



RUNNING BACKS MASTER GUIDE



THE PERSONALITY OF A GREAT RUNNING BACK

- Heart and desire
- Smart and poised
- Toughest and strongest, pound for pound
- Durable
- Want the ball every play
- Clutch
- Actions speak for them
- Sacrifice



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THE SKILLSET OF A GREAT RUNNING BACK

- Good technique, fundamentally sound
- Ball security
- Willing and able to put in work
- Mobile. Agile. Hostile. Quick and powerful.
- Mentally tough
- Great vision and balance
- Good hands and route running
- Understanding blitz assignments and blocking



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THE WORK ETHIC OF A GREAT RUNNING BACK

- Works hard in all situations
- Conditions body to go the distance on every play
- Constantly improves weaknesses
- Stays after practice
- Never plays down to the level of opponents - plays up regardless of the opposition



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GOALS AT FOOTBALL UNIVERSITY

- Improve ball security
- Improve ability to run, catch, and pass protect
- Understand what it takes to be the best
- Learn how to effectively analyze film
- Improve speed, conditioning, and agility
- Learn proper offseason training



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MOVEMENT PREP / WARM-UP

Long arm skip (forward & backward) – 20 yards

Lateral overhead skip – 2 sets, 20 yards

Carioca – 2 sets, 20 yards

Tapioca – 2 sets, 10 yards

Snapioca – 2 sets, 20 yards

High-knees – 2 sets, 10 yards

Butt kicks – 2 sets, 10 yards

Leg cradle – 2 sets, 10 yards

Forward lunge – 2 sets, 10 yards

Forward lunge (with twist) – 2 sets, 10 yards

Backward lunge (with twist) – 2 sets, 10 yards

Forward lunge (elbow to instep) – 2 sets, 10 yards

Hand walks – 4 sets, 10 yards

Hamstring march – 2 sets, 15 yards

Hamstring skip – 2 sets, 15 yards

Lateral lunge – 2 sets, 10 yards

Drop-step lunge – 2 sets, 10 yards

Linear skip (forward & backward) – 15 yards

Lateral skip – 2 sets, 10 yards



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OFFSEASON WORK / JANUARY - JUNE

- Catch 100 footballs a day
- From January-April, engage in a plyometric workout three times a week and running back drills twice a week
- As you get closer to the fall camp reporting date, perform running back drills three times a week and plyometric drills twice a week
- Lift weights four times a week
 - Youth running backs should not begin lifting until you are preparing for high school football
- Jump rope 30 minutes a day, three times a week



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PLYOMETRIC ROUTINE / JANUARY - JUNE

Linear – [Monday & Thursday]

- Linear Bound - 3 Sets, 8 Reps
- Box Jump - 5 Sets, 10 Reps
- Vertical Pop - 3 Sets, 8 Reps
- Hurdle Jump - 3 Sets, 8 Reps
- Wall Squat - 3 Sets, 30 Seconds Each Set
- Single Leg Squat - 3 Sets, 8 Reps Each Leg

Multi-Directional – [Tuesday & Friday]

- Lateral Bound - 3 Sets, 8 Reps
- Lateral Box Hops - 5 Sets, 10 Reps
- 180-Degree Box Jumps - 3 Sets, 8 Reps
- Lateral Shuffle: 6 Cones - 4 Sets



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WORDS OF WISDOM

The journey of a thousand miles starts with a single step. Football success is a long road, walked one day at a time.

Bounce up every time you are knocked down. Get up and get some more. It's not where you are, it's where you are going.

When you score, act like you've been there.

Be overprepared for the opportunity you wish to receive -- whatever it may be (starting, playing, etc.) it may come just once in your career. Be ready.



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WORDS OF WISDOM

“All men are created equal; some work harder in preseason.” – Emmitt Smith

“Set your goals high, and don’t stop until you get there.” – Bo Jackson

“When you’re good at something, you’ll tell everyone. When you’re great at something, they’ll tell you.” – Walter Payton



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