

SUMMER WORKOUTS

THE UPPER LIMIT WAY

BY DR. GREG SHEPARD

LEADERSHIP

“Appointing or electing team leaders or captains should be heavily considered”

Summer is an incredibly important time to progress and make important gains before the football season begins. However, all to often records achieved in the spring are minimized or totally lost during the summer. This period is when a coach must be at his best in terms of communication and organization.

Key athletes should be identified as team leaders and then they should be given an opportunity through savvy organization to develop leadership skills. A team meeting before school ends is a must. Clear plans must be presented as to when workouts can be done, what is to be expected and some system of accountability.

Goals should be clearly defined, redefined or sim-

ply expressed again. Motivation for the team should be a top priority. You don't want to force athletes to workout, but instill so much pride and incentive they wouldn't think of missing.

Appointing or electing team leaders or captains should be heavily considered. These leaders could be assigned a certain number of teammates with the responsibility of encouraging them to make all workouts and reporting any possible problems. Emphasis should be placed on team leaders being great friends, teammates and helpers to their group. The goal is to help each person progress to his fullest potential so that the team can WIN!.....▲

STRENGTH AND CONDITIONING

“It is as critical as ever to keep breaking 8 or more records per week”

The basic components of the total BFS program do not change just because it's summer. Do the BFS Dot Drill and the BFS 1-2-3-4 Flexibility program everyday either at home, when on vacation or at school. Sprint drills and Plyometrics should be done at least twice per week, either at home or when on vacation, but preferably at school.

Squats must be done twice per week: Do Parallel Squats once per week and a Squat variation like a Box Squat or Front Squat once per week. Benches must also be done twice per week: Do regular Benches once per week and a Bench variation like our BFS Towel Bench, Inclines or Close Grip Benches once per week. Finally, do Power Cleans and the Trap Bar once per week. There are 6 BFS Core Lifts. They can be split by doing

three per workout (2x week) or two per workout (3x week).

After the BFS Core lifts, you can do as many as 5 Auxiliary lifts per workout. Absolute essential auxiliaries include the Power Snatch, the Jerk Press, Straight Leg Dead Lifts and a Neck Exercise. Top priority exercises include Lunges, Glute Ham Developer, Leg Curls and Leg Extensions.

Use the BFS Set-Rep System. Week I is 3x3 on all lifts; Week II is 3x5, Week III is 5-3-1 and Week IV is 10-8-6 on Squats and Benches while you do 4-4-2 on Cleans and the Trap Bar. It is vital to keep track of both Set Records and Rep Records as outlined in the BFS System. It is as critical as ever to keep breaking 8 or more records per week.....▲

STRATEGY – TECHNIQUE

“Part of the time commitment to the overall program should be to strategy and technique”

One often neglected area that can win ballgames is strategy. Would it be better to do an extra set of curls or some other auxiliary exercise or work on strategy and technique? Every player who is going to touch the football should have a good ball at home. Part of the time commitment to the overall program should be to strategy and technique. For example, a punter could practice punting by kicking 50 times 3x per week, a snapper should snap, a lineman should pull and a

defensive tackle could practice his swim technique.

An Upper Limit QB will get his core of receivers and work on the game with perfect drops and pass routes. Defensive backs can also be encouraged to join in the fun. A coach can also work with his QB's or defensive captains on an individual basis going over different strategies with different clock situations. Game films can be utilized to facilitate the learning of strategies.▲

VACATIONS

“Do the BFS Dot Drill and stretch everyday”

Obviously some athletes will be on family vacations for a week or longer. Kids should never be discouraged from going but they should be counseled as to when would be most suitable. For example, suggest to schedule family vacations before August 15th.

An Upper Limit Athlete would not let a vacation stop him from making progress. He would do the BFS

Dot Drill and stretch everyday. He would sprint and jump for 15 minutes 3x per week. He'd take along a football and a weight belt. He'd find a way to workout at a gym or better yet, a local high school. If you can't lift, here's our BFS guarantee. Do 100 perfect pushups everyday while you're gone and your Bench Press will increase when you get back▲

SUPERVISION

“Remember, you must take time for your own wife and family”

Even coaches need breaks. You want to be mentally and physically fresh when you begin the season. Therefore, try to get some other coaches involved. You may want to split by days or weeks. For example, one coach supervises on Mondays and Wednesdays or the 3rd week of June and July.

Remember, you must take time for your own wife and family. That's what Upper Limit coaches do. Organize and delegate. Use your best kids to help and/or give past players who are playing college ball a chance to gain some coaching experience.▲

ORGANIZING TWO-A-DAYS

“Do not, I repeat, do not weight train during two-a-days It's counterproductive”

The Upper Limit BFS year ends the day two-a-days begin. I realize some coaches say three-a-days, but this is the day you begin practice with pads in preparation for the fall season. This is the day you retire the BFS Set-Rep logs or Upper Limit Record Cards. The players should take these home to keep. It's their diary. Maybe someday they can show it to their grandchildren. The bottom line is that a new year is starting. Issue your players new cards or Set-Rep Log books when two-a-days are completed. Do not, I repeat, do not weight train during two-a-days. It's counterproduc-

ive to make them lift. After two-a-days are over, the players have overcome the shock of hitting and have adjusted to the new year. With the new card, they won't dwell on what they were able to do in the past. They are starting anew by establishing new set and rep records. They will break records immediately if you do it this way. It is designed to make each player feel positive and successful with great self confidence. Players will easily break 8 or more records all during the season and they will all be stronger at the end of the season. Go for it! Be Upper Limit!▲

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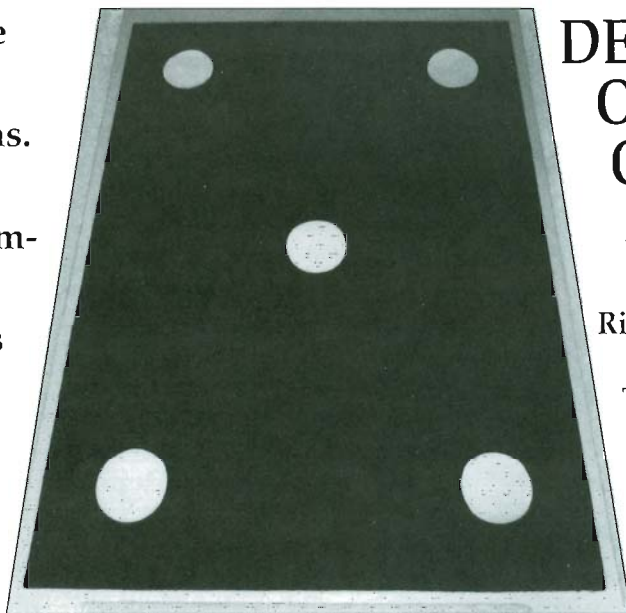
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