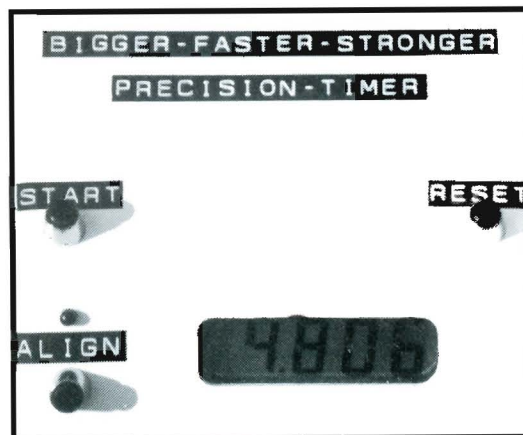


IMPROVING SPEED

by Dr. Greg Shepard



The BFS Precision Timer is an easy accurate way to measure any speed, quickness, agility or reaction drill.

“IF YOU CAN’T MEASURE IT: YOU CAN’T IMPROVE!”

IMPROVING SPEED

If you can't measure it, you can't manage it; and if you can't manage it, you can't accomplish it. This is an axiom of truth in the BFS goal setting system. You must be able to measure performance whether it is shooting free throws, yards per carry or timing 40-yard dashes. Once we have a number, we have something on which to base improvement. Therefore, it is imperative to have an accurate way to measure speed to improve.

Every athlete wants to improve his speed no matter how fast he runs. Therefore, once he knows his time on a forty or some other distance, a program of speed improvement can begin. We believe there are four main areas which should be included in a speed improvement program. First is **STRENGTH!** Parallel squats are of primary importance. When squats are improved; speed is improved! Leg extension, leg curls and step-ups can also be used to develop speed. Second is **TECHNIQUE!** A coach should instruct athletes in proper form. Many athletes simply do not know how to run. Technique work should include how to start as well as actual running. The BFS Precision Timer proves to be an invaluable tool in improving starts and does it very quickly. Third is **STRETCHING!** Athletes should be taught how to properly stretch before and after running. Fourth is **PRACTICE!** Many athletes for some strange reason do not run for months at a time. Speed improvement is like anything else: You need to practice to improve.

We recommend coaches time their athletes in something once a week. With the BFS Precision Timer, this task is easy. In fact, it is just plain fun. You don't have to go outside. You can run 5 yards or up to 20 yards easily in the gym. Our Timer is so easy to run and set-up that your athletes can do it themselves. This also aids greatly in being able to practice under timed conditions.

We further recommend speed charts be posted in the weight room, just as weight lifting records are posted. This provides motivation and incentive to squat, stretch, practice and work on speed technique.

The BFS Precision Timer has additional value in that athletes cannot argue about a coach's ability to time correctly. Also, recruiters will have to believe your electronically timed forties. It's kind of nice to say your athlete was timed electronically in 4.574. We feel this adds believability to the times you report and it possibly gives your athlete an added edge.

We have found if we start a runner with an automatic device and not start on his movement as with a stopwatch we get a slow time. In other words, a 5.0 stopwatch time is a 5.15 or 5.2 automatic time. We don't like this. We feel a coach wants his athletes psychologically positive about his time. So our basic BFS Precision Timer starts like a stopwatch but ends automatically. Any coach who has timed a lot of 40's knows starting is very easy compared to stopping accurately at the finish. That's why we say our Timer is 98% accurate. Since the vast majority of forty times are done with a stopwatch, we want comparable times. The advantage of the BFS Precision Timer is that it's consistent and accurate. We guarantee when the below formula is followed, you will improve speed.

STRENGTH + TECHNIQUE + STRETCHING + PRACTICE = SPEED!