

A Closer Look at the *BFS DOT DRILL*

Why this great warm-up exercise should be a part of every workout program

One of the most complex and controversial topics in strength and conditioning is how to warm up properly. Dynamic exercise, aerobic training, PNF stretching – no wonder the typical high school coach often throws up their hands and just says, “Go run a lap!” At BFS, we’ve found a simple and effective method of properly warming up for lifting. It’s called the Dot Drill.

If nothing else, a warm-up needs to increase your body temperature, breathing rate and heart rate to the level of the activity you will be performing. This means you need to break a sweat, so static stretching is not what you need – after a workout, yes, but not before. Certainly running around in circles or spending a few minutes pedaling a stationary bike will heat you up, get your blood pumping and make you breathe hard, but does this sound like the type of warm-up an athlete should use? Not quite.

At BFS, we believe that one of the best ways to warm up is by performing the Dot Drill. The Dot Drill is performed on a 2-foot-by-3-foot surface with five dots, as shown in Figure 1. There are five exercises in the Dot Drill, and the athlete performs each drill six times in the following sequence: Up and

Back, Right Foot, Left Foot, Both Feet, and Turn Around. Detailed descriptions of each of these drills are included in Dr. Greg Shepard’s book *Bigger Faster Stronger*, and in all our set-rep log books. We also have a DVD, the *BFS Dot Drill*, that shows the Dot Drill in action.

The Dot Drill is an ideal warm-up because not only does it fulfill all the basic requirements of a good warm-up, but it improves coordination, foot speed and agility as well. It also strengthens the ankles, an area of the body that could be considered a “weak link” in athletes,



This video screen capture, taken from the *BFS Dot Drill* DVD, shows the start position of this great warm-up exercise.

as they are frequently injured in athletics and often frustrating to rehabilitate. And because an athlete who injures an ankle is five times more likely to injure it again, it makes sense to include exercises that will prevent the ankles from becoming injured in the first place.

When athletes first attempt the Dot Drill, they often feel clumsy and find it extremely tiring.

But these issues will pass, especially if the athlete commits to performing it six times a week. That may seem like a big commitment, but consider that the record for the Dot Drill is 33.37 seconds for boys and 37.77 seconds for girls. So, for most athletes, we’re asking for less than 10 minutes of work per week – an

investment well worth the price.

At BFS, we’ve found that if you’re really serious about improving performance in any aspect of strength and conditioning, you have to test it. Whether it’s by how much you lift, how high you jump or how fast you run, you have to find a way to accurately measure performance so you can set personal records and then break those records. This is also true with the Dot Drill, and

TABLE 1
BFS Dot Drill Standards
for Male and Female Athletes

GRADE	BOYS/MEN	GIRLS/WOMEN
All-American	Under 40 sec	Under 45 sec
Super Quick	40-49 sec	45-54 sec
Great	50-59 sec	55-64 sec
Average	60-70 sec	65-75 sec
Needs More Work	Over 70 sec	Over 75 sec

we recommend that athletes get tested twice a month and record the results. And to help the athlete determine how they are doing on the Dot Drill, BFS has established a set of standards for both girls and boys. Table 1 shows these standards.

We believe the BFS Dot Drill is a perfect warm-up for any workout program, for any athlete at any age. There are certainly many more ways to prepare the body for a workout, but for its simplicity and effectiveness, you can’t beat the BFS Dot Drill.

[To appreciate how effective the Dot Drill is as a warm-up and to see good athletes demonstrate how to perform it perfectly, we have downloaded a video clip of the exercise from one of our training DVDs on our website. It will remain there until the publication of our March/April 2008 issue.] BFS

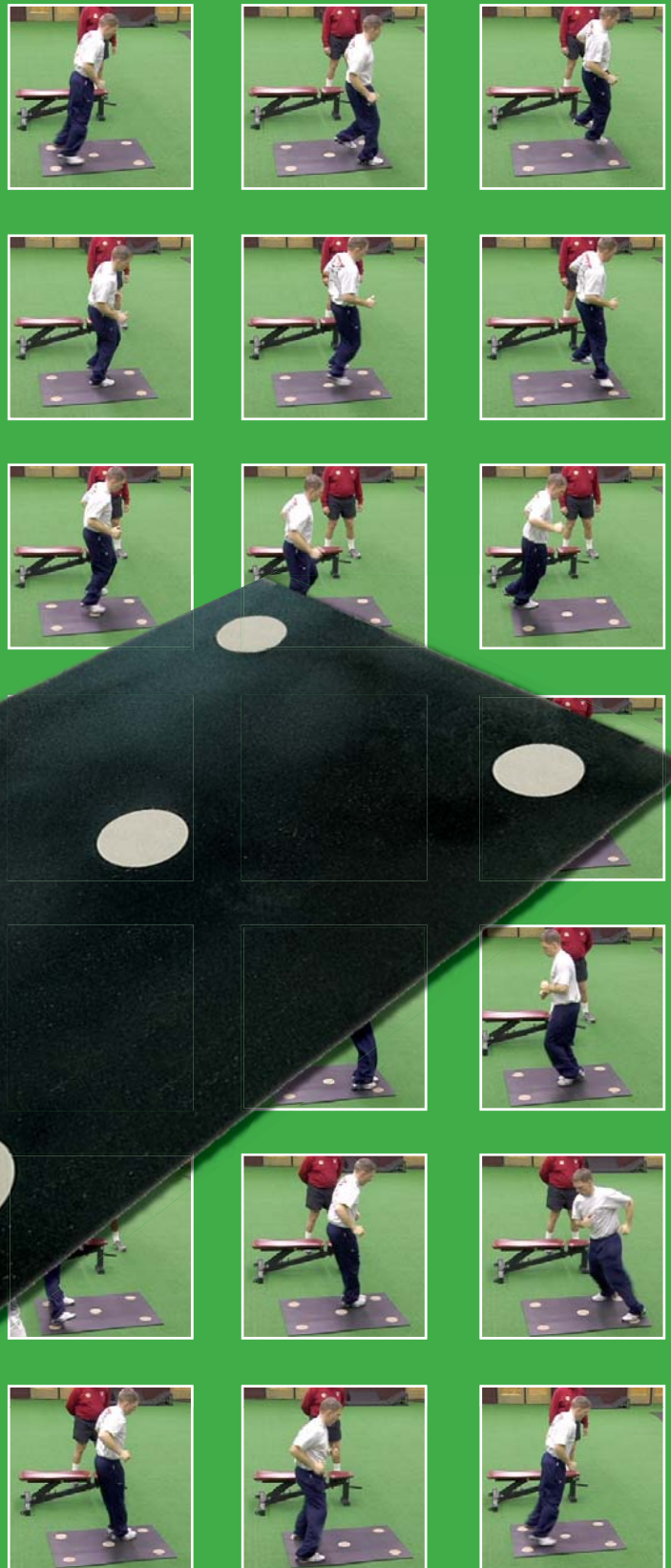
DOT DRILL PAD

Fully integrated dots, not stuck on or painted
Use indoors and outdoors

\$49

ITEM #321040
3' x 4' x 3/8"

There is nothing better than the BFS Dot Drill Exercise for a work out warm up. Why? Because it can be done anywhere, it's quick, easy, and athletes love it! Start reaping the benefits such as increased speed, improved agility, knee and ankle injury prevention and more with the BFS Dot Drill!



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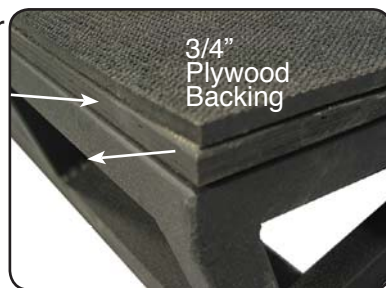


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- ✓ Great for all athletes, all levels
- ✓ Effective rehab tool

Rubber Top

Steel Frame



DRILLS 1 & 2:
Right & Left

DRILL 3:
Up & Back

DRILL 4:
Side to Side

DRILL 5:
Quarter Eagle

DRILL 6:
Round the World



TRAINING TIP: All team sports require that athletes move quickly and explosively, not just forward but also laterally (and sometimes backward). So it just makes sense to include lateral plyometrics in your complete plyo package.

BFS HAS YOUR ANSWER: THE BFS PLYO RAMP.

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1. ATHLETIC OR JUMP STANCE
2. BE TALL
3. SPREAD THE CHEST
4. TOES ALIGNED
5. KNEES ALIGNED
6. EYES ON TARGET

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ABSOLUTE ONE



ATHLETIC OR JUMP STANCE

Athletic Stance
For the squat & hex squat

Jump Stance
For the clean & hex bar

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ABSOLUTE TWO



BE TALL

Correct Form

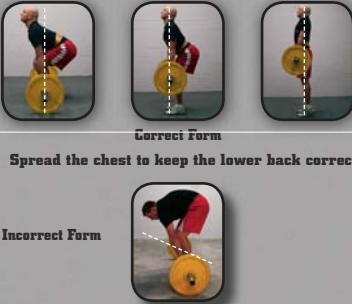
To be tall when lifting, means to stay in the correct power line

Incorrect Form

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ABSOLUTE THREE



SPREAD THE CHEST

Correct Form


Spread the chest to keep the lower back correct.

Incorrect Form

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ABSOLUTE FOUR



TOES ALIGNED

Correct Form


Incorrect Form

Toes are straight when sprinting, jumping, lifting, and even stretching.

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ABSOLUTE FIVE



KNEES ALIGNED

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Always keep knees directly over the toes.

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ABSOLUTE SIX



EYES ON TARGET

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Incorrect Form

Keep your eyes on target straight ahead (generally) when lifting, sprinting, jumping and even stretching.

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POWER LINE



ATHLETIC OR JUMP STANCE

BE TALL

SPREAD THE CHEST

TOES ALIGNED

KNEES ALIGNED

EYES ON TARGET

Parallel Squat

Power clean

Box Squat

Hex Bar Deadlift

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