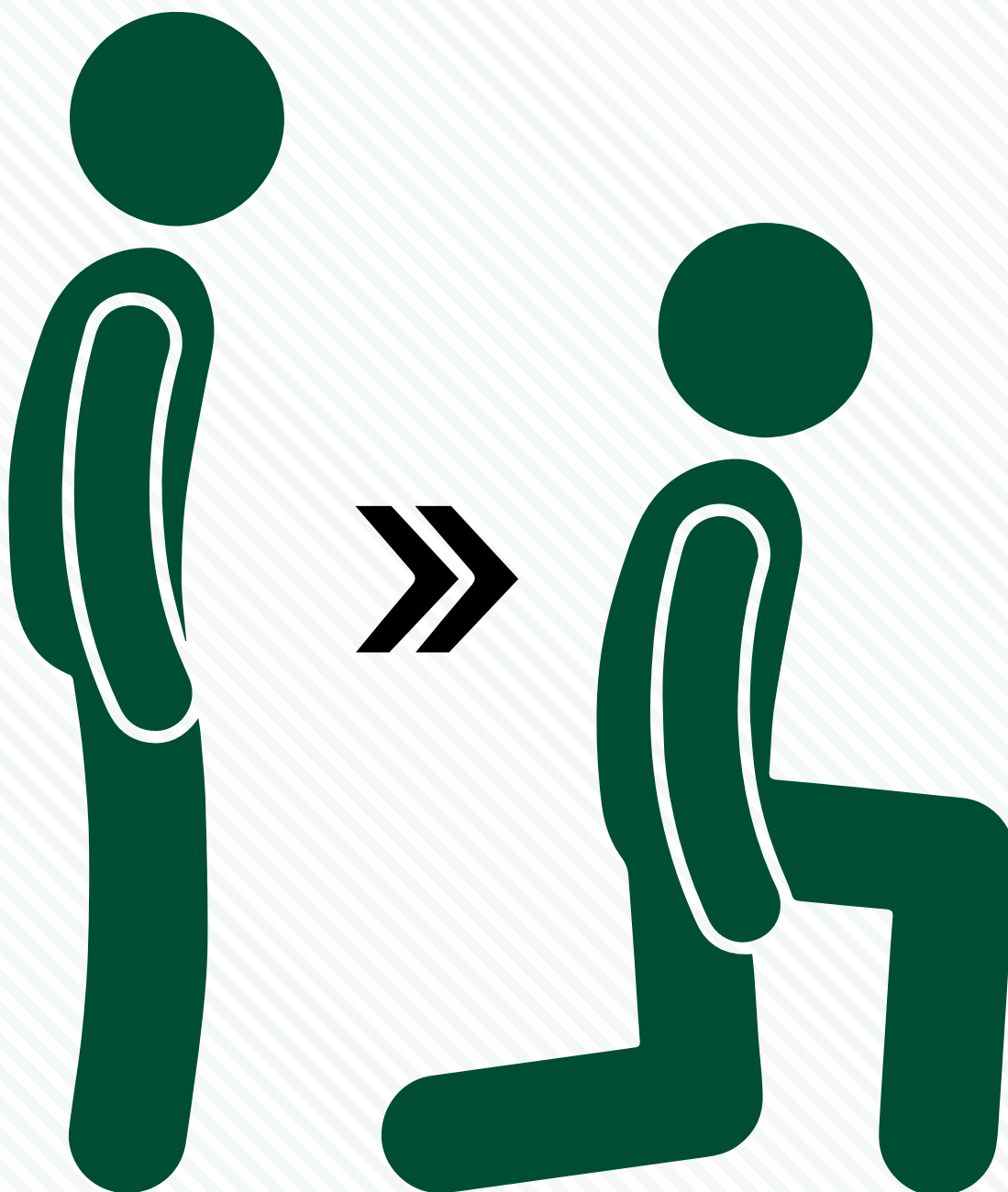
ACTIVITY 2
10 HIGH KNEES



ACTIVITY 3
5 SQUATS



ACTIVITY 4
10 LUNGES





ACTIVITY 5

30 SECONDS RUN IN PLACE

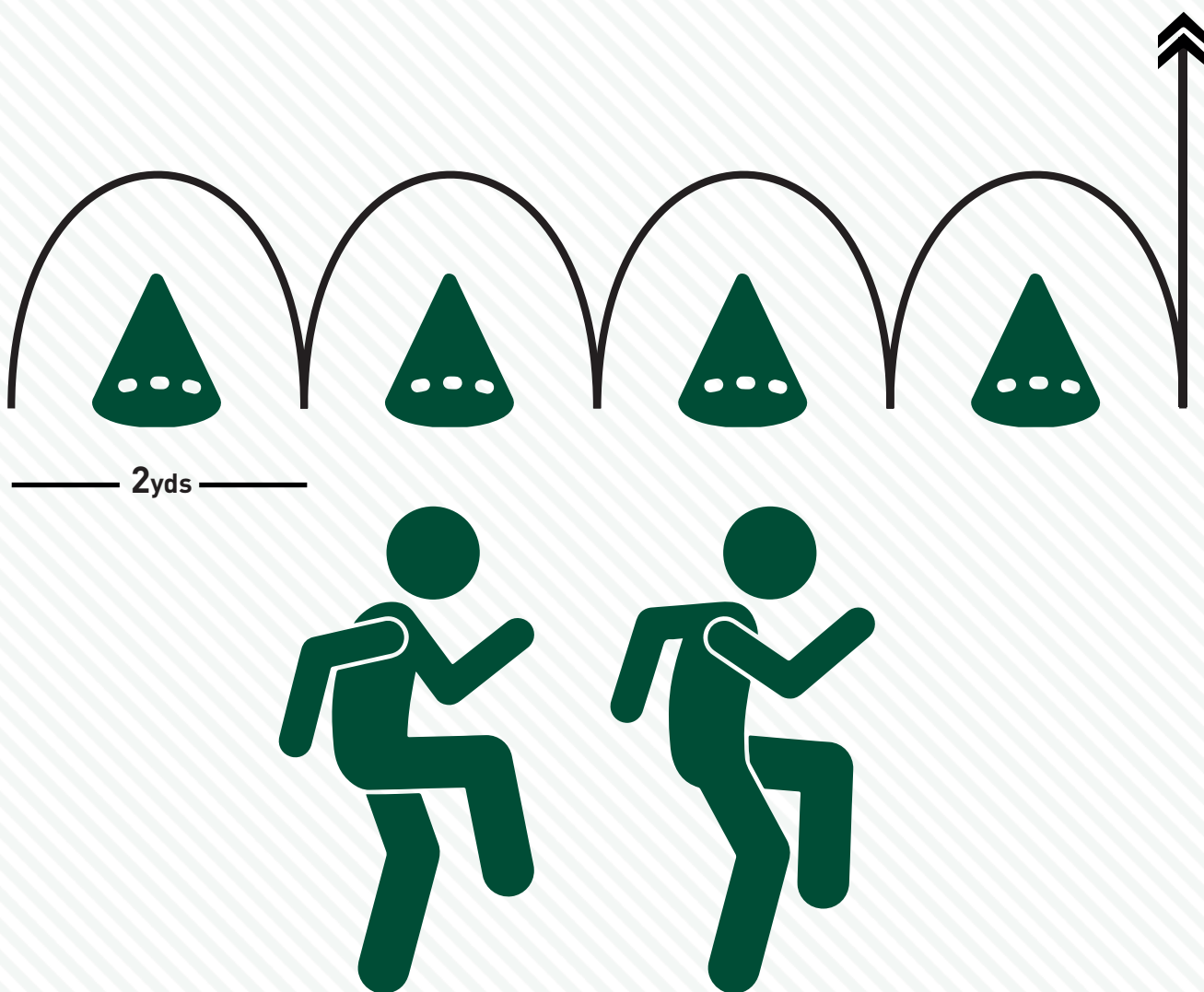


ACTIVITY 6

LATERAL STEPOVER DRILL

SET 5 CONES UP 2 YARDS APART

- Start at the cone furthest to the left and move sideways from left to right using high knees.
- Once you've cleared the last cone, sprint for 10 yards or sprint for 3 seconds

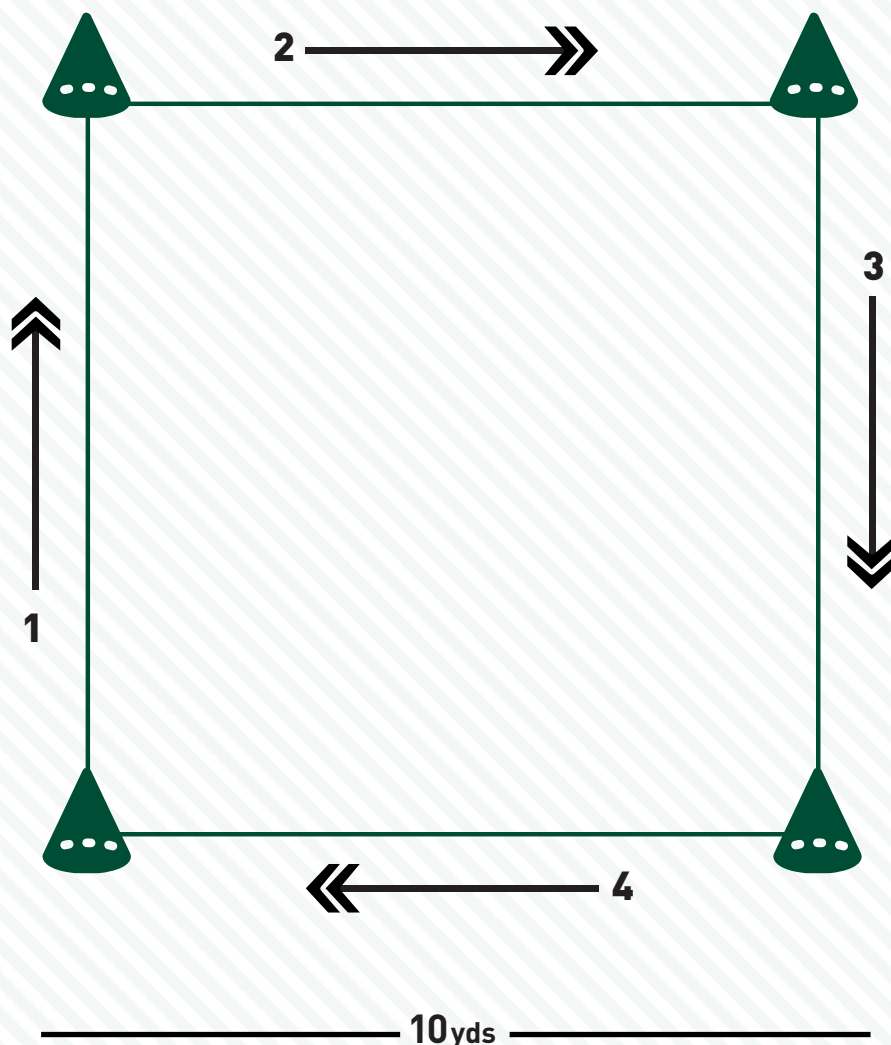


ACTIVITY 7

FOUR CORNERS DRILL

SET UP 4 CONES 10 YARDS APART

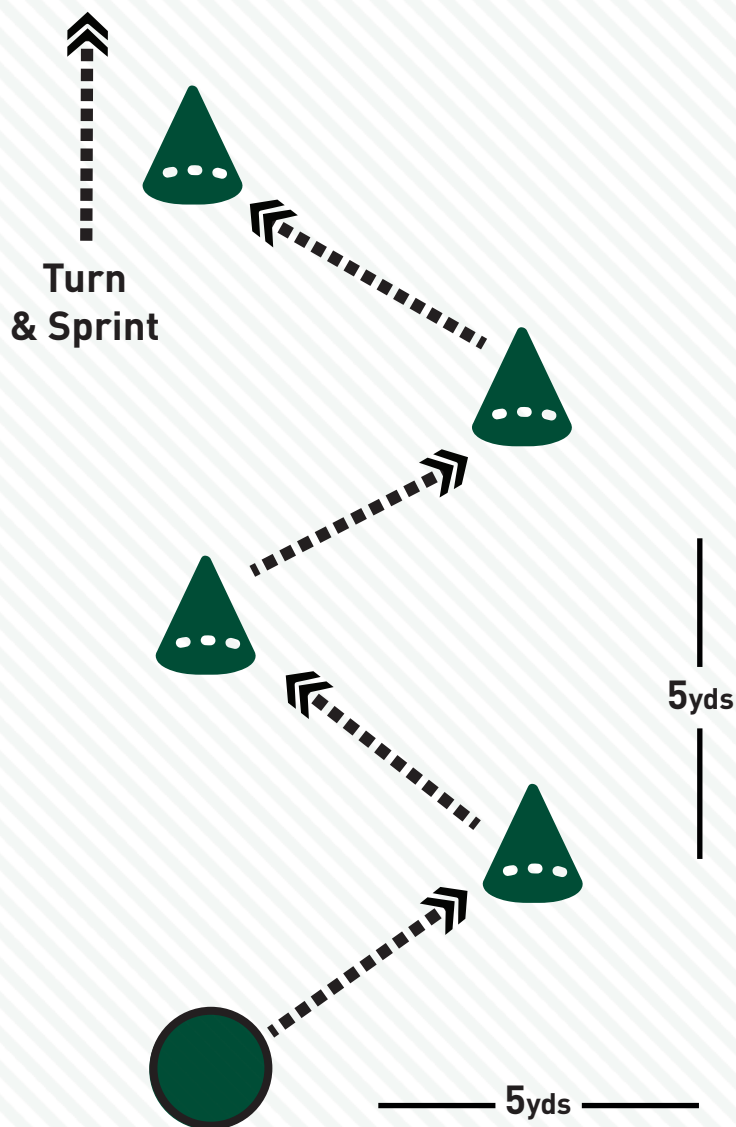
- Sprint to each cone to complete a square formation. Repeat 3 times.
- For advanced option: Sprint the first side, shuffle on the second side, backpedal on the third side & shuffle on the fourth side.



ACTIVITY 8 WEAVE DRILL

SET UP CONES IN A DIAGONAL FORMAT 5 YARDS APART

- Sprint or backpedal diagonally around the cones
- Once you've circled around the last cone, sprint for 10 yards or sprint for 3 seconds

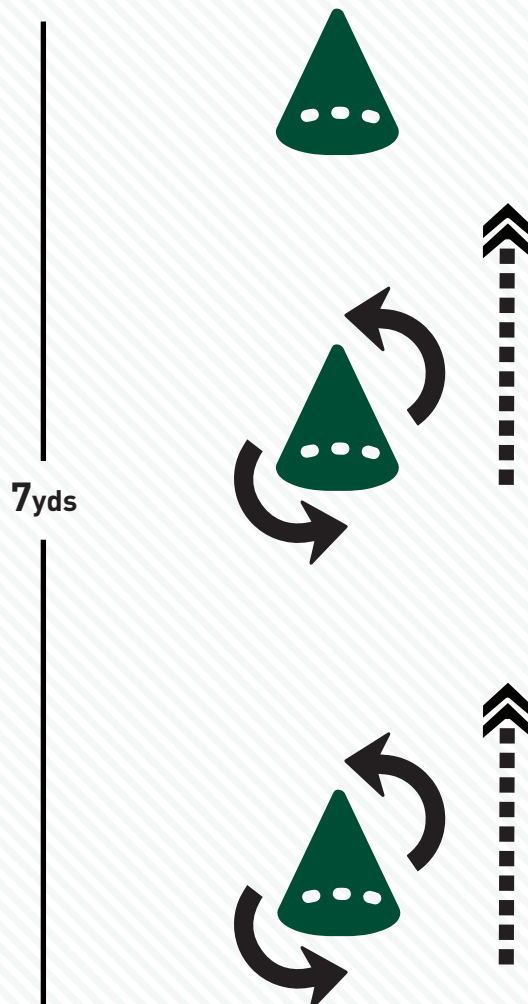


ACTIVITY 9

CIRCLE THE CONE DRILL

SET UP 4-5 CONES 7 YARDS APART

- Start on the right side of the first cone and run in a circle around the cone
- When you've come full circle, sprint to the next cone and repeat the above step
- Repeat the drill for all remaining cones





ACTIVITY 10

QB DRILL

SET UP 2 BUCKETS, BASKETS OR BINS 15 YARDS APART

- Keeping shoulders square, look downfield towards the target and throw the football into the first bin.
- Repeat with the second bin

