

# WINNING CONCEPTS

By Dixie Jones, C.S.C.S.

Head Football Coach, Trigg County High School  
Cadiz, Kentucky

## Part Two:

### Give Your Team The Winning Edge

Editor's Note: Dixie Jones, an Upper Limit Football Coach, led his team to State Runner-up honors last fall. It was a remarkable achievement because Trigg County High School is one of the smaller enrollment schools in their Kentucky classification.

Greg Bridges, a Tailback and Defensive Back, on that great 13-2 team, was a BFS First Team Football All-American. Greg Squatted 465, Benched 305, Dead Lifted 550 and Power Cleaned 265 at a body weight of only 150 pounds. Greg also ran a 4.35 forty while maintaining a B grade average.

Coach Jones is also involved in the youth development program of the NSCA (National Strength Coaches Association). In his first article on winning concepts, Coach Jones emphasized the importance of using free weights and training like an athlete, not a bodybuilder. He also stressed the importance of training in all phases: Flexibility, Agility, Speed and Plyometrics. Coach Jones explained the efficacy of training Multi-Joint and Major Muscle Group areas while emphasizing the development of power which is a combination of speed and power.

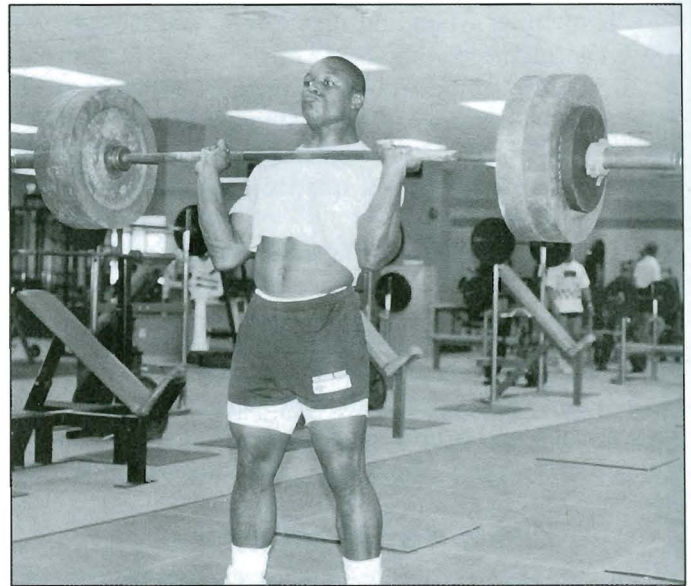
Now, in part two of his Winning Edge series, Coach Jones continues with valuable coaching tips.

#### V. Squat and Clean Correctly.

These are the two most important exercises for any sport, especially football. Squats develop the power zone. Cleans combine explosive speed-strength to develop power. These two exercises are more important than the Bench Press, and should receive top priority in the weight room. Make them core exercises and do them correctly. To receive the greatest benefit from Squats you must break parallel.

#### VI. Strict Disciplined Technique.

Do not allow your athletes to cheat. This is a big problem in high school because players this age want to be able to brag about the amount of weight they can lift. Strict technique is up to you, the coach. Demand it and you will find the big weights will come even faster that if you let them cheat, because they will be able to continue to progress. The big weights will come if you use strict disciplined technique. If you will not allow a lifter to increase his poundage until he performs the



*Heisman Trophy Winner and top NFL Rookie Barry Sanders Power Cleaned 365 pounds at Oklahoma State.*

exercise with correct technique then he will concentrate more on performing the exercise with good technique. There is also less chance of injury and this disciplined type of work will hopefully carry over to the football field.

#### VII. Emphasize Only One or Two Major Core Exercises Each Day.

It is impossible for anyone, no matter how motivated to come into the weight room and work as hard and intensely as he should on five or six stations. They will slack off on something. We have a Squat day, Bench day, Clean day, etc. On that day we will do other exercises, but we want them to "sell out" on what we are emphasizing that day. It is a "killer" day on that exercise. We will not be satisfied with less. On the other exercises we simply want a good, solid workout.

#### VIII. Start Too Light – Progress Slowly.

We want athletes to be successful and continue to progress. Our rule is – It is better to start too light than too heavy. In this way we will be continually doing new personal bests and athletes will be motivated. We make only small increases in workout poundages so we will continue to progress and will not overtrain. We never increase over 10 pounds. Being "stuck" will cause athletes to burn out mentally and physically. By progressing slowly we have athletes who do better every week the entire school year.

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# WINNING CONCEPTS BY COACH DIXIE JONES

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## IX. One Hour Rule.

Our weight training workout seldom lasts over 40-45 minutes. Remember, we want to train all areas. We spend the rest of the time available on flexibility and other things. We have a one hour rule. We will never workout over one hour in the weightroom, even if we do happen to have more time. This is plenty of time if you workout correctly. If workouts last over one hour, athletes will burnout quicker and over a period of time overtraining will be a problem. In the summer we will weight train for 50 minutes; stretch 15 minutes; plyometrics and speed 10 minutes; agility 10 minutes; and condition for 20-30 minutes. If you go beyond one hour in the weight room, you are probably including too many body building auxiliary exercises that have very little value to sports.

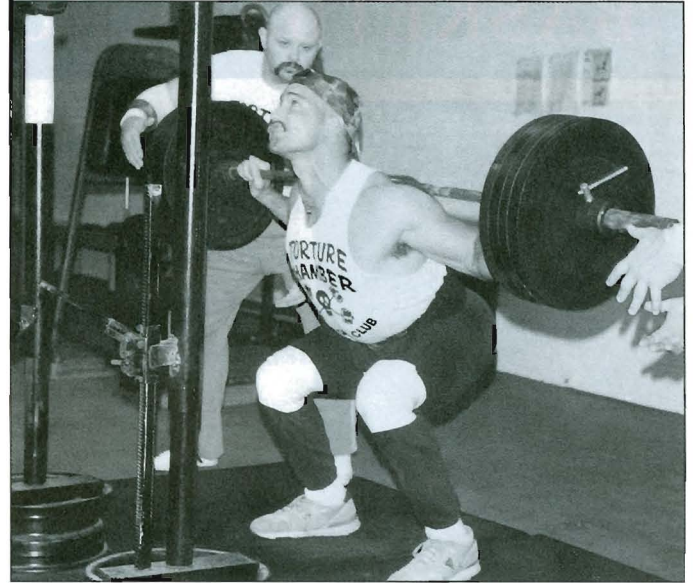
## X. Start In Middle School.

Start with the bar and teach technique. We began our seventh and eighth grade program 5 years ago and these kids won the 1989 State Powerlifting Championship as high school juniors. The BFS Readiness Program is great. Again, work the multi-joint core exercises, progress slowly, and demand strict technique. Remember to work all phases and not just strength. Take time to teach kids how to run correctly. Include jumping, flexibility, and agility work in the program.

The coach in the weight room is the key to great results. Study and teach correct technique. Get after it in the weight room with the same enthusiasm as you use when you practice football. Remember to follow the preceding guidelines:

1. Free Weights
2. Sport Specific
3. Train All Phases
4. Multi-joint, Major Muscle Group Exercises are Best
5. Power Development
6. Squat and Clean
7. Strict Disciplined Technique
8. Emphasis only one or two major core exercises each day.
9. Start too light and progress slowly
10. One Hour Rule
11. Start in Middle School

**If you follow these concepts  
Your Team Will Have  
The Winning Edge!**



*Lombardi Trophy Winner and Detroit Lion Linebacker Chris Spielman training with intensity on Parallel Squat.*

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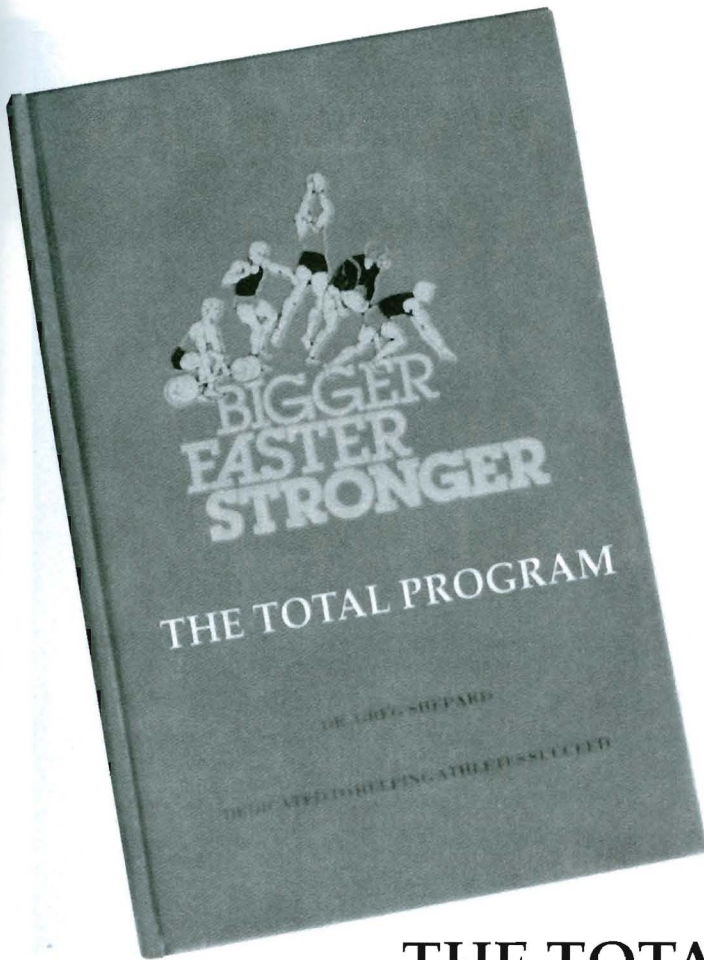


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