

**BIGGER
FASTER
STRONGER**

SPEED & PLYOS

**THE
TOTAL
PROGRAM**

By Dr. Greg Shepard

Speed and Plyometrics should be done on Tuesdays and Thursdays during the off-season with the BFS System. When athletes are in-season, Speed and Plyometric workouts should also be done twice per week.

THE BFS DOT DRILL

The first thing athletes should do is the BFS Dot Drill. It is an agility-quick foot drill designed as a warm-up. It's great. It only takes 60 seconds. We have developed national standards: Under 50 seconds is blazing, 50-59 seconds is great for a lineman type, 60-69 seconds is fair, 70-79 needs to work on it daily, over 80 seconds is unacceptable. A coach should time his athletes about twice a month and record the progress and results.

STRETCHING - FLEXIBILITY

After the BFS Dot Drill, all athletes can begin the BFS 1-2-3-4 Flexibility Program. If the athletes are stretching on their own on M-W-F weight training days, this is an excellent time to check on the technique of each flexibility exercise. Once a month the Sit and Reach test should be administered to monitor flexibility progress. The class time elapsed is now only about 12 minutes after doing the BFS Dot Drill and 1-2-3-4 Flexibility Programs.

SPEED TRAINING

Athletes should be tested for speed twice per month either on a 40 or 20 yard sprint. Times should be recorded and progress charted. Give athletes one trial run at 75-90% speed and then give three timed sprints. Record the best of the three times.

Sprint training workouts last about ten minutes. Five of those minutes should be concentrating on technique. If you use the BFS 8-point Sprint Technique System you will be successful with form. Concentrate on one form weakness at a time. Whether it is head, eye, back, arm, leg or foot plant position; only work on one technique at a time. A great way to know what specifically to work on is to use video analysis. Athletes really like viewing themselves and it really heightens their awareness of proper sprinting technique.

The remaining five minutes should be devoted to ten all-out quality sprints from 10 to 50 yards. About 30 seconds rest should be given between sprints.

When the weather is bad, do not stop sprinting. Let your competition do that. In Minnesota that would mean avoiding sprints for six months. Replace the 40 yard sprint with 20 yard sprints indoors. There is about a two-second difference. Therefore, a 3.0 twenty is equivalent to a 5.0 forty.

PLYOMETRIC TRAINING

The BFS Plyometric Program also takes ten minutes. Begin by taking ten quality vertical jumps. Do the vertical jumps 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. The second phase of our program is to do three sets of three successive standing long jumps. High School standards are as follows: Fair - 22 feet, Good - 25 feet, Great - 28 feet. Both the Vertical Jump and the Standing Long Jump should be tested once a month.

Plyometric Box Jumping is the third phase. Assuming you have boxes, begin by doing five jumps from a 20 inch box and just land in a hit position. Next, jump 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 and repeat 5 times. Now you are ready to get after it. Follow the same procedure but now do it as rapidly as possible. You should have four to five boxes each about 21 inches high. As you become more advanced, you can raise the height of the last box. A good jump is between 36 and 40 inches.

A fourth phase is to jump high on a box from a stand. It will create interest and enthusiasm for plyometrics. You may wish to test a Standing Box Jump once a month.

The final phase can be a series of plyometric bounding drills. All these phases may sound like a lot to do in just ten minutes but if you are organized, it's amazing the amount of work that can be done. Divide a class into two main groups: one group will work on speed, while the other will work on plyometrics. Divide the speed group in half with one group working technique and the other working sprints. The plyometric group can also be divided into two groups. Half of these athletes can do Bounding, Vertical Jumps and Standing Long Jumps. The other half then works on Box Jumping. It can be a tremendously productive period.

Any remaining time left can be devoted to a fun activity, motivational period or learning-lecture period. The more wisely this time is used, the better you'll be.

OTHER SPEED & PLYO INFO.

- 1. Books:** Info on page 5 and 22
- 2. Video:** page 8 and 9
- 3. Posters and Charts:** page 79 and 82
- 4. Plyometric Boxes:** page 19