

**BIGGER
FASTER
STRONGER**

FLEXIBILITY

**YOUR
WINNING
SECRET**

By Dr. Greg Shepard

WHAT OTHERS DO

1. Forget
2. Go Thru The Motions
3. Bad Positions

Stretching begins with a believing attitude. You must first truly believe that stretching is important. Many Coaches skip over this valuable training tool. The most common excuse for not stretching is lack of time. "We only have 45 minutes of class time if we stretch, we can't get our lifting done, say some coaches.

The majority of football coaching staffs seem to go through the motions during stretching with their athletes especially in-season. The prudent coach should say, "If its important enough for us to do, it should be important for us to do it right." Every staff member should know what's wrong and what's correct. Furthermore, every staff member should be alert and take an intense interest in the flexibility program.

Many athletes go through the motions while stretching. I've seen laughing, joking and a general blase attitude during team stretching. Great attitudes towards stretching must be taught and coached. You've got to work hard while stretching. You've got to sweat. You've got to hurt a little. As our flexibility expert Bob Rowbotham states, "You should work as hard as an intense squat workout."

Many athletes put their joints and muscles at risk while stretching. Bouncing while stretching which is called the Balistic method should never be done. The hurdlers stretch is quite common and for some athletes it put the medial collateral knee ligaments at risk. If you are a hurdler its OK but not for football players. At BFS, we don't stretch to hurdle, we stretch for speed!

The BFS program uses the static method of stretching, a slow and controlled 30 second flexibility stretch. We stretch first for speed primarily but our program also increases joint range of motion, decreases injury possibilities, improves jumping abilities and improves athletic performance.

We have created a stretching program which takes less than 10 minutes per session. It's called the BFS Flexibility Program. It's easy and it's perfect for the high school situation it's perfect for all sports, therefore the multi-sport athlete can keep doing the same program all year round. You don't need a partner so you can do it anyplace and anytime.

We always talk about being Upper Limit and feel

THE SECRET STRETCH HARD EVERYDAY PRIMARILY FOR SPEED

most teams really want to win and reach their potential. Therefore, we feel these athletes and teams can stretch on their own when class time or team time is limited. Testing the athlete's sit and reach ability on a regular basis will give measurable proof of flexibility improvement. Testing seems to give greater incentive to athletes who stretch on their own.

Our Flexibility Secret is to stretch hard for speed in a slow and controlled manner. Great attention to detail and technique should be given by coaches making sure joints, toes, feet and body look like a sprinter whenever possible. Never put joints in dangerous positions. Stretching hard correctly is an absolute pre-requisite of sprinting and jumping to one's potential.

BFS FLEXIBILITY MANUAL

COST: Only \$4.95

- ★ **A Great Source of Flexibility Information.**
- ★ **All Flexibility Exercises Are Demonstrated by Coach Rowbotham! Stick Figure Drawings Are Not Used.**
- ★ **Written for Coaches in an Easy to Understand Style!**
- ★ **Includes the BFS 1-2-3-4 Flexibility Program**
- ★ **Stretching for Speed Philosophy**