

**BIGGER
FASTER
STRONGER**

WARMING - UP

**YOUR
WINNING
SECRET**

By Dr. Greg Shepard

WHAT OTHERS DO

1. Jumping Jacks
2. Jog Laps
3. Stretch

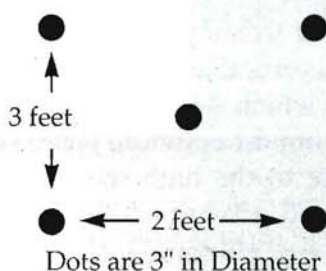
Before exercise, practice or games, athletes should warm-up by raising the blood temperature and break out into a slight sweat. This has been proven to help reduce injuries. Obviously most athletes and coaches would agree that warming-up before activity is just good common sense. Thus our secret revolves around how to warm-up not whether you should or should not warm-up.

What's wrong with Jumping Jacks or Jogging Laps around a field or gym? After all, isn't that what most coaches do? The answer is yes that's what most coaches do and no there is nothing wrong with doing that kind of warm-up. It does serve the purpose but let's analyze what usually takes place.

The coach has his class do some jumping jacks or jog. Usually while this takes place, the coach will not observe or coach during this period. Usually the coach will study lesson or practice plans. He may even visit with another coach or read the paper. In other words, it is not a very productive time. Not much is being accomplished. I want to make every minute count. I want my athletes or class mentally revved up to begin my activity. The BFS Dot Drill is perfect.

You can't measure jumping jacks or jogging nor are there standards of achievement. You can't set goals. You can't develop high degrees of agility and foot quickness. How can you develop pride in being able to jog a lap successfully? You can measure the BFS Dot Drill with a stop watch, you can have contests, and you can set goals based on national standards. As your athletes develop their quickness, they will also develop great pride as

THE BFS DOT DRILL DIAGRAM



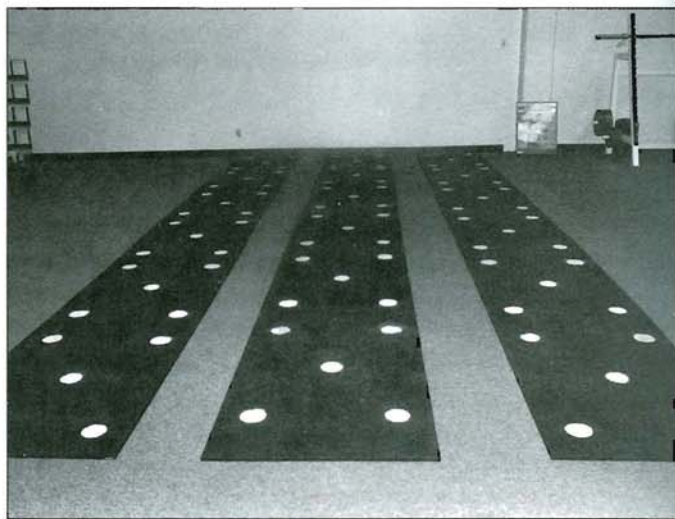
THE SECRET THE BFS DOT DRILL

their times improve. The BFS Dot Drill takes only one minute but is it ever a power packed 60 seconds with loads of benefits.

The BFS Dot Drill should be the very first thing done. Don't stretch first. You never stretch a cold muscle, yet many, many coaches believe you should stretch to warm-up. For example, a coach may bring his team or class out to the track to run forty yard dashes and say, "OK, stretch out men. I don't want any pulled muscles." The coach in this example should have done something to raise the blood temperature. By stretching first before any warm-up, this coach is unwittingly putting his people at risk. The very thing he doesn't want to happen is now more likely to happen with both stretching and sprinting.

The secret is do the BFS Dot Drill and then stretch, run, jump or perform any activity.

COMPLETE DOT DRILL INFO.
Source: New Total Program Book
See Page 82



*The BFS Dot Drill painted on BFS Mats
at our new 10,000 square foot
UPPER LIMIT Athletic Training Center.*