

SETTING YOUR GOALS

By Dr. Greg Shepard
Part V in a Series

GOAL IV: TECHNIQUE

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There are six major steps in setting goals with the BFS program during the off-season. In previous issues we discussed NUTRITION, AGILITY and RUNNING. It is important to follow a total plan for success. A total program must include a lot more than just lifting weights. What good does it do to Bench Press 450 pounds and snap the ball over the punter's head. The true athlete commits to a master plan because he is not content to "WAIT" for his natural abilities to bring him success but will strive with total dedication to "MAKE" success happen.

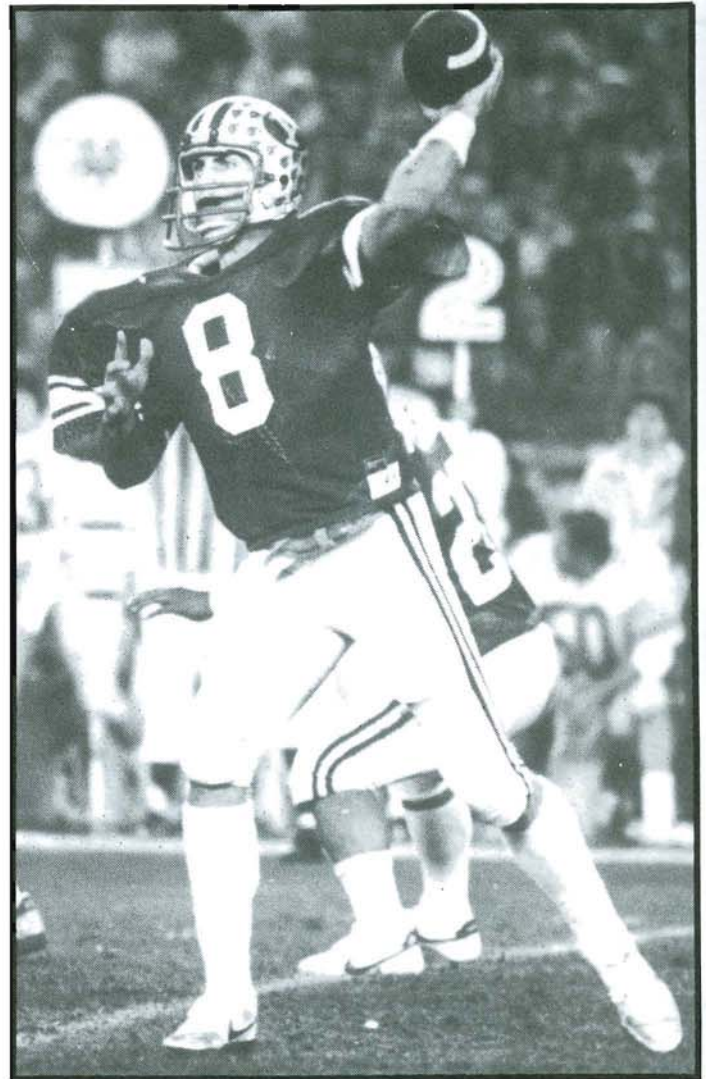
YOUR TECHNIQUE GOALS

Balance is the key when including technique into the total program. Many athletes spend too much time in the weight room and many fine skilled athletes do not spend nearly enough lifting time. Proper balance of time and energy is the key factor. An athlete only has so much time and only so much energy. That is why the total BFS weight program has been constructed so carefully. For example, one of the reasons we do Box Squats is this lift does not deplete energy nearly as much as do regular squats. Thus, we have more energy to work on agility, running and technique. The reason we recommend only 3 to 4 auxiliary exercises after the core lifts is to also conserve time and energy.

When we form a technique goal two things must be included: One is a number (Repetition or Percentage) and two is duration (Times per week or Time per workout). Listed below are some examples of how a proper technique goal may be written:

1. I throw 50 times 3x per week.
2. I run 25 pass patterns 6x per week.
3. I shoot 50 free throws 4x per week.
4. I work on ball handling techniques 30 minutes per day 5x per week.
5. I shoot, kick, serve, etc. at least 80% success rate 2x per week.
6. I pull 10x to the left 10x to the right 3x per week.
7. I shoot 25 takedowns 6x per week.
8. I practice my Pass Rush Technique 10x to right, 10x to left 3x per week.

Steve Young would commit to one hour a day in the off-season to work on the passing game with his receivers. It paid off with a \$40 million contract. Jim McMahon of the Chicago Bears passed 400 to 500 times per day during the season. Regan Andrews was called the best deep snapper ever by the pro scouts this past season. He could hit a fly at 14 yards every



Steve Young: Technique work paid off!

time. He snapped the ball 50x every day throughout his college career. Sean Miller, 15 year old basketball star from Pittsburgh who has been on *That's Incredible* because he handles the basketball better than anyone in the world, shoots 100-200 free throws 6x per week.

Coaches need to make sure each athlete has the equipment and facilities necessary to complete the goal. Also, a coach may need to help his athletes with partners. For example, a receiver needs to have a passer and/or a defender.

In conclusion, we guarantee that coaches and athletes who set measurable technique goals and work hard together to implement the plan will create a winning edge over their opponent. It is a way you can "MAKE" things happen on your "Quest for Greatness!" Next issue's article will discuss our BFS goal plan on motivation, inspiration and the BFS Rules for Success.