

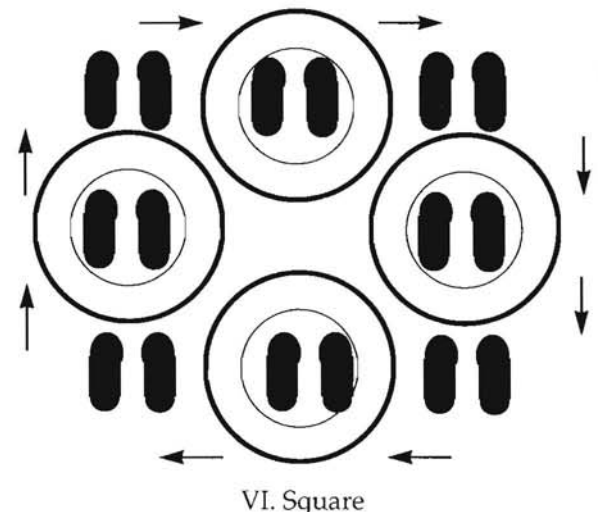
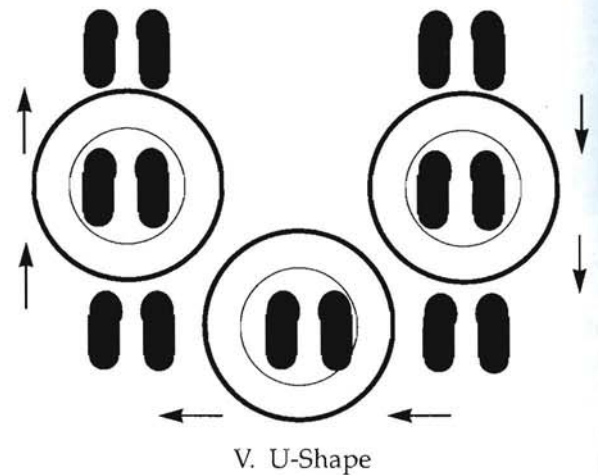
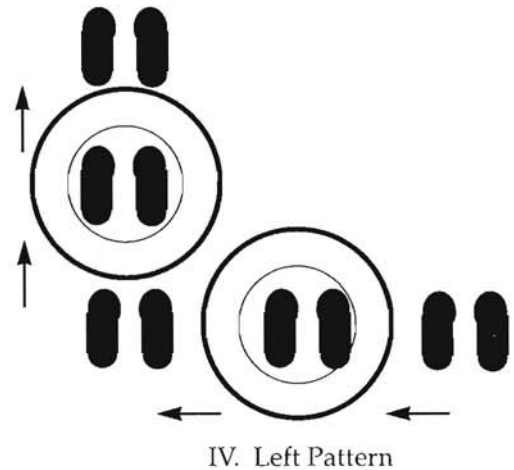
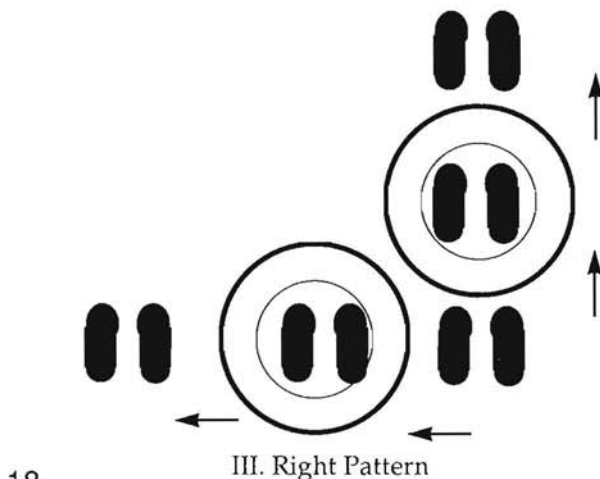
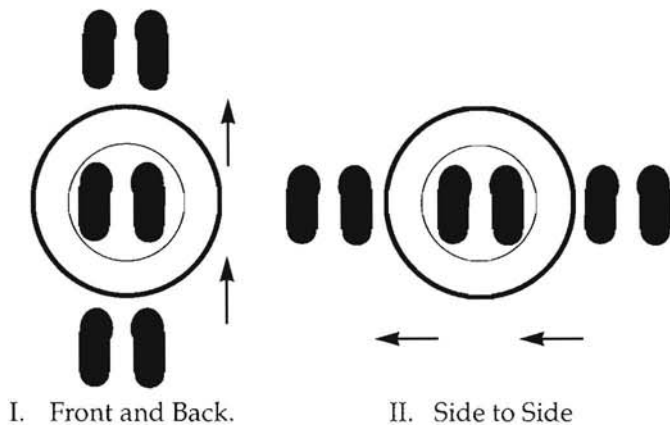
# QUICK TIRES

by Coach Tom Brown  
Washington Twp High School  
Sewell, New Jersey

An agility drill designed to improve quickness and accuracy of foot movement. Patterns are developed in a progressive manner, from a simple to a complex form of agility. The drill is performed in 30 second intervals with either a 2:1 or 3:1 rest/work ratio, depending upon the intensity desired. Work can be done in one, two or three sets of each pattern, (Example 3x30sec.).

### Coaching points:

1. Emphasis should be placed upon; staying on the ball of the feet, head up, and a light bend in the hips for a good power position.
2. Accuracy is important, to master each pattern the Athlete must be able to move across the tires without touching them.
3. Emphasize that two feet must touch each point inside and outside the circle of the tire or tires.
4. The drill is performed as quickly as possible without stopping. The movement is a shuffle across the tires.



- Can be done clockwise, counterclockwise and with a change of direction whistle.

# QUICK TIRE PROGRESSION

Continued from page 18

## WEEK 1

Side to Side 2x30 sec.  
2:1 rest/work ratio

## WEEK 2

Side to Side 2x30 sec.  
Front and Back 1x30 sec.  
2:1 rest/work ratio

## WEEK 3

Side to Side 2x30 sec.  
Front and Back 2x30 sec.  
2:1 rest/work ratio

## WEEK 4

Side to Side 3x30 sec.  
Front and Back 3x30 sec.  
2:1 rest/work ratio

## WEEK 5

Side to Side 2x30 sec.  
Front and Back 2x30 sec.  
Right Pattern 1x30 sec.  
Left Pattern 1x30 sec.  
2:1 rest/work ratio

## WEEK 6

Side to Side 1x30 sec.  
Front and Back 1x30 sec.  
Right Pattern 2x30 sec.  
Left Pattern 2x30 sec.  
2:1 rest/work ratio

## WEEK 7

Side to Side 1x30 sec.  
Right Pattern 2x30 sec.  
Left Pattern 2x30 sec.  
U-Shape 1x30 sec.  
3:1 rest/work ratio

## WEEK 8

Side to Side 1x30 sec.  
Right Pattern 1x30 sec.  
Left Pattern 1x30 sec.  
U-Shape 2x30 sec.  
3:1 rest/work ratio

## WEEK 9

Side to Side 1x30 sec.  
U-Shape 2x30 sec.  
Square Clockwise 2x30 sec.  
Square Counterclockwise  
2x30 sec.  
3:1 rest/work ratio

## WEEK 10

Side to Side 1x30 sec.  
Square Clockwise 3x30 sec.  
Square Counterclockwise  
3x30 sec.  
3:1 rest/work ratio

## WEEK 11

Side to Side 1x30 sec.  
Square Clockwise 2x30 sec.  
Square Counterclockwise  
2x30 sec.  
Square With Change  
1x30 sec.  
3:1 rest/work ratio

## WEEK 12

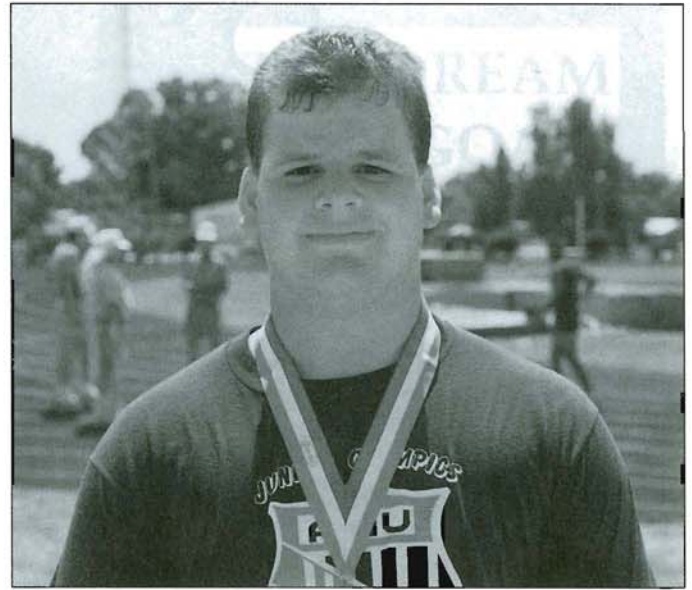
Side to Side 1x30 sec.  
Square Clockwise 1x30 sec.  
Square Counterclockwise  
1x30 sec.  
Square With Change  
2x30 sec.  
3:1 rest/work ratio

## WEEK 13

Side to Side 1x30 sec.  
Square Clockwise 1x30 sec.  
Square Counterclockwise  
1x30 sec.  
Square With Change  
3x30 sec.  
3:1 rest/work ratio



# NEW STAR RISING



*Clay Mansker: Shot Put National Champ*

Clay began the BFS program last Spring and the results have been dramatic. Last month Clay won the National Title at the Junior Olympics held in St. Petersburg, Florida in the 13-14 year old age group. On his last throw, Clay took first place with a mighty heave of 50 feet 3 inches.

He is a Freshman at Gregory Portland High School in Corpus Christi, Texas. Clay is now, of course, playing football. He already stands 6-0 and weighs 236 with a 335 Bench, 450 Squat, 265 Clean and 485 Dead Lift. Clay can also run a 4.9 forty with a 26 inch vertical jump.

Obviously, we have only begun to hear about this new rising star of Texas.

## New! BFS JUMP ROPES Leather with Wooden Handles!

### COST: \$12.95

- ★ 7-FOOT ROPE for 5-0 to 5-6 height
- ★ 8-FOOT ROPE for 5-6 to 6-0 height
- ★ 9-FOOT ROPE for 6-0 to 6-8 height

### Call or Write BFS

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