

**BIGGER  
FASTER  
STRONGER**

## **ORGANIZATION-UNITY**

**YOUR  
WINNING  
SECRET**

By Dr. Greg Shepard

### **CRITICAL MISTAKES**

- 1. Every Coach Runs A Different Program With Different Equipment And Philosophy.**
- 2. Important Conditioning Phases Are Left Out Or Minimized.**

Out of all the different segments of the secret, nothing can kill success quicker than making critical mistakes in organization and unity. The most successful programs in the country at the high school level have unity. All athletes regardless of their sport do the same program and all coaches teach the same philosophy.

The worst thing that can happen is where every sport and every coach is off doing their own strength and conditioning program, while concepts and philosophies are totally opposite. Sometimes, where egos are so strong between head coaches and the athletes are confused with loyalties tested, the whole athletic program is adversely affected in terms of winning. If all sports would adopt the BFS System, all the athletes would do basically the same program as they changed sport seasons. Teaching time would be reduced, many hassles eliminated, everybody would be pulling for one another and the winning percentage of all sports should be dramatically improved.

I've been to many high schools where the football coach did one program primarily with free weights and the basketball coach would do a little strength training and use machines. The girls coach would say, "My girls are intimidated," and work on a Universal machine. Then, the baseball coach would tell his players, "Hey, weights will screw you up," and do no stretching, running or plyometrics. The multi-sport athlete is now in a real fix. His loyalties are torn. The baseball coach has unwittingly given the athlete a very real excuse not to work hard or prepare to reach for his potential. It's a tragic story told over and over again. So it's no big surprise when we set up a unified program at a BFS clinic that the school does an immediate turnaround.

The BFS Dot Drill is a tremendous way to warm-up and the BFS 1-2-3-4 Flexibility Program makes terrific sense for all sports both at the junior high and high school level. If all coaches would adopt these two phases of the secret, three great advantages would be yours. First, unity and continuity would take place. Second, time would be saved at the beginning of each season. Since everyone knows what to do, you just continue the program. You can even have the veterans teach the new athletes. Third, each coach can be assured that all athletes are performing

### **THE SECRET**

- 1. All Sports Both Boys And Girls Do The Same Program.**
- 2. All Phases Of Conditioning Must Be Done.**
- 3. Weight Room Sessions Should Be Just Like Practice.**

an extremely sound program all year round.

Speed and Plyometric training should be done twice a week in the off-season and whenever possible during the in-season. All coaches should teach the same program. I saw a high school basketball coach having his team run lines. He yelled encouragement, "Work, work, don't give up! Go! Go!" They worked very hard but everyone of his varsity players were running with terrible technique. Heads going back and forth, arms rotating from side to side, toes not pointed straight etc. They worked hard but not smart. With just a little time spent coaching sprinting techniques, the athletes could have run those lines faster and with less energy. If all coaches would learn the simple BFS Speed and Plyometric Program, all athletes would experience continuity from sport season to sport season.

The most important BFS concept in organization is run the total athletic strength and conditioning program just like practice. Would a football coach read a newspaper while his team prepared for a football game? Obviously not. Then why do it that way in the weight room. A coach should coach 100% of the time while in the weight room and demand the same things there that he would demand on the field. The following guidelines should give you winning advantages:

1. Require the same discipline as in a football practice. It's not a social hour.
2. Instill a team concept approach. Make gains as a team. Have contests between offense and defense or juniors and seniors. Coaches should constantly motivate and coach.
3. Organize time and the total program efficiently. Work all parts of the program. Don't leave out speed work or flexibility in order to do a few more auxiliary lifts.
4. You can assign homework. If you only have 45 minutes or less of actual workout time, athletes can do some things outside class. For example, do some agility and flexibility training outside class.
5. Don't scrimmage - lift with your athletes. It is just too difficult to teach and motivate properly, if you're busy training all the time.