

**BIGGER  
FASTER  
STRONGER**

# JUST LIKE PRACTICE

**THE  
TOTAL  
PROGRAM**

By Coach Rowbotham, Anderson and Shepard

## WHAT IS BFS?

BFS is an organization dedicated to helping athletes succeed, especially at the high school level.

Even though Coach Shepard has a doctorate, we are not professors talking over people's heads. We are not giving a University's program and making you scramble to adapt it to your high school. We are not givers of a Russian / European weightlifter's program who expect a high school coach to decipher what is relevant for his kids.

We are strength and football coaches and have been since 1964 at the high school, college and pro levels. We have blended this experience with world-wide concepts to bring you a state-of-the-art total program tailor made for the high school situation.

We have literally been to thousands of high schools in all 50 states conducting BFS clinics. These unique events have added immeasurably to our knowledge which is reflected in a culmination of proven ideas and concepts that work, giving you a fantastic winning advantage.

A great way to organize a high school or college weight room is to handle it just like a football practice or like a practice from another team sport. Let your competition prescribe a workout and sit at a desk reading a newspaper.

**Require the Same Discipline:** Athletes should be on time and have the feeling that it's football practice in the weight room. Athletes should be attentive, hustling and team oriented. Let your competition make their weight training session a social hour.

**Instill a Team Concept Approach:** Make gains as a team. Take team pride in individual records. You could have contests between defense and offense, juniors and seniors, your team and another team etc. A coach must be active just like a football practice, constantly motivating and teaching. Let your competition make workouts dull and without team pride.

**Organize Time and Total Program Efficiently:** Wouldn't it be great if the opposing football coach spent all of his practice time on offense and did absolutely nothing with defense or the kicking game? Let your competition work only on weights or concentrate largely on the upper body and be bodybuilders. With the BFS Total Program, you will work each important area with just the right amount of time. You will work on flexibility and agility everyday. You will lift three times per week concentrating on the legs and hips with total body lifting movements like the Squat and Power Clean. You will work on Speed and Plyometric Training twice per week in the off-season. Time is also set aside to work on technique skills by position and sport. Some time should be set aside (5 minutes) on Tuesdays and Thursdays

to discuss subjects such as nutrition, rest and strategy. A short motivational story could be given once a week. An ideal way to give a motivational story is to show our Fantastic Stories Video (info. on page 9).

**Too Much To Do? Do Some Things Outside Class!** Does a good QB go out and throw with his receivers on his own? Sure he does. Why not extend this concept to your training program? Let your competition stretch for 15 minutes of the 42 minute physical education class period. Let your competition get frustrated and exclaim "We can't get to it. There isn't enough time".

All we are saying is to give your athletes a chance to be excellent, a chance to reach their potential. If your team is truly committed to winning, most of them will stretch and do their agility drills outside class time. All a coach has to do is test periodically and the results will verify the athlete's commitment. Some Plyometric, Speed and Technique work can also be done on their own. We believe signing commitment contracts or goal cards can be of great benefit in making your success happen.

**Require Disciplined Spotting and Technique:** A football coach wouldn't say, "OK, you eleven guys are the scout team. Do anything you want." Let your competition be that way in the weight room. Always have spotters who encourage their teammate and pull out the best in him. Every athlete should be keenly aware of the coaching techniques of every lift and accept the responsibility of being a coach while they are spotting.

**It's Better To Modify the Program Intelligently, Than To Compromise Discipline and Organization:** For example, one of the workouts in our 4-week cycle is to do 5 sets of 5 while another is to do a 5-4-3-2-1 workout. In a 42 minute physical education period, that many sets can't be done. Therefore, we recommend doing 3 sets of 5 and 5-3-1 for those respective workouts. It's perfect and very little is actually lost in the way of physical development. Now, there is time to do it right. Be creative in your use of time and your equipment.

**Don't Scrimmage With The Kids:** Every Coach should experience lifting but there are too many weaknesses when a coach gets into his own training during the athlete's workout time. It is just too difficult to teach and motivate properly, if you're busy lifting. Although, all athletes respect a coach who keeps in shape. Also, once in a while, it could be a great learning situation if a coach demonstrated things like intensity, poundage and technique, provided the coach has that capability.

Organize your weight program just like practice and let BFS help you with the details. The only way we can be greatly successful is to help you be greatly successful.