

BIGGER FASTER STRONGER



Dedicated to Helping Coaches & Athletes Succeed Since 1976

***THE
TOTAL
PROGRAM***

**COACHES
INFORMATION
PACKET**





Bigger Faster Stronger Inc. 2930 West Directors Row, Salt Lake City, UT 84104
www.biggerfasterstronger.com • email info@bfsmail.com • Fax (801) 975-1159 • Phone 800-628-9737

TABLE OF CONTENTS**Program Basics**

Advantages of A Unified Program

What are you going to do tomorrow?

General Coaching guidelines

The Eleven Athlete

Your BFS Off-Season Schedule

Rules for the BFS Program

BFS Poster Options

Organization

Set Up and Equipment for the BFS Total Program

BFS Training Station

Equipment Needed For Each Core Lifting Station

Rules For Auxilliary Exercises

Auxiliary Exercises by Sport

Rules for a great weight room

Weight Room Rules Poster info

Speed and Conditioning Section

Warm up - Dot Drill

Flexibility - 1-2-3-4 Program

Sprint Learning Session - 8 point checklist

The Start technique

Speed Program - 3 step sequence - Points that produce improvement

Charts The Conditioning Program

The Speed Endurance Test

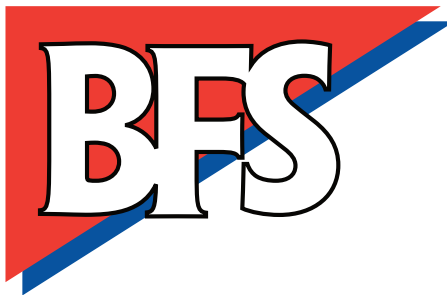
Speed Drills (8)

Agility Circuit

Plyometric Program

BFS Products

BIGGER FASTER STRONGER



Dedicated to Helping Coaches & Athletes Succeed Since 1976

***THE
TOTAL
PROGRAM***

PROGRAM BASICS



ADVANTAGES OF A UNIFIED PROGRAM

- 1. Athletes have an opportunity to reach their potential.**
- 2. Tremendously more efficient when all coaches teach the same system.**
- 3. Presents a positive image of the coaching staff to students parents, administration and general public.**
- 4. Helps in transition in going from Junior High to Senior high; Basic techniques will already be learned .**
- 5. Gives school a big edge over most opponents.**



WHAT ARE YOU GOING TO DO TOMORROW?

- 1. Beat the Computer/ Set Rep Log Books?**

- 2. Equipment to run the BFS Program
(racks, bars, plates, boxes, etc.)**

- 3. Coaches Certification - (Written & Practical)**
 - a. Continuing Education
 - b. Credibility w/ Parents - Athletes
 - c. Running a safer weight room

- 4. BFS Membership - coaches & athletes**
 - a. Magazine - 6 issues a year Positive/motivational tool for athletes
 - b. Access to all magazine archives on website
 1. archives of training articles
 2. current training information
 3. motivational stories
 - c. Contact the BFS Staff for Post Clinic training information
Email - info@bfsmail.com ■ Call - 1-800-628-9737



GENERAL COACHING GUIDELINES

1. Organize, Administer and Command the same in conditioning as in practice.

- A. Demand great techniques!**
- B. Coach hard, get excited!**
- C. Create a positive, motivational atmosphere.**
- D. Total emphasis on breaking personal records.**

2. Athletes must record work-out progress every training session.

**3. Test athletes progress every 2 - 4 weeks.
Keep athletes focused on making progress.**

**4. Coaches should experience lifting themselves.
“You can’t teach what you don’t know.”**

**Don’t panic with organization. Call us at
1 800-628-9737. We can help!**



THE ELEVEN ATHLETE**REST / RECOVERY / NUTRITION**

To have energy for training and for recovery

YEAR ROUND TRAINING

In-Season Training - No Maintenance

RECORD KEEPING

To Achieve Goals They Must be Measurable

SPRINT TRAINING

To Learn How to Run, and Run for Explosive Power

AGILITY TRAINING

To Move More Quickly in All Directions Under Control

ENDURANCE TRAINING

Maintain Performance Levels for the Entire Contest

FLEXIBILITY TRAINING

To Run Faster, Enhance Power and Reduce Injury

PLYOMETRIC TRAINING

To Develop Muscular Explosiveness

STRENGTH TRAINING

To Develop Power and Reduce injury

SKILL TRAINING

Learning the Skills of Your Sport

Mental Training - Be An 11

Set Goals - Team Work - TAKE CHARGE!



YOUR BFS OFF-SEASON SCHEDULE**Strength****MONDAY**

Box Squat
or Squat
Variation
Towel Bench
or Bench
Variation
Auxiliary Lifts
Flexibility,
Agility

WEDNESDAY

Power Clean
or Quick Lifts
Dead Lift or
Straight Leg
D.L.
Auxiliary Lifts
Flexibility,
Agility

FRIDAY

Parallel Squat
Bench Press
Auxiliary Lifts
Flexibility,
Agility

Speed and Plyometrics**TUESDAY**

Sprint Work
Plyometrics
Flexibility
Agility, Technique

THURSDAY

Sprint Work
Plyometrics
Flexibility
Agility, Technique



RULES OF THE BFS TOTAL PROGRAM

- * On the Box Squat never lift more than 100 pounds above any comparative rep record of the Parallel Squat**
- * When you reach 600 pounds on the Box Squat BFS recommends switching to the Front Squat or the Low Box Squat**
- * On the BFS Set Rep System - Never miss a set by more than 1 rep!**
- * Never lift without collars on the bar**
- * Never lift without spotters**



PROMOTE AND PROMOTE SAFETY YOU SUCCESS

TRAINING POSTERS
5 POSTER SET



SIX ABSOLUTES
8 POSTER SET

SAFETY POSTERS
3 POSTER SET

WEIGHT ROOM RULES

MEN'S STANDARDS
Jumping & Speed

Event	150	175	205	225	250	275	300	325	350	375	400
1RM	100	120	140	160	180	200	220	240	260	280	300
5RM	60	70	80	90	100	110	120	130	140	150	160
10RM	40	45	50	55	60	65	70	75	80	85	90
15RM	30	35	40	45	50	55	60	65	70	75	80
20RM	25	30	35	40	45	50	55	60	65	70	75
25RM	20	25	30	35	40	45	50	55	60	65	70
30RM	15	20	25	30	35	40	45	50	55	60	65
35RM	12	15	18	22	25	30	35	40	45	50	55
40RM	10	12	15	18	22	25	30	35	40	45	50
45RM	8	10	12	15	18	22	25	30	35	40	45
50RM	6	8	10	12	15	18	22	25	30	35	40

WEIGHT ROOM RULES

- NO FOOD, CHEWING GUM, GLASS BOTTLES OR CANS
- LOAD AND UNLOAD FREE WEIGHTS EVENLY AND CAREFULLY
- DO NOT DROP METAL WEIGHTS OR DUMBBELLS ON PLATFORMS OR FLOORING
- SPOTTERS MUST BE DROPPED ONLY ON PLATFORMS WITH CONTROL
- IMMEDIATELY REPORT ALL ACCIDENTS, INJURIES AND EQUIPMENT FAILURE TO STAFF
- PUT AWAY ALL WEIGHTS AFTER USING THEM AND WIPE DOWN UPHOLSTERY AS NEEDED
- HELP AND ENCOURAGE EACH OTHER! MAKE YOUR TEAMMATES GREAT!

BFS DOT DRILL

Event	150	175	205	225	250	275	300	325	350	375	400
1RM	100	120	140	160	180	200	220	240	260	280	300
5RM	60	70	80	90	100	110	120	130	140	150	160
10RM	40	45	50	55	60	65	70	75	80	85	90
15RM	30	35	40	45	50	55	60	65	70	75	80
20RM	25	30	35	40	45	50	55	60	65	70	75
25RM	20	25	30	35	40	45	50	55	60	65	70
30RM	15	20	25	30	35	40	45	50	55	60	65
35RM	12	15	18	22	25	30	35	40	45	50	55
40RM	10	12	15	18	22	25	30	35	40	45	50
45RM	8	10	12	15	18	22	25	30	35	40	45
50RM	6	8	10	12	15	18	22	25	30	35	40

BENCH RECORD CHART

Event	150	175	205	225	250	275	300	325	350	375	400
1RM	100	120	140	160	180	200	220	240	260	280	300
5RM	60	70	80	90	100	110	120	130	140	150	160
10RM	40	45	50	55	60	65	70	75	80	85	90
15RM	30	35	40	45	50	55	60	65	70	75	80
20RM	25	30	35	40	45	50	55	60	65	70	75
25RM	20	25	30	35	40	45	50	55	60	65	70
30RM	15	20	25	30	35	40	45	50	55	60	65
35RM	12	15	18	22	25	30	35	40	45	50	55
40RM	10	12	15	18	22	25	30	35	40	45	50
45RM	8	10	12	15	18	22	25	30	35	40	45
50RM	6	8	10	12	15	18	22	25	30	35	40

BFS STANDARDS 4 POSTER SET
Standards for Men & Women Strength, Standards for Men & Women Speed, & Jumping

WEIGHT ROOM RULES POSTER
14 Weight Room Rules. A must for every weightroom!

SPEED & PLYO 6 POSTER SET
Total Ranking, Dot Drill, 20 yd Speed, 40 yd Speed, V.J. & Long Jump

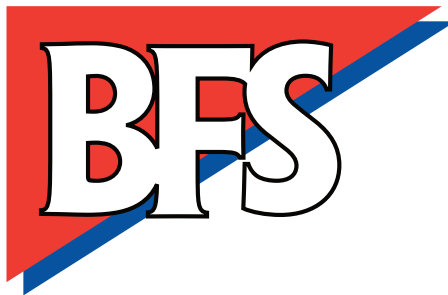
RECORD CHARTS 4 POSTER SET
Bench, Squat, Clean, Dead lift. Room for 70 athletes



TAKE OVER THE GAME! - CALL 1-800-628-9737

online at www.biggerfasterstronger.com • email us at info@bfsmail.com
2930 West Directors Row, Salt Lake City, UT 84104 • Fax (801) 975-1159

BIGGER FASTER STRONGER



Dedicated to Helping Coaches & Athletes Succeed Since 1976

***THE
TOTAL
PROGRAM***

**WEIGHT
ROOM
ORGANIZATION**



Bigger Faster Stronger Inc. 2930 West Directors Row, Salt Lake City, UT 84104
www.biggerfasterstronger.com • email info@bfsmail.com • Fax (801) 975-1159 • Phone 800-628-9737

Set-Up & Equipment for the BFS Program**THE CORE PROGRAM**

Built around 6 CORE exercises which must be completed each week using the Set/Rep System.

Parallel Squat**Hex Bar Dead****Lift Bench Press****Box Squat****Power Clean****Towel Bench**

Always build your CORE stations first, then build your auxiliaries - expand as time, space, and money will allow.

ORGANIZATION: How to separate and organize your groups

Step #1 Divide number of students/athletes by 3 - Example: $48 / 3 = 16$ per group
(You want to have 3 groups. One on CORE #1, another on CORE #2, and one on Auxiliary)

Step #2 Divide the number in each group by 4 - Example: $16 / 4 = 4$ stations of each core
(We want the lifter and 3 spotters at each CORE station. This also gives you the number of stations that you will need for each CORE lift)

Step #3 Divide the total lifting time available by 3 - Example: $45 \text{ minutes} / 3 = 15 \text{ minutes}$ per area
(Each group would rotate to the next area every 15 minutes.)

Step #4 Divide the number of auxiliaries into 15. Example: $15 \text{ minutes} / 5 \text{ auxiliaries} = 3 \text{ minutes}$ each
(This gives us an average of 3 minutes per auxiliary, helping to keep everyone moving.)

Organization of 48 Athletes/Students in The BFS Total Program

Step #1 $48 \text{ athletes} / 3 \text{ groups} = 16 \text{ per group}$

Step #2 $16 \text{ per group} / 4 \text{ athletes per station} = 4 \text{ stations}$

Step #3 $45 \text{ minutes} / 3 \text{ groups} = 15 \text{ minutes per station}$

Step #4 $15 \text{ minutes} / 5 \text{ auxiliaries} = 3 \text{ minutes each}$

Parallel Squat/Box Squat Station

- 4 - Squat Racks (angled, cage, stands, ect.)
- 4 - 500 lb Olympic plate sets
- 4 - High quality Squat Bars
- 6 - Leather Power lifting belts (various sizes)
- 4 - Squat Box assortment (sm, med, Lg)

Hex Bar/Dead lift Station

- 4 - Lifting Platforms or 4'x8'x3/4" floor mats
- 4 - Hex or High Hex bar or Olympic Bars
- 4 - 500 lb Olympic sets or bumper sets
- 6 - Leather lifting belts (various sizes)

Power Clean Station

- 4 - 300 lb Bumper sets/best Olympic bars
- 4 - Lifting Platforms or 4'x8'x3/4" floor mats
- 6 - Leather lifting belts (various sizes)
- 2 - Olympic training sets w/ light bar & plates

Bench/Towel Bench Station

- 4 - Olympic Benches or 4-in-One Benches
- 4 - 300 lb Olympic plate sets
- 4 - Standard Olympic Bars
- 4 - Towel Bench Pads



BFS Training Station



Equipment Needed for Each Core Lifting Station

Starred (*) items would be considered essential equipment. Other items may be added to make each station as ideal as possible

Ideal Squat & Box Squat Station

1. Elite Half Rack With Platform
2. 500 lbs Olympic Set with Olympic Bar
3. BFS 3 in 1 Squat Box
4. Three Power Belts 1 Small, 1 Medium, 1 Large
5. One Manta Ray
6. One Pair Knee Wraps & 1 Safety Squat
7. BFS Safety Package

Ideal Power Clean Station

1. Olympic Bar
2. Elite Power Clean Platform
3. Bumper Plates: Full Set of 10, 15, 25, 35, 45, and 5lb training plates
4. Ultra Lite and/or Aluma-lite Bar.
5. * Three Lifting Belts: 1 small, 1 medium, 1 large
6. Lifting Straps
7. Two BFS Bumper Plate Racks, one Plate Rack can be set between stations and feed 2 bars.

Ideal Hex Bar Dead Lift Station

1. Combo Hex Bar
2. Elite Power Clean Platform
3. * Three Lifting Belts: 1 small, 1 medium, 1 large
4. Lifting Straps
5. Two BFS Plate Racks (one Plate Rack set between stations to feed two bars).
6. Bumper Plates: Full Set of 10, 15, 25, 35, 45
7. *500 lbs of total weight per station “a mixture of bumpers, plates and steel plates would be fine.”

Ideal Bench/Towel Bench Station

1. *Olympic Bench. If you need to do more than one exercise at this station, a good choice would be the BFS “4-in-1 Oly Bench.” This allows you to do inclines, shoulder press, ect. on “off” Bench Press Days.
2. One Towel Bench Pad
3. One Chalk Bin for every two benches.

Safety Package

- ▶ Now With Six “Absolute” Posters, Training Posters, Safety Posters & The “Safety & Liability Manual”
- ▶ Prepare yourself with the information you need as a coach or administrator to avoid and/or win lawsuits that deal with the weight room.



Rules For Auxilliary Exercises

1. DOES IT HELP MY SPORT?

RATE EACH EXERCISE 1 - 10

**2. DOES IT TAKE TIME AND ENERGY FROM MY
RUNNING, AGILITY, FLEXIBILITY, TECHNIQUE?**

NO MORE THAN 5 EXERCISES PER WORKOUT.

3. DOES IT HELP ME WITH AN INDIVIDUAL NEED?

4. USE YOUR OWN GOOD COMMON SENSE.



THE BFS AUXILIARY LIFTS BY SPORT**FOOTBALL**

MON: Neck, Glute Ham, Straight Leg Dead Lift.

WED: Neck, Heavy Dips, Incline, Dumbbell Lunges.

FRI: Neck, Glute Ham, Straight Leg Dead Lift, Push Press.

BASEBALL - SOFTBALL

MON: Glute Ham, Lunges, Straight Leg Dead Lift.

WED: Heavy Dips, Shoulder Press, Lat Pull Down, Power Snatch.

FRI: Glute Ham, Straight Leg Dead lift, Push Press.

SOCCER - Men & Women

MON: Lat Pull Down, Glute Ham, Dumbbell Lunges.

WED: Power Snatch, Push Press, Leg Curl, Leg Extensions.

FRI: Neck, Leg Curl, Leg Extension, Glute Ham, Straight Leg Dead Lifts.

BASKETBALL - Men & Women

MON: Push Press, Glute Ham, Lunges.

WED: Shoulder Press, Lat Pulls, Power Snatch, Upright Row.

FRI: Glute Ham, Straight Leg Dead Lift, Heavy Dips.

TENNIS - Men & Women

MON: Glute Ham, Lat Pull Down, Straight Leg Dead Lift.

WED: Tricep Push Down, Heavy Dips, Lunges.

FRI: Glute Ham, Straight Leg Dead Lift, Power Snatch.

VOLLEYBALL

MON: Glute Ham, Straight Leg Dead Lift, Push Press, Power Snatch.

WED: Lat Pull Down, Lunges, Shoulder Press

FRI: Glute Ham, Straight Leg Dead Lift, Shoulder Raise

WRESTLING

MON: Glute Ham, Neck Exercise, Lat Pull Down

WED: Incline Press, Lunges, Shoulder Raise

FRI: Glute Ham, Straight Leg Dead Lift, Heavy Dips

HOCKEY

MON: Glute Ham, Lat Pull Down, Lunges

WED: Incline Press, Leg Curl, Leg Extension, Neck Exercise

FRI: Glute Ham, Straight Leg Dead Lift, Power Snatch



RULES FOR A GREAT WEIGHT ROOM!**1. GREAT TECHNIQUE**

- A. Use proper form on ALL exercises.
- B. Never sacrifice technique for lbs!

2. GREAT SPOTTING

- A. Concentrate when spotting.
- B. Pull the best from your partner.

3. GREAT INTENSITY!!

- A. Game day attitude!!
- B. Refuse to fail!!



WEIGHT ROOM RULES

- 1. ABSOLUTELY NO HORSEPLAY!!**
- 2. KEEP IT CLEAN! NO FOOD, GLASS BOTTLES ETC**
- 3. MAKE SURE YOUR AREA IS CLEAR OF EQUIPMENT BEFORE LIFTING**
- 4. MAKE SURE YOUR COLLARS ARE SNUG.**
- 5. MAKE EYE CONTACT WITH THOSE NEAR YOU BEFORE LIFTING.**
- 6. PROTECT YOUR LOWER BACK: HEAD UP, BUTTOCKS DOWN WHEN LIFTING, SPREAD THE CHEST, LOCK IN LOWER BACK, USE A BELT.**
- 7. NEVER INTERFERE WITH THE LIFTER**
- 8. SPOT CAREFULLY! CONCENTRATE ON THE LIFTER.**
- 9. RETURN WEIGHTS TO RACKS WHEN FINISHED**
- 10. HELP AND ENCOURAGE EACH OTHER. MAKE YOUR FRIEND GREAT.**



BIGGER FASTER STRONGER



Dedicated to Helping Athletes Since 1976

***THE
TOTAL
PROGRAM***

**SPEED AND
CONDITIONING
PROGRAM**



The BFS Dot Drill not only warms-up your muscles but it also increases your agility. The Dot Drill will be hard at first. It is tiring and you may appear clumsy. However if you will do it six times a week, in a very short time, improvement will come rapidly. You can have quick feet in a month or two.

Each athlete should set two goals. The first goal is to do the Dot Drill 6 times per week and the second goal should be to increase speed. BFS Dot Drill Video available.

To do the Dot Drill, five dots need to be placed on the floor. It works best if 4" round dots are painted on the floor. Some coaches paint many stations for larger groups. An athlete at home can use anything approved by his/her parents to mark the dots (i.e. masking tape). BFS sells a Dot Drill Pad that has a great non-slip surface with integrated dots visit biggerfasterstronger.com for more information

THE DOT DRILL IS MADE UP OF FIVE DIFFERENT DRILLS, EACH DONE SIX TIMES.

1. UP AND BACK

- A. Start with feet on A and B.
- B. Now jump quickly to C with both feet
- C. Then jump and split feet to D and E.
- D. Come back the same way jumping backward.
- E. Repeat 5 more times.

2. RIGHT FOOT

- A. Your feet from up-and-back should end on dots A and B.
- B. Now go to dot C with your right foot.
- C. Now go in order: Dot D, E, C, A, B.
- D. Repeat 5 more times.

3. LEFT FOOT

- A. You will end the right foot drill on Dot B.
- B. Now go to dot C with your left foot.
- C. Now go in order: Dot D, E, C, A, B.
- D. Repeat 5 more times.

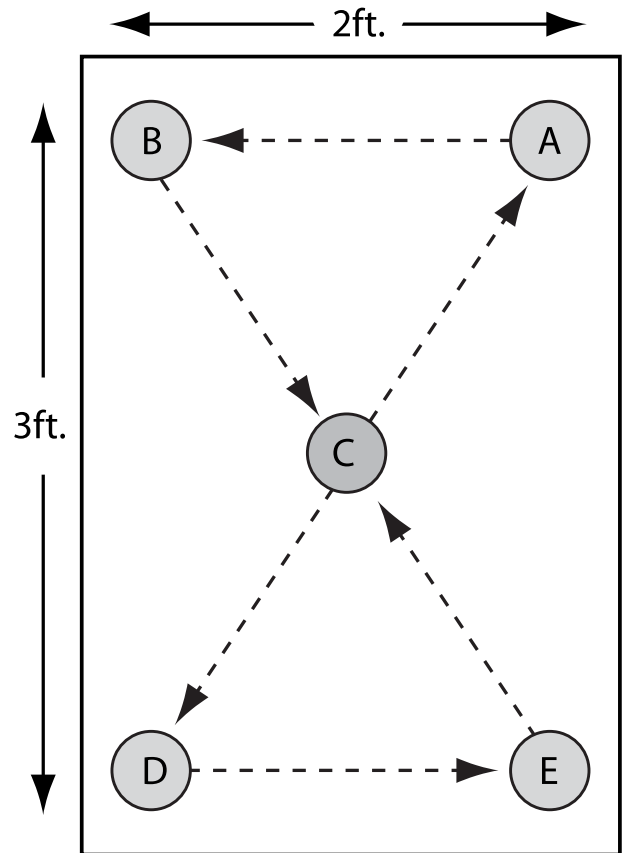
4. BOTH FEET

- A. You will end the left foot drill on Dot B.
- B. Now go to C with both feet.
- C. Now go in order with both feet: Dot D, E, C, A, B.
- D. Repeat 5 more times.

5. TURN AROUND

- A. You will end the Both Feet Drill on Dot B. Now go to C with both feet.
- B. Now go to dots D and E spread apart both feet as in the up-and-back (Drill #1).
- C. Now quickly jump 180° clockwise to face the other way. You should still be on D and E.
- D. Hit C with both feet and then A and B with feet split.
- E. Now turn quickly again with a 180 spin to the left with your feet still on A and B.
- F. Repeat 5 more times.

DOT DRILL DIAGRAM



DOT DRILL STANDARDS	
Under 50 seconds:	Super Quick
50-60 seconds:	Great
60-70 seconds:	Average
70-80 seconds:	Need work
Over 80 seconds:	Slow

BOOST AGILITY AND QUICKNESS

Each exercise should be held either once for 30 seconds or for 3 repetitions of 10 seconds each. The stretch should not be done with a bounce but worked in a slow and controlled manner. Stretch every day and work with intensity.

The 1-2-3-4 stands for One Minute on the Bench, Two Minutes in the Air, Three Minutes on the Wall and Four Minutes on the Floor.

THE DOT DRILL IS MADE UP OF FIVE DIFFERENT DRILLS, EACH DONE SIX TIMES.

1 ON THE BENCH

Hamstring & Back Stretch

Keep leg locked at knee and toes vertical. Switch to the other leg after 30 seconds.



2 IN THE AIR

Latissimus Stretch

Cross your hands and raise your arms above your head and as far back as possible.



Pectoral Stretch

Cross your hands behind your back, raise your arms up and back as far as possible. Stand tall.



3 ON THE WALL

Calf Stretch

With hands on the wall for balance, move hips forward and push back heel down. Keep leg straight. Switch after 30 seconds.



Achilles Stretch

Same as Calf Stretch but slightly bend knee, keep heel 1" off the ground & squat down increasing load on Achilles tendon.



Quadriceps Stretch

Take one hand off the wall, and grab foot. Pull leg straight up and away from buttocks. Knee should be at a 90° angle



4 MINUTES ON THE FLOOR

Abdominal Stretch

Lay flat on the floor, put hands on the floor shoulder width apart, extend elbows creating an arch in the back. Relax.



Adductor Stretch

With feet as far apart as possible, grab ankles or feet and pull the torso slowly toward the floor. If you can't reach your toes then place two fists on the floor behind you and push forward.



Groin Stretch

Sit with bottom of feet together, grab feet or ankles, pull in and press down with elbows on the thighs toward the floor.



Gluteus Maximus Stretch

Twist torso with opposite arm. Press knee firmly with arm, forcing the knee to the other side of the lower leg then switch after 30 seconds.



Hip Flexor Stretch

Place front foot two feet in front of knee, place hands on knee and force hips forward and down. Spread the chest - eyes straight ahead. Make sure the front lower leg is perpendicular.



INCREASE YOUR RANGE OF MOTION

**THE SPEED PROGRAM**

Remember, perfect technique is the #1 emphasis with the BFS Speed Program. Faster times will follow perfect technique. The Speed Program is as follows:

1. Start with a Sprint Learning Session with focus placed on the following body areas:

- Two 30-50 yard sprints with focus on the Head and Eyes
- Three 30-50 yard sprints with focus on the Back, Arms and Wrists
- Three 30-50 yard sprints with focus on the Legs, Knees and Feet
- One additional sprint with focus on any problem area

2. Do 5 practice starts with a 10 yard sprint.

A good start can shave a good tenth of a second off your time. The following is the BFS

3. Finish with 5 full-speed sprints.

THE FOLLOWING IS A LIST OF POINTS THAT PRODUCE RESULTS IN SPEED IMPROVEMENT:

1. Sprint 2 to 3 times a week
2. Sprint 10 to 100 yard distances.
3. Get timed once or twice per month. Record and chart all times. A stop watch or a Speed Trap (see page 19) may be used to time the sprints.
4. Sprint year-round: Weather not permitting, sprint 20 or 30 yard distances. A 3.0 second 20 yard sprint is relative to a 5.0 second 40 yard dash.
5. Use video analysis to evaluate sprint form.
6. Incorporate a flexibility routine a minimum of six times per week (see page 4).
7. Do plyometrics a minimum of two times a week (see page 14).
8. Parallel Squat once a week; you must squat down to a position where the upper thigh is parallel to the ground.
9. Straight Leg Deadlift twice a week. This is a secret which very few people know about. This builds and stretches the glutes and hamstrings at the same time. It is critical to speed improvement. Use a weight that is 40% of your Parallel Squat max and do 2 sets of 10 repetitions.
10. Do Cleans once a week. This helps tremendously in developing sprint starts.
11. Practice the 8-Point Sprint Learning Sessions 2 to 4 times a week.

THE START

The best way to start your forty is to use a stance similar to a sprinter's stance. You want your legs close together. The lead leg should be about four to six inches back from the starting line. The back leg could vary, but the ball of the foot should dig and plant deeply into the ground. It's a cramped, uncomfortable position that should feel like a snake that's coiled and ready to strike. Just before you get ready to explode forward out of your coiled stance, the hips should raise up higher than the shoulders. The shoulders should lean over the line with the head down. Do not raise your head up.

There are two reasons. First, it would tend to pop you up too soon rather than keeping you low at the beginning of your sprint. Second, lifting the head up makes you tight; and keeping relaxed is important. Remember, the key is to get a good forward body lean.

Another trick is to raise the arm opposite from the back leg way up above the hips. The idea is to punch out hard to force you into an explosive start. It should throw you out of your stance. When you explode forward, I concentrate on the first three steps. When you punch out with your arm, your back leg will automatically explode forward. Keep your head down and look where your first steps will be.

Those first three steps are all power. These steps perpetuates everything that follows.



READY Position: Place the lead leg about 4 to 6 inches back from the starting line.



SET Position: Raise the butt higher than the shoulders. Push your arm back as far as possible. Lean as far forward over the line as you can without falling over.

ON GO, THE RAISED ARM SHOULD PUNCH FORWARD AND PROPEL YOU OUT OF THE STANCE.



SPRINT LEARNING SESSIONS

Each athlete should participate in a Sprint Learning Session (SLS) two to four times a week, in-season and off-season. These sessions can be done in groups or individually. Critique by a coach, parent or teammate is important.

Improving running technique is the sole purpose of SLS's. Up to 9, half-speed sprints should be run and evaluated each session. There are eight points of the body that should be evaluated: the head, eyes, back, arms, wrists, legs, knees and feet (see the 8 Point Checklist to the right). Each of these eight points fall into one of three body areas: the head, torso or legs. With each half-speed sprint, a different area should be focused on. Learning speed technique is accomplished through constant weekly repetition and can only take place when the body and mind are fresh.

HERE IS A LIST OF GUIDELINES FOR SLS'S

- The learning sessions should be done directly after the warm-up and flexibility period.
- Up to 9 half-speed sprints should be done per session which can be divided into 3 sprints per body area. If one area proves more difficult for the athlete, more sprints can be done concentrating on that area while doing fewer sprints for the other areas. However, nine learning sprints should be enough no matter how the sprints are divided.
- The distance for each sprint should be 30-50 yards with recovery time being 15-20 seconds (about the time it takes to walk-back).
- Each sprint should be 1/2 to 3/4 speed and never full-speed for learning purposes.
- The SLS should never be considered a part of the athletic conditioning but only part of the learning process.

8-POINT CHECKLIST

HEAD

- 1. HEAD** - The head should be held up parallel to the ground.
- 2. EYES** - The eyes should be fixed on a target straight ahead.

TORSO

- 3. BACK** - The back should be upright and locked in.
- 4. ARMS** - The shoulders should stay loose with elbows fixed at a 90 degree angle. The elbows should thrust back and up quick and hard. The arms should never swing across the body but should swing straight forward and straight back.
- 5. WRISTS** - The wrists should simulate a whip action as the shoulder rotates back.

LEGS

- 6. LEGS** - Initial leg action is to lift forward and then up.
- 7. FEET** - Feet should make the initial plant directly under the hips and not out in front of the body. The toes should be kept up -- Don't let the foot drop. The toes should not point in (pigeon toed) or out (duck feet) but should point straight ahead.
- 8. KNEES** - At end of the leg drive, the knee should fully extend.

SPEED DRILLS

Speed drills are meant to augment the BFS Speed Program but should never replace the Speed Program. Some speed drills are designed to isolate the different movements involved in sprinting in order to evaluate and improve technique such as the General Speed Drills (this page) and Specific Speed Drills (see page 12). Other drills are designed to improve agility and foot quickness as with the agility circuit (see page 13), the Dot Drill (page 3), Jump Roping, etc. Devices such as sprint chutes and sprint sleds (page 16) can be used to increase running power. It is usually best to pick only a few drills each sprint workout day.



THE A-RUN

The purpose of the A-Run is to develop quick foot transfers. During this run, concentrate on getting the knee high then thrusting the foot back down hard and quick. The runner should not just stride but should get the knees up. Come down hard and fast on the heel in order to get a good rotation and the feeling of a quick turnover.

TEACHING TIPS:

Emphasize a quick transfer from one leg to the next. The faster the leg comes down and the faster the runners weight is transferred to that leg the better. Also make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



THE A-RUN WITH EXTENSION

The purpose of this drill is to help develop quick foot transfers and to teach good leg extension. During this run, concentrate on getting the knee high, reaching out with the leg and then pulling the heel quickly down to the ground.

TEACHING TIPS:

Emphasize quick movements. The faster the leg comes down and the faster the runners weight is transferred to that leg the better. Also make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



BUTT KICKS

Butt Kicks help develop an extended range of motion while stretching the quadriceps. Simply kick your heels all the way back until they come in contact with the butt. Then bring them straight down.

TEACHING TIPS:

Make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.

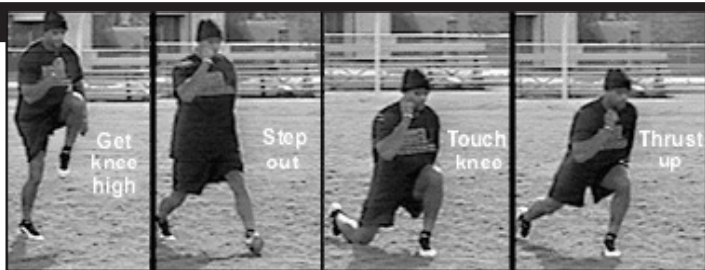


HIGH KNEES

High knees help develop good knee height for faster sprints. They also stretch the glute and hamstring muscles. The runner should hold both hands up in a stationary position. While running, the runner should thrust the knee up as high as possible. The knee should go higher than hip level.

TEACHING TIPS:

Make sure the knee gets as high as possible. Quickness should also be emphasized. Also make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



STEP LUNGES

Step Lunges develops balance, hip & leg strength, hip & leg coordination and teaches good leg extension. It is important to go very slow and controlled. The runner should step out as far as possible, plant the foot, let the back knee touch the ground, push off with the back leg and thrust back up with the front leg.

TEACHING TIPS:

Make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



THE POWER SKIP

The Power Skip helps develop quick explosive movements and strengthen the tendons and muscles in the ankles. It also stretches the glute and hamstrings. During this run, the runner should power the knee up then snap it down and back with a quick, hard movement.

TEACHING TIPS:

Emphasize a quick transfer from one leg to the next. The faster the leg comes down and the faster the runners weight is transferred to that leg the better. Also make sure the runner keeps the head up, the chest spread, the lower back locked in and the toes pointed forward.



BOUNDING

Bounding develops quick explosive movements while strengthening the tendons and muscles in the ankles, glutes and hamstrings. It also improves knee height and balance. Try to bound as high and far as possible while maintaining good balance.

THERE ARE TWO VARIATIONS:

1. Arms go back and forth like a regular sprint.
2. Both arms go forward and back together as in jumping (as shown).



SIT AND PUMP

The Sit and Pump drill emphasizes the importance of arm swing. It develops quick and strong arm movements. It also stretches and strengthens the arms. Sit on the ground and pump arms faster and faster until almost bouncing off the ground.

TEACHING TIPS:

Emphasis punching the elbow back as far and high as possible. Also emphasis loose shoulders and wrists. The wrists should whip back because they are so loose. Don't allow tensed shoulders. Make sure the athlete keeps the head up and focused, the chest spread and the lower back locked in.

REST TWICE AS LONG AS THE RUN TAKES BETWEEN EACH SET

WEEK 1	ALL ATHLETES
Day 1	1x800m at a good pace & 2x400m at a good pace
Day 2	2x800m at a good pace & 3x400m at a good pace

	BIG ATHLETES			MED ATHLETES			SKILL ATHLETES		
	Distance	Goal	Rest	Distance	Goal	Rest	Distance	Goal	Rest
WEEK 2 Day 1 & 2	6 x 100m	00:22	01:00	6 x 100m	00:22	01:00	6 x 100m	00:20	01:00
WEEK 3 Day 1 & 2	4 x 200m	00:40	02:00	4 x 200m	00:38	01:54	4 x 200m	00:36	01:48
	8 x 100m	00:20	01:00	8 x 100m	00:19	00:57	8 x 100m	00:18	00:54
WEEK 4 Day 1 & 2	4 x 200m	00:40	02:00	4 x 200m	00:38	01:54	4 x 200m	00:36	01:48
	8 x 100m	00:20	01:00	8 x 100m	00:19	00:57	8 x 100m	00:18	00:54
WEEK 5 Day 1 & 2	4 x 200m	00:38	02:00	4 x 200m	00:36	01:48	4 x 200m	00:34	01:42
	8 x 100m	00:18	01:00	8 x 100m	00:17	00:51	8 x 100m	00:16	00:48
WEEK 6 Day 1 & 2	4 x 200m	00:36	01:48	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36
	8 x 100m	00:17	00:48	8 x 100m	00:16	00:48	8 x 100m	00:15	00:42
	6 x 50m	00:08	00:24	6 x 50m	00:07	00:21	6 x 50m	00:07	00:21
WEEK 7 Day 1 & 2	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36	4 x 200m	00:30	01:30
	8 x 100m	00:16	00:48	8 x 100m	00:15	00:45	8 x 100m	00:14	00:42
	10 x 50m	00:08	00:24	10 x 50m	00:07	00:21	6 x 50m	00:07	00:21
WEEK 8 Day 1 & 2	4 x 200m	00:34	01:42	4 x 200m	00:32	01:36	4 x 200m	00:30	01:30
	8 x 100m	00:16	00:48	8 x 100m	00:15	00:45	8 x 100m	00:14	00:42
	10 x 50m	00:08	00:24	10 x 50m	00:07	00:21	6 x 50m	00:07	00:21

FINISH THE GAME STRONG



CONDITIONING PROGRAM

The BFS Speed Endurance Test Should Be Administered Twice Yearly

SPEED ENDURANCE TEST RULES

1. An athlete that starts early will receive a two second penalty.
2. Athletes are not to ask recorder for individual times.
3. All athletes must pass the test (except incoming freshmen) or must retest within 48 hours.

TEST 8X100M	BIG ATHLETES	MEDIUM ATHLETES	SKILL ATHLETES
REST TIME / PER SET	:48 / 100M SPRINT	:45 / 100M SPRINT	:42 / 100M SPRINT
BEGINNING	ANY SCORE	ANY SCORE	ANY SCORE
GOOD	:19	:18	:17
GREAT	:17	:16	:15
ALL-STATE	:16	:15	:14
ALL-AMERICAN	:15	:14	:13

Note: rest for two minutes between the first section of the test and the second section

TEST 12 X 50M	BIG ATHLETES	MEDIUM ATHLETES	SKILL ATHLETES
REST TIME / PER SET	:24 / 50M SPRINT	:21 / 50M SPRINT	:21 / 50M SPRINT
BEGINNING	ANY SCORE	ANY SCORE	ANY SCORE
GOOD	:8.5	:7.5	:7.5
GREAT	:8	:7	:7
ALL-STATE	:7.5	:6.5	:6.5
ALL-AMERICAN	:7	:6	:6

FINISH THE GAME STRONG

The BFS Plyometric Program takes 10 minutes. It includes four phases: 1-Vertical Jumps, 2-Standing Long Jumps, 3-Box Jumping and 4-Standing Box Jump.

1. BACKWARDS RUNNING (25 YARDS)

Keep chest over knees, do NOT stand up and lean backwards. Pump arms as if you were running forwards and keep all body parts moving in a straight line. Work hard on form.

2. SQUARE RUNNING

Begin by running a carioca down one side of square facing away from middle of square. As you hit corner switch to backward running the next side. At the next corner switch to carioca again facing middle of square this time. At last corner plant and sprint the final side. Always strive for correct form.

3. SHUTTLE RUN

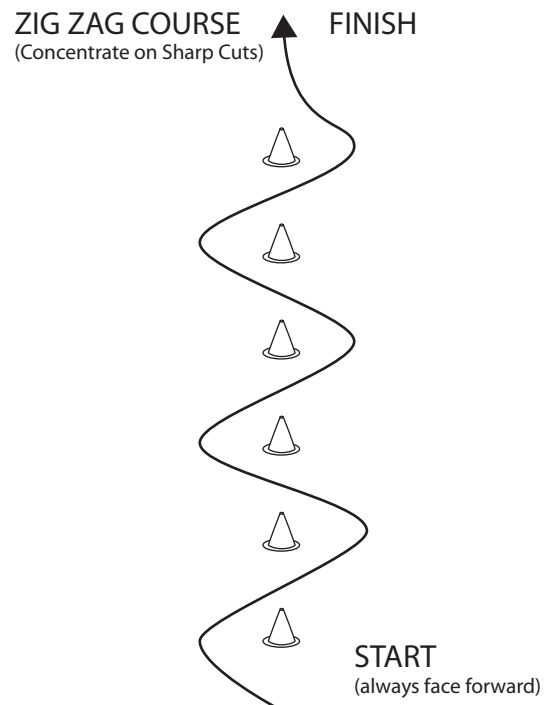
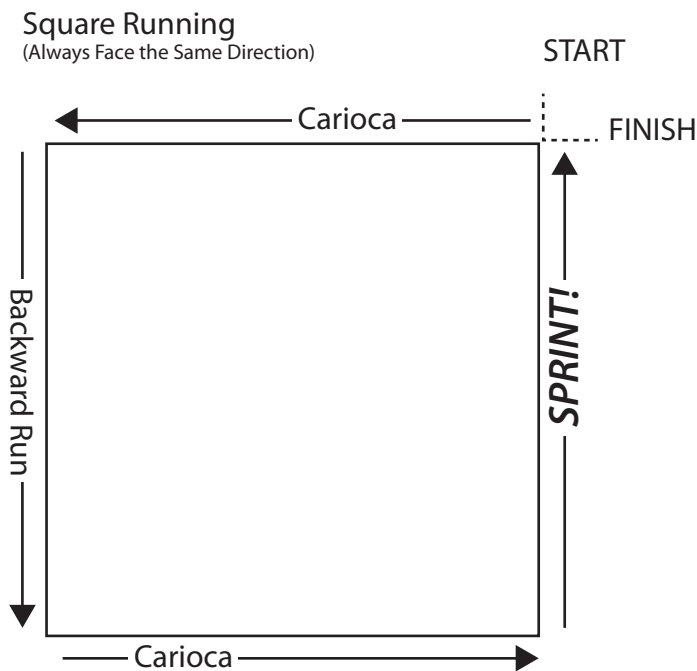
Same as in fitness testing only you must touch a tire instead of picking up a block.

4. JUMPING ROPE

Extremely important in developing foot speed and coordination. Try to increase the number of jumps per minute and decrease the number of misses. Jump first with both feet, then right foot, and then left. Jump rope whenever possible.

5. ZIG-ZAG RUNNING

Run as fast as you can through the cones emphasizing sharp one steps. Cuts. Cut to right of first cone, left of the second, etc. Until course is completed.



BUILD EXPLOSIVE STRENGTH

BIGGER FASTER STRONGER



Dedicated to Helping Coaches & Athletes Succeed Since 1976

***THE
TOTAL
PROGRAM***

PLYOMETRIC PROGRAM





The BFS Plyometric Program takes 10 minutes. It includes four phases: 1-Vertical Jumps, 2-Standing Long Jumps, 3-Box Jumping and 4-Standing Box Jump.

PHASE 1: VERTICAL JUMPS

Do ten quality vertical jumps. Do them by a wall or basketball standard. Mentally measure the first jump and then try to improve with each successive jump. A minimum of 15 seconds should be taken between vertical jumps. Vertical jumps should be tested once a month.

PHASE 2: STANDING LONG JUMPS

Do three sets of three successive standing long jumps. High School standards are as follows:

Fair = 22 feet, Good = 25 feet and Great = 28+ feet (the measurement recorded is the total distance of the three jumps). This should be tested once a month as well.

PHASE 3: BOX JUMPING

Begin by doing five jumps from a box about 20-inches high and landing in a hit position. Next, do five more jumps in the same manner, but this time recoil straight up as quickly as possible. On the next series, jump from one box, to the floor to the next box for five reps. Now you are ready to get after it.

You should set up three to five 20-inch boxes about three feet apart. Follow the same procedure but jump continuously through all three to five boxes for two sets. Do it as fast as possible. The last drill is to jump over the boxes as fast as possible for two sets. As you become more advanced, you can raise the height of the last box up to 36 to 40 inches for the last two drills. You may wish to time these last two drills once a month.

PHASE 4: STANDING BOX JUMP

Jump on a box from a standing position. It will create interest and enthusiasm for plyometrics. Successively increase the height of the box up to 36 to 40 inches. You may wish to test a Standing Box Jump once a month.



PLYOMETRIC PROGRAM AT A GLANCE

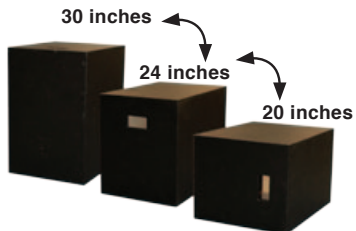
- | | |
|--|------------------------|
| 1. QUALITY VERTICAL JUMPS | 10 REPS |
| <hr/> | |
| 2. STANDING LONG JUMPS | 3 SETS X 3 REPS |
| <hr/> | |
| 3. BOX JUMPING | |
| A. DEPTH JUMP | 5 REPS |
| B. DOWN & STRAIGHT UP | 5 REPS |
| C. DEPTH JUMP TO BOX | 5 REPS |
| D. RAPID FIRE THROUGH BOXES* | 2 SETS |
| E. JUMP OVER BOXES* | 2 SETS |
| * OPTION: JUMP TO BIG BOX AT END OR JUMP OVER BIG BOX. | |
| <hr/> | |
| 4. STANDING BOX JUMP | 2 REPS |
-

BFS SPEED AND PLYO PRODUCTS



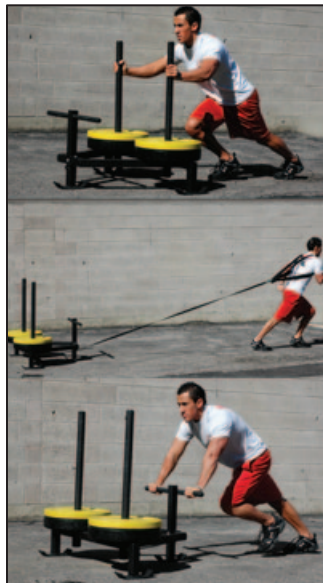
BFS Dot Drill

- ▶ Use indoors and outdoors
- ▶ Fully integrated dots — not just stuck on or painted



Plyo Max 3

- ▶ One Box - 3 heights!
- ▶ Flip for 3 height options, 20, 24 and 30 inches
- ▶ Solid sided construction



Heavy Duty BFS Push/Pull Sled

- ▶ Durable 3/8" Solid Steel Slide Plates
- ▶ Built to be used on concrete or asphalt or any hard surface
- ▶ High Vertical Handles & Low Horizontal handles
- ▶ Pull Harness attachment position
- ▶ Dual Olympic Plate Holders



Individual Plyo Boxes

- ▶ 42" - 32" - 20" - 10"



Sprint Chute

- ▶ 4 sizes, Giant, Large, Med, Sm
- ▶ Specifically designed to increase speed
- ▶ Strong, inner-core webbing
- ▶ Quick-release belt



Varsity Plyo Box Set

- ▶ Three 20" Boxes One 32" Box with Booster
- ▶ Includes Plyometric Box Jumping Video



Verti-Block Package - 12 Blocks

- ▶ Our newest youth speed and agility training product!
- ▶ Our goal is to increase your vertical jump, improve explosive power, as well as speed and agility. Our Verti-block is designed to meet these goals in a safe, fun and affordable way.



Readiness Plyo Box Set

- ▶ Three 10" Boxes One 20" Box with Booster
- ▶ Includes Plyometric Box Jumping Video



Plyo Ramp

1-89" w-48" h-14"

- ▶ Develop explosive lateral quickness
- ▶ Rehab tool for ankles and knees
- ▶ Stable steel frame; non-slip rubber top
- ▶ Includes plyo ramp video

Call BFS to request your free copy of the full 84 page BFS Catalog, 800-628-9737, or shop online at www.biggerfasterstronger.com

BUILD EXPLOSIVE STRENGTH