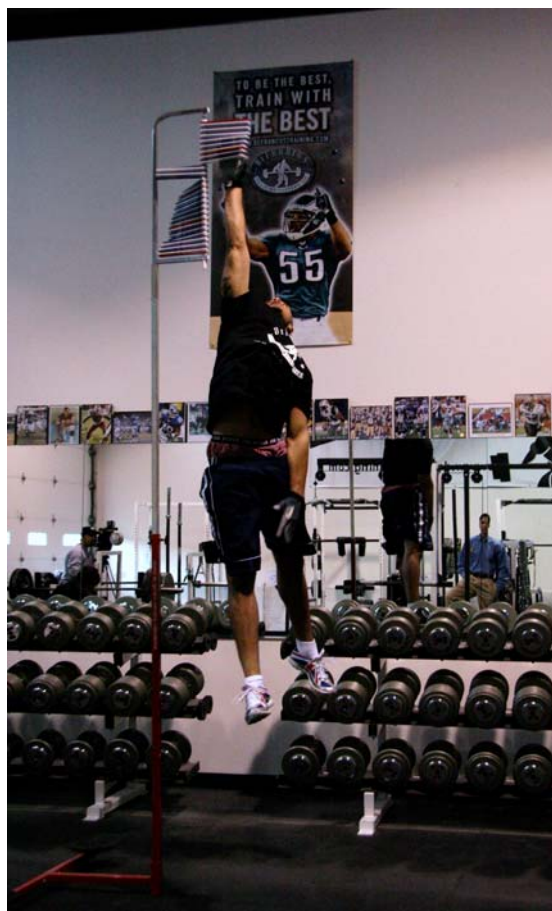




**DEFRANCO'S
12-WEEK**

**COMBINE
PREPARATION
PROGRAM**

DeFranco's 12-Week Combine Preparation Program



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Foreword

In 2003, I released the first-ever video that was solely dedicated to mastering the *technical* aspects of the football Combine tests. This video rocked the football community because it was the first of its kind to “expose” all the tips, tricks and techniques that enabled football players to set new standards in Combine performance!

Before the release of my **Combine video**, most athletes, coaches and scouts had no idea that there was such a technical component to each and every test. Athletes thought that simply practicing the 40-yard dash, vertical jump, broad jump, 20-yard shuttle, 3-Cone Drill, 60-Yard Shuttle and 225-pound bench press test would be enough to improve their performance; but nothing could be further from the truth! In fact, practicing these events with poor technique can actually be detrimental to your performance. This is because you end up engraving improper motor patterns into your brain; and the more times your body practices poor technique, the harder it is to break those habits!

After “**Mastering the Football Combine Tests**” was released, something interesting started to happen; football players throughout the country started running faster 40’s, jumping higher, and recording times on the agility tests that were once thought to be impossible! High school kids were performing the 20-yard shuttle in 3.9-seconds; 40-inch vertical jumps became the new gold standard; and 4.3-second 40-yard dashes were no longer uncommon. Much to my delight, football players started educating themselves on the technical aspects of the tests. It was no longer good enough to just train hard; in order to keep up with other football players around the world, you now have to train *smart* and become a “student” of the Combine.

Training *smart* is where this manual comes in. The training program outlined in this manual provides you with the missing link to our **Combine DVD**; the “missing link” that I’m referring to is a program to go along with the Combine test-taking techniques! This manual organizes your entire training program in one of the most efficient manners possible. It is also a very “realistic” program to follow. Unlike many programs that “look good

on paper” but don’t cut it in the “real world”, this program can be performed by almost any athlete. Because we wanted to help as many athletes as possible, we chose to provide you with one of our Combine Prep Programs that only requires one training session per day.

Please note that this is not the only program that we’ve ever used. Our programs are constantly evolving and we have to constantly “tweak” things for individual athletes. But, with that being said, this is an actual 12-week plan that was used with incredible success. *Every single athlete* that followed this plan improved their test scores in *every single* Combine test! To put it bluntly, combining this 12-week plan with the techniques described in our **Combine DVD** will improve *any* football player’s Combine performance! So without any further ado, I present to you ‘*DeFranco’s 12-Week Combine Preparation Program*’.

Get ready to become a believer in our system!

-Joe D.

WEEK 1

MONDAY: MAX EFFORT UPPER BODY LIFT

1. Bench Press: Test 1RM; then 80% 2x5
2. **Dumbbell Floor Press (Neutral Grip):** 3x10
3. Back
 - a) Dumbbell Rows: 3x10
 - b) Cable Face Pulls: 3x12
4. Shoulder
 - c) Front Plate Raise: 3x15
 - d) **Band Pull Apart:** 3x15
5. Arms
 - a) Hammer Curls: 3x10
 - b) Cable Triceps Pushdown: 3x10

TUESDAY: LINEAR SPEED / 40 FOCUS - TESTING

1. Dynamic Warm-up
2. **10-Yard Sprints** (Laser Time) x 6
3. **40-Yard dash** x 2

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

WEDNESDAY: LOWER BODY STRENGTH

*After warm-up, test **vertical jump** (Then teach techniques shown in [DeFranco's Combine DVD](#).)

1. Box Squat: 3RM; Evaluate/Teach Form
2. Bulgarian Split Squats: 2x8
3. 45 Degree Back Raises: 3x10
4. Body Weight Ab Circuit x2
 - a) Sprinter Sit-ups x20
 - b) Side Hip Lifts x20ea side
 - c) Touch Toes x20

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: MULTI-DIRECTIONAL

1. Dynamic Warm-up
2. Test 20-Yard Shuttle then Introduction to techniques shown in [DeFranco's Combine DVD.](#)
 - a) Side Running Technique x 3 (Each Direction x 5 Yards)
 - b) First 5 Yards/First Turn Technique
 - i. Half Speed x 3 (Each Direction)
 - ii. Full Speed x 3 (Each Direction)
 - c) **Full 20-Yard Shuttle**
 - i. Half Speed x 1 (Emphasis on Technique, Each Direction)
 - ii. First 5 Yards @ Full Speed, Rest of Drill @ Half Speed x 2 (Each Direction)
 - iii. Full Speed x 2 (Each Direction)
3. **3-Cone Drill**
 - a) Test Drill then start reviewing techniques discussed in [DeFranco's Combine DVD.](#)
 - b) Learning Start (First 2 Turns)
 - i. Half Speed x 3 (Always Left Hand Stance)
 - ii. Full Speed x 2 (First 2 Turns, Half Speed Rest of the Drill)
 - iii. Full Speed x 1 (Entire Drill)

FRIDAY: DYNAMIC/REP UPPER BODY LIFT + *FOOTBALL DRILLS

1. Barbell Bench: 225lb Rep Bench Test
2. **Barbell Push-ups**: 3xMAX (w/ weighted vest if possible)
3. Back
 - a) **Timed Band Lat Pulldowns**: 3x20 sec
4. Shoulders
 - a) **Incline Bench "YTW"s**: 3x10 (10 reps each movement)
5. Arms
 - a) Band Triceps Pushdowns: 4x25
 - b) Alternate DB Curls: 3x10

*Football drills can be performed before you lift on Friday's, later in the day, or on Saturday's (if necessary) throughout this program. By "football drills" we are referring to the position-specific football drills that are usually performed at the end of Combines/Pro Days. These drills vary depending on the Combine you will be attending. We suggest finding out what football drills will be performed at your Combine so you can practice the exact drills ahead of time.

WEEK 2

MONDAY: MAX EFFORT UPPER BODY LIFT

1. Bench Press: 5RM
2. Dumbbell Floor Press (Neutral Grip): 3x8
3. Back
 - a) Dumbbell Rows: 3x8
 - b) Cable Face Pulls: 3x8
4. Shoulder
 - a) Front Plate Raise: 3x15
 - b) Band Pull Aparts: 3x20
5. Arms
 - a) Hammer Curls: 3x12
 - b) Cable Triceps Pushdown: 3x12

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. 10-Yard Starts (Laser Time, Adjust Technique. See [DeFranco's Combine DVD.](#)) x 8
3. Tempo 40's x 8
 - a) Big Skill – 7 Secs: Rest Period 21 Secs
 - b) Skills – 6 Secs: Rest Period 18 Secs
 - c) Elite Skill – 5 Secs: Rest Period 15 Secs

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

WEDNESDAY: LOWER BODY STRENGTH

***After warm-up, test broad jump. (Then teach technique outlined in [DeFranco's Combine DVD.](#))**

1. Box Squat: 1RM
2. Bulgarian Split Squats: 3x8
3. 45 Degree Back Raises: 3x12
4. Body Weight Ab Circuit x3
 - a) Sprinter Sit-ups x20
 - b) Side Hip Lifts x20ea side
 - c) Touch Toes x20

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: *MULTI-DIRECTIONAL*

1. Dynamic Warmup
2. Teaching 20-Yard Shuttle
 - a) Side Running Technique x 3 (Each Direction x 10 Yards)
 - b) First 5 Yards/First Turn Technique
 - i. Half Speed x 3 (Each Direction)
 - ii. Full Speed x 3 (Each Direction)
 - c) Full 5-10-5 Drill
 - i. Half Speed x 1 (Emphasis on Technique, Each Direction)
 - ii. First 5 Yards @ Full Speed, Rest of Drill @ Half Speed x 2 (Each Direction)
 - iii. Full Speed x 2 (Each Direction)
3. 3-Cone Drill
 - a) Learning Start (First 2 Turns)
 - i. Half Speed x 3 (Always Left Hand Stance)
 - ii. Full Speed x 2 (First 2 Turns, Half Speed Rest of the Drill)
 - iii. Full Speed x 1 (Entire Drill)

FRIDAY: *DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS*

1. Barbell Push-ups: 3xMAX (w/ weighted vest if possible)
2. Back
 - a. Timed Band Lat Pulldowns: 3x20 sec
3. Shoulders
 - a. Incline Bench "YTW"s: 3x10 (*10 reps each movement*)
4. Arms
 - a. Band Triceps Pushdowns: 4x25
 - b. Alternate DB Curls: 3x10

WEEK 3

MONDAY: MAX EFFORT UPPER BODY LIFT

1. 2 Board Bench w/ 1-2 Chains: 3RM
 - a. (1 chain < 315lb. bench; 2 chains > 315lb. bench)
2. Incline DB Press (Neutral Grip; Elbows In) 3x12
3. Back
 - a) Fat Bar Pulldowns: 3x10
 - b) Cable Scarecrows: 3x10
4. Shoulder
 - a) Barbell Shrugs: 3x8
 - b) **Seated DB Cleans**: 3x10
5. Arms
 - a) Fat bar Curls: 3x10
 - b) DB Triceps Extension: 3x10

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. **Mountain Climbers into Sprints** x 6 (20 Yards)
3. 10-Yard Starts (Laser Time, Adjust Technique) x 10
4. Tempo 55's x 8
 - a) Big Skill – 9 Secs: Rest Period 27 Secs
 - b) Skills – 8 Secs: Rest Period 24 Secs
 - c) Elite Skill – 7 Secs: Rest Period 21 Secs

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by practicing vertical jump technique. Perform 3-5 vertical jumps.

1. Box Squat with 2-3 Chains: 3RM
 - a) (2 Chains <400lb Squat; 3 Chains >400lb Squat)
2. **Bulgarian Split Squats (Front Foot Elevated)**: 3x8
3. **Low Pulley Pull-Through**: 3x10
4. Weighted Ab Circuit (w/ 45lb. plate) x2
 - a) Plate Side Bends x10ea
 - b) Spread Eagle Straight Leg Sit-ups (hold plate over chest) x15
 - c) Toe Touches (Straight Arms, Plate Over Chest) x20

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: MULTI-DIRECTIONAL

1. Dynamic Warmup
2. Introduction to 5-10-5 Drill
 - a) Side Running Technique x 3 (Each Direction x 10 Yards)
 - b) First 5 Yards/First Turn Technique
 - i. Half Speed x 3 (Each Direction)
 - ii. Full Speed x 3 (Each Direction)
 - c) Full 5-10-5 Drill
 - i. Half Speed x 1 (Emphasis on Technique, Each Direction)
 - ii. First 5 Yards @ Full Speed, Rest of Drill @ Half Speed x 2 (Each Direction)
 - iii. Full Speed x 2 (Each Direction)
3. 3-Cone Drill
 - a) Reviewing Start (First 2 Turns)
 - i. Half Speed x 3 (Always Left Hand Stance)
 - ii. Full Speed x 2 (First 2 Turns, Half Speed Rest of the Drill)
 - iii. Full Speed x 1 (Entire Drill)

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS

1. **Stability Ball DB Bench** (Neutral Grip, Elbows In): 3xMAX
2. Back
 - a) **High Rep "Kroc" DB Rows:** 1x8, 1x30
3. Shoulders
 - a) Externally Rotated Face Pulls: 3x10
 - b) Scapula Push-ups: 3x20
4. Arms
 - a) Football Bar Curls: 3x10
 - b) Band Alternate Pushdowns: 3x20ea

WEEK 4

MONDAY: MAX EFFORT UPPER BODY LIFT

1. 2 Board Bench w/ 1-2 Chains: 1RM
 - a. (1 chain < 315lb. bench; 2 chains > 315lb. bench)
2. Incline DB Press (Neutral Grip; Elbows In) 3x10
3. Back
 - a) Fat Bar Pulldowns: 3x8
 - b) Cable Scarecrows: 3x12
4. Shoulder
 - a) Barbell Shrugs: 3x12
 - b) Seated DB Cleans: 3x12
5. Arms
 - a) Fat bar Curls: 3x8
 - b) DB Triceps Extension: 3x12

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. Mountain Climbers into Sprints x 6 (20 Yards)
3. 10-Yard Starts (Laser Time, Adjust Technique) x 10
4. Tempo 55's x 8
 - a) Big Skill – 9 Secs: Rest Period 24 Secs
 - b) Skills – 8 Secs: Rest Period 20 Secs
 - c) Elite Skill – 7 Secs: Rest Period 18 Secs

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by performing 3-5 broad jumps.

1. Box Squat with 2-3 Chains: 1RM
 - a) (2 Chains <400lb Squat; 3 Chains >400lb Squat)
2. Bulgarian Split Squats (Front Foot Elevated): 3x8
3. Low Pulley Pull-Through: 3x12
4. Weighted Ab Circuit x3
 - a) Plate Side Bends x10ea
 - b) Spread Eagle Straight Leg Sit-ups x15
 - c) Toe Touches (Straight Arms, Plate Over Chest) x20

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: MULTI-DIRECTIONAL

1. Dynamic Warm-up
2. Reviewing 20-Yard Shuttle
 - a) Side Running Technique x 1 (Each Direction x 10 Yards)
 - b) First 5 Yards/First Turn Technique
 - i. Half Speed x 2 (Each Direction)
 - ii. Full Speed x 2 (Each Direction)
 - c) Full 5-10-5 Drill
 - i. Half Speed x 1 (Emphasis on Technique, Each Direction)
 - ii. First 5 Yards @ Full Speed, Rest of Drill @ Half Speed x 2 (Each Direction)
 - iii. Full Speed x 2 (Each Direction)
3. 3-Cone Drill
 - a) Reviewing Start (First 2 Turns)
 - i. Half Speed x 2 (Always Left Hand Stance)
 - ii. Full Speed x 2 (First 2 Turns, Half Speed Rest of the Drill)
 - iii. Full Speed x 2 (Entire Drill)

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS

1. Stability Ball DB Bench (Neutral Grip, Elbows In): 3xMAX
2. Back
 - a) High Rep "Kroc" DB Rows: 1x8, 1x30
3. Shoulders
 - a) Externally Rotated Face Pulls: 3x12
 - b) Scapula Push-ups: 3x20
4. Arms
 - a) Football Bar Curls: 3x15
 - b) Band Alternate Pushdowns: 3x20ea

WEEK 5

MONDAY: MAX EFFORT UPPER BODY LIFT

1. **Reverse Band Bench (purple band) : 3RM**
 1. Flat DB Bench: 3x8
 2. Back
 - a) Seated Cable Rows: 3x8
 - b) **Incline Bench DB Rear Delt Raise (Thumbs In): 3x10**
 3. Shoulder
 - a) 3-Way Deltoid Raise (Front, Lateral, Bent Rear): 3x12 (*12 reps each exercise*)
 4. Arms
 - a) Zottman Curls: 3x10
 - b) Cable Rope Pushdowns: 3x10

TUESDAY: LINEAR SPEED

1. Dynamic Warm-up
2. **Jump-Back Acceleration Starts** x 6 (20 Yards)
3. 10-Yard Starts (Laser Time, Adjust Technique) x 10
4. Tempo 100's x 4
 - a) Big Skill – 18 Secs: Rest Period 54 Secs
 - b) Skills – 17 Secs: Rest Period 51 Secs
 - c) Elite Skill – 16 Secs: Rest Period 48 Secs

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by performing 3-5 vertical jumps.

1. Box Squat with Bands: 3RM
 - a) (Purple Band <350lb Squat; Green Band >350lb Squat)
2. Barbell Reverse Lunge: 3x8
3. Glute/Ham Raise (or “Poor man” Glute/Ham Raise): 3x8-10
4. Body Weight Ab Circuit x2
 - a) V-ups: x15
 - b) Plank: x1Min
 - c) Seated Twists: x20ea side

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: MULTI-DIRECTIONAL

1. Dynamic Warm-up
2. Reviewing 20-Yard Shuttle
 - a) Side Running Technique x 1 (Each Direction x 10 Yards)
 - b) First 5 Yards/First Turn Technique
 - i. Half Speed x 2 (Each Direction)
 - ii. Full Speed x 2 (Each Direction)
 - a) Full 5-10-5 Drill
 - i. Half Speed x 1 (Emphasis on Technique, Each Direction)
 - ii. First 5 Yards @ Full Speed, Rest of Drill @ Half Speed x 1 (Each Direction)
 - iii. Full Speed x 3 (Each Direction)
3. 3-Cone Drill
 - a) Reviewing Start (First 2 Turns)
 - i. Half Speed x 1 (Always Left Hand Stance)
 - ii. Full Speed x 2 (First 2 Turns, Half Speed Rest of the Drill)
 - iii. Full Speed x 2 (Entire Drill)

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS

1. **Neutral Grip Chain Push-ups (Wrapped Around Neck):** 3xMAX
2. Back
 - a) Timed Band Low Rows (Wrap Band Around Rack): 3x20 sec
3. Shoulders
 - a) **Blackburns** (4 Positions – 10sec ea. position)
 - b) Seated DB External Rotation, elbow on knee: 3x15 ea
4. Arms
 - a) Cable Fat bar Curls: 3x10
 - b) Alternate DB Triceps Extension: 3x10ea

WEEK 6

MONDAY: MAX EFFORT UPPER BODY LIFT

1. Reverse Band Bench: 1RM
2. Flat DB Bench: 3x8
3. Back
 - a) Seated Cable Rows: 4x6
 - b) Incline Bench DB Rear Delt Raise (Thumbs In): 4x10
4. Shoulder
 - a) 3-Way Deltoid Raise (Front, Lateral, Bent Rear): 3x12
5. Arms
 - a) Zottman Curls: 3x12
 - b) Cable Rope Pushdowns: 3x12

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. Jump-Back Acceleration Starts x 6 (20 Yards)
3. 10-Yard Starts (Laser Time, Adjust Technique) x 10
4. Tempo 100's x 4
 - a) Big Skill – 18 Secs: Rest Period 48 Secs
 - b) Skills – 16 Secs: Rest Period 44 Secs
 - c) Elite Skill – 14 Secs: Rest Period 40 Secs

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by performing 3-5 broad jumps.

1. Box Squat with Bands: 1RM
 - a) (Purple Band <350lb Squat; Green Band >350lb Squat)
2. Barbell Reverse Lunge (Feet Elevated): 3x8
3. Glute/Ham Raise (or “Poor man” Glute/Ham Raise): 3x10-12
4. Body Weight Ab Circuit x3
 - a) V-ups: x15
 - b) Plank: x1Min
 - c) Seated Twists: x20ea

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: MULTI-DIRECTIONAL

1. Dynamic Warmup
2. Reviewing 20-Yard Shuttle
 - a) Side Running Technique x 1 (Each Direction x 10 Yards)
 - b) First 5 Yards/First Turn Technique
 - i. Half Speed x 2 (Each Direction)
 - ii. Full Speed x 2 (Each Direction)
 - c) Full 5-10-5 Drill
 - i. Half Speed x 1 (Emphasis on Technique, Each Direction)
 - ii. First 5 Yards @ Full Speed, Rest of Drill @ Half Speed x 1 (Each Direction)
 - iii. Full Speed x 3 (Each Direction)
3. 3-Cone Drill
 - a) Reviewing Start (First 2 Turns)
 - i. Half Speed x 1 (Always Left Hand Stance)
 - ii. Full Speed x 2 (First 2 Turns, Half Speed Rest of the Drill)
 - iii. Full Speed x 2 (Entire Drill)

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS

1. Neutral Grip Chain Push-ups (Wrapped Around Neck): 3xMAX
2. Back
 - a) Timed Band Low Rows (Wrap Band Around Rack): 3x25 sec
3. Shoulders
 - a) Blackburns (4 Positions – 10sec ea)
 - b) Seated DB External Rotation, elbow on knee: 3x15 ea.
4. Arms
 - a) Cable Fat bar Curls: 3x15
 - b) Alternate DB Triceps Extension: 3x12ea

WEEK 7

MONDAY: MAX EFFORT UPPER BODY LIFT

1. Close Grip Band Bench: 3RM (Index finger on smooth part of bar)
2. DB Military Press: 3x8
3. Back
 - a) Chins (<220) or Lat Pulldown (>220): 3x8-10
 - b) Blast Strap Scarecrows: 3x12
4. Shoulder
 - a) Lateral Raise: 3x10
 - b) DB Shrugs: 3x20sec
5. Arms
 - a) DB Drop-Set Hammer Curls: x2 ie. 50lbx10; 40lbx10; 30lbx10

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. Falling Starts x 6 (20 Yards)
3. 10-Yard Starts (Laser Time, Adjust Technique) x 14

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by performing 3-5 vertical jumps

1. Box Jumps w/ 10lb Vest: x 24 or 8x3
2. **Bulgarian Split Squat Jumps**: 2x6ea leg
3. Reverse Hypers (or Back Raises): 3x12
4. Ab Circuit x3
 - a) Hanging Knee Raises: x10
 - b) Side Planks: x30sec ea. side

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: MULTI-DIRECTIONAL

1. Dynamic Warmup
2. 60-Yard Shuttle X 3 (*Left-handed start and all right-handed line touches. First 2 line touches same steps/technique as 3-Cone Drill.*)
 - a) 2 Min Rest
3. **Illinois Drill** x 3
 - a) 2 Min Rest

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS

1. RETEST 225lb Bench Test
2. Neutral Grip, Flat DB Bench 3x8
3. Back
 - a) T-Bar Rows (With Grappler If Possible) or BB Rows: 3x8
4. Shoulders
 - a) 45 Degree (Scaption) Shoulder Raise: 3x12
 - b) Lat Bar Face Pulls: 3x12
5. Arms
 - a) Chain Curls (3-5 Chains): 3x10
 - b) Fat Bar Cable Pushdown: 3x10

WEEK 8

MONDAY: MAX EFFORT UPPER BODY LIFT

1. Close Grip Band Bench: 1RM (Index finger on smooth part of bar)
2. DB Military Press: 4x6
3. Back
 - a) Chins (<220) or Lat Pulldown (>220): 3x10-12
 - b) Blast Strap Scarecrows: 3x12
4. Shoulder
 - a) Lateral Raise: 3x12
 - b) DB Shrugs: 3x20sec
5. Arms
 - a) DB Drop-Set Hammer Curls: x2 ie. 50lbx10; 40lbx10; 30lbx10

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. Falling Starts x 6 (20 Yards)
3. 10-Yard Starts (Laser Time, Adjust Technique) x 14

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by performing 3-5 broad jumps.

1. Box Jumps w/ 20lb Vest: x 24 or 8x3
2. Bulgarian Split Squat Jumps: 3x6ea. leg
3. Reverse Hypers (or Back Raises): 3x12
4. Ab Circuit x3
 - a) Hanging Knee Raises: x15
 - b) Side Planks: x40sec ea. side

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: MULTI-DIRECTIONAL

1. Dynamic Warm-up
2. 60-Yard Shuttle X 3 (*Left-handed start and all right-handed line touches. First 2 line touches same steps/technique as 3-Cone Drill.*)
 - a) 2 Min Rest
3. Illinois Drill X 3
 - a) 2 Min Rest

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS

1. Neutral Grip, Flat DB Bench 3x8
2. Back
 - a) T-Bar Rows (With Grappler If Possible) or BB Rows: 3x8
3. Shoulders
 - a) 45 Degree (Scaption) Shoulder Raise: 3x15
 - b) Lat Bar Face Pulls: 3x15
4. Arms
 - a) Chain Curls (3-5 Chains): 3x12
 - b) Fat Bar Cable Pushdown: 3x12

WEEK 9

MONDAY: MAX EFFORT UPPER BODY LIFT

1. RETEST MAX Bench Press: 1RM
1. Rolling DB Triceps extensions: 3x10
2. Back
 - a) Chest Supported Row: 3x10
 - b) Incline DB Clean: 3x10
3. Shoulder
 - a) Isometric Band Pull-Apart: 3x30sec
 - b) Low Cable Shoulder External Rotation: 3x10
4. Arms
 - a) BB Curls: 3x10
 - b) **Fat bar Cable Pushdowns w/ Mini Band:** 3x10

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. 10-Yard Starts (Laser Time, Adjust Technique) x 10
3. Straight leg bound into sprint X 6 (Bound for 20 yards, then sprint 20)

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by performing 3-5 vertical jumps.

1. **Safety Bar Box Squat:** 3RM
2. DB Step-ups: 3x8ea leg
3. **Green or Blue Band Good Mornings:** 3x15
4. Weighted Ab Circuit (w/ 45lb. plate) x2
 - a) Plate Side Bends: x15ea side
 - b) Plate Standing Twists: x15ea side
 - c) Plate Spread Eagle Sit-ups: x15

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: *MULTI-DIRECTIONAL*

1. Dynamic Warmup
2. 20-Yard Shuttle
 - a) Full 20-Yard Shuttle
 - i. Half Speed x 1 (Emphasis on Technique, Each Direction)
 - ii. First 5 Yards @ Full Speed, Rest of Drill @ Half Speed x 1 (Each Direction)
 - iii. Full Speed x 3 (Each Direction)
3. 3-Cone Drill
 - a) Reviewing Start (First 2 Turns)
 - i. Half Speed x 1 (Always Left Hand Stance)
 - ii. Full Speed x 2 (First 2 Turns, Half Speed Rest of the Drill)
 - iii. Full Speed x 3 (Entire Drill)

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: *DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS*

1. *Dynamic-Effort Bench Press with mini bands: 8x3
(*Barbell weight = 45% of 1RM bench)
2. DB Incline Bench: 3x8
3. Back
 - a) Pull-ups (<220) or Lat Pulldown (>220): 3x10-12
 - b) Cable Scarecrows: 3x12
4. Shoulders
 - a) Seated DB Clean: 3x10
 - b) Seated DB Lateral Raise: 3x12
5. Arms
 - a) Reverse E-Z Bar Curl: 3x10
 - b) Reverse Triceps Pushdown: 3x10

WEEK 10

MONDAY: MAX EFFORT UPPER BODY LIFT

1. BB Floor Press w/ 2-3 Chains: 3RM
 - a. (2 chains <350lb. max bench / 3 chains >350lb. max bench)
2. Rolling DB Triceps extensions: 3x10
3. Back
 - a) Chest Supported Row: 3x12
 - b) Incline DB Clean: 3x12
4. Shoulder
 - a) Isometric Band Pull-Apart: 3x30sec
 - b) Low Cable Shoulder External Rotation: 3x15
5. Arms
 - a) BB Curls: 3x12
 - b) Fat bar Cable Pushdowns w/ Mini Band: 3x12

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. 10-Yard Starts (Laser Time, Adjust Technique) x 8
3. Straight leg bound into sprint X 5 (Bound for 20 yards, then sprint 20)

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by performing 3-5 broad jumps.

1. Safety Bar Box Squat: 1RM
2. DB Step-ups: 3x8ea leg
3. Green or Blue Band Good Mornings: 3x15
4. Weighted Ab Circuit (w/ 45lb. plate) x3
 - a) Plate Side Bends: x15ea
 - b) Plate Standing Twists: x15ea
 - c) Plate Spread Eagle Sit-ups: x15

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: *MULTI-DIRECTIONAL*

1. Dynamic Warmup
2. 20-Yard Shuttle
 - a) Full 20-Yard Shuttle
 - i. Half Speed x 1 (Emphasis on Technique, Each Direction)
 - ii. First 5 Yards @ Full Speed, Rest of Drill @ Half Speed x 1 (Each Direction)
 - iii. Full Speed x 3 (Each Direction)
3. 3-Cone Drill
 - a) Reviewing Start (First 2 Turns)
 - i. Half Speed x 1 (Always Left Hand Stance)
 - ii. Full Speed x 2 (First 2 Turns, Half Speed Rest of the Drill)
 - iii. Full Speed x 3 (Entire Drill)

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: *DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS*

1. *Dynamic-Effort Bench Press with mini bands: 8x3
(*Barbell weight = 50% of 1RM bench)
2. DB Incline Bench: 3x8
3. Back
 - a) Pull-ups (<220) or Lat Pulldown (>220): 3x10-12
 - b) Cable Scarecrows: 3x12
4. Shoulders
 - a) Seated DB Clean: 3x10
 - b) Seated DB Lateral Raise: 3x12
5. Arms
 - a) Reverse E-Z Bar Curls: 3x12
 - b) Reverse Triceps Pushdown: 3x12

WEEK 11

MONDAY: MAX EFFORT UPPER BODY LIFT

1. **Football Bar Bench:** 3RM
1. Back
 - a) Fat bar Wide Grip Seated Row: 3x10
 - b) Cable Face Pull: 3x10
2. Shoulder
 - a) Front Plate Raise: 3x10
 - b) Low-pulley Cable Lateral Raise: 3x10 ea
3. Arms
 - a) Incline DB Curls: 3x8ea

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. 40-Yard Dash x 2-3

WEDNESDAY: LOWER BODY STRENGTH

1. Dynamic-Effort Box Squat (2-3 Chains): 8x2
 - a) (2 Chains <400lb Max Squat; 3 Chains >400lb Max Squat)
2. DB Lateral Lunge: 3x8ea
3. DB RDL: 3x10
4. Weighted Ab Circuit x3
 - a) Standing Band (or Cable) Ab Pulldowns: X 15

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY: *MULTI-DIRECTIONAL*

1. Dynamic Warmup
2. 20-Yard Shuttle
 - a) Full 20-Yard Shuttle
 - i. Half Speed x 3 (Emphasis on Technique, Each Direction)
3. 3-Cone Drill
 - a) Reviewing Start (First 2 Turns)
 - i. Half Speed x 3 (Always Left Hand Stance)

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: *DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS*

1. Final 225lb Bench Test:
2. Blast Strap Push-ups: 3x15
3. Back
 - a) Straight Arm Pulldown: 3x10
 - b) Timed Band Pull-Aparts: 3x20sec
4. Shoulders
 - a) DB Shrugs w/Isometric Hold at Top: 3x10
 - b) Incline Bench Reverse Fly (Thumbs in): 3x10
5. Arms
 - a) 21's (Gun Salute): 3x7ea
 - b) Band Triceps Pushdowns: 3x25

WEEK 12

MONDAY: MAX EFFORT UPPER BODY LIFT

1. Football Bar Bench: x8, x8, x6, x4
2. Back
 - a) Fat bar Wide Grip Seated Row: 3x8
 - b) Cable Face Pull: 3x12
3. Shoulder Front Plate Raise: 3x12
 - a) Low-pulley Cable Lateral Raise: 3x12 ea
4. Arms
 - a) Incline DB Curls: 3x10ea

TUESDAY: LINEAR SPEED

1. Dynamic Warmup
2. 10-yard sprints X 3-5
3. Foam Roll
4. PNF or Static Stretching

WEDNESDAY: LOWER BODY STRENGTH

*Conclude warm-up by performing 2 vertical jumps & 2 broad jumps.

1. Dynamic-Effort Box Squat (2-3 Chains): 6x2
 - a. (2 Chains <400lb Max Squat; 3 Chains >400lb Max Squat)
2. 45-degree low back raises – 3x12 (bodyweight only)
3. Weighted Ab Circuit x3
 - a) Standing Band (or Cable) Ab Pulldowns: x20ea

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

THURSDAY – *MULTI-DIRECTIONAL*

1. Dynamic Warmup
2. 20-Yard Shuttle
 - a) Full 20-Yard Shuttle
 - i. Half Speed x 2 (Emphasis on Technique, Each Direction)
1. 3-Cone Drill
 - a) Reviewing Start/First 2 turns (Always left-handed stance/touch lines w/ right hand)
 - i. Full Drill, Half Speed x 2

***RECOMMENDED:** Ice bath in the evening to promote recovery for tomorrow's workout.

FRIDAY: *DYNAMIC/REP UPPER BODY LIFT + FOOTBALL DRILLS*

1. Dynamic-Effort Bench Press w/Straight Weight (55% of 1RM): 6x3
2. Blast Strap Push-ups: 2x15
3. Back
 - a) Straight Arm Pulldowns: 3x10
 - b) Timed Band Pull-Aparts: 3x20sec
4. Shoulders
 - a) DB Shrugs w/Isometric Hold at Top: 3x10
 - b) Incline Bench Reverse Fly (Thumbs in): 3x10
5. Arms
 - a) 21's (Gun Salute): 3x7ea
 - b) Band Triceps pushdowns: 3x25

Commonly Asked Questions

Q: Can you please give me a sample “Dynamic Warm-up” that can be used before your speed workouts? Can you also give me a sample warm-up for the 225 lb. bench test?

A: Below is a sample dynamic warm-up that we’ve used before speed workouts. Keep in mind that this is only one of MANY warm-ups that can be done. The most important thing to note is the format that we use with our warm-ups – we start with general calisthenics and movement skills to increase core temperature; then we move into mobility drills & dynamic stretches to lengthen the muscles; we finish with frequency drills to excite the central nervous system before beginning our session.

GENERAL WARM-UP PHASE

Body squats X 10

Jumping jacks X 10

Seal Jumps X 10

Front skips – 20 yards down & back

Stationary side lunge – 8 each side

Wideouts – 2 sets of 5 sec.

Side shuffle – 20 yards down & back

Stationary reverse lunge – 8 each leg

Backpedal – 20 yards down & back

Standing leg swings – 10 each leg

Walking lunges – 10 total steps, turn around and 10 steps back

Low pogo jumps X 20 seconds / High pogo jumps X 20 seconds

40-yard jog down & back

GROUND-BASED MOBILITY

Supine straight leg raises – 10 each leg

Bent-knee iron cross – 10 each side

Roll-overs into V-sits – 10

Quadruped bent-knee circles – 10 reps fwd/10 reps bkwd

Prone cobra stretch – 8 reps each leg

Mountain climbers – 10 reps each leg

Groiners X 8

FREQUENCY DRILLS

Quicksteps (Ankling) – 10 yards “on”, walk 10 yards, 10 yards “on”, walk 10 yards (Perform 2 reps). The goal of this drill is to get as many steps in as possible in 10 yards. Only drive your knee high enough so that your foot

rises up to the height of your opposite ankle. Focus on driving your arms *back* as fast as possible so your hands fire *behind* your hips.

“*High Knees*”, aka, *Buttkickers* – Perform in same 10 “on”/10 “off” fashion as Quicksteps. (Do NOT kick your heels *back* into your butt when performing this drill. This promotes improper sprinting mechanics because there is virtually NO hip flexion when you perform “buttkickers” in this fashion. Proper “buttkicker” technique should be performed by driving your heel up in a straight line towards your butt; if performed properly your knee should drive up above your hip.)

**Please note that the above warm-up is a sample warm-up that we do before workouts. We recommend “abbreviating” this warm-up before your Combine or Pro Day. This is because, in the beginning, this “warm-up” may be somewhat of a workout in and of itself! This is fine when you’re in training. But before your Combine or Pro Day, you want to be fresh. Choose your favorite drills and condense the warm-up so it only takes you 10-12 minutes to complete. This is usually enough to get you warmed up, without tiring you out.

As far as warming up for the 225-pound bench press test is concerned, we recommend multiple sets of *low* reps and taking 1 or 2 reps over 225 before performing the test. Here’s an example:

135 X 5

185 X 3

225 X 1

275 X 1 (If your max bench is 315 – 350)

315 X 1 (If your max bench is 355 or more)

225 X max reps

Q: I noticed that the workout provided in this manual is a 5-day plan with weekends off. Is there anything you recommend during the weekends?

A: The weekends should be dedicated to recovery & restoration. Remember that *recovery* is an extremely important training variable and must not be overlooked! Some of the training weeks on this program are tough, so you must help your body recover on the weekends. Remember that the workouts are only a stimulus; without proper recovery, you will not

reach your true speed and strength potential – so don't overdo it on the weekends!

Some of our favorite recovery methods are massage, foam rolling, ice baths, cold tub/hot tub contrast baths or contrast showers, swimming or light exercising in a pool and static stretching, just to name a few. These are the types of things you should be doing on the weekends while you're on this program. (If you have to perform your football drills on Saturday, try and do them earlier in the day so you have more time to recover.)

The only "workouts" we recommend on Saturday (or Sunday) would be light cardio for overweight athletes that need to drop weight/bodyfat. We've had some lineman who needed to do some extra cardio to help create a calorie deficit on the weekends. In their cases, we'll have them do an extra 30-40 minutes on the elliptical, exercise bike, uphill walking on treadmill or light sled dragging. Remember that you don't want these workouts to create soreness or interfere with the athlete's recovery ability; they are only meant to burn some extra calories for athletes that need it.

Q: I notice you guys don't have your athletes run a lot of full speed 40's? The 40 is the most important test. Shouldn't you spend more time on it? I feel like there's not enough 40's in your program.

A: It is true that we run less full-speed 40's, compared to other "Combine Experts"; it is also true that we get better results than most of these "experts". There is definitely a method to our madness!

First of all, one of the reasons that we get such great results is because we train the "cause" of the problem, not the problem itself. In other words, if an athlete runs a slow 40-yard dash, we determine what's "causing" the slow 40 and then we correct the *cause*. This is how you get great results.

For example, if an athlete pops straight up at the start and takes 9 steps to run 10 yards, he's not going to run a fast 40. If we took this athlete and had him continue practicing full 40's without correcting the cause of his "slowness", he would never get faster regardless of how many 40's he ran. By breaking down the 40-yard dash into separate parts, we are able to make positive changes in running mechanics without overtraining our athletes by having them run full 40's all the time. Not only does this method produce more positive results; it drastically reduces injury potential!

Q: Can you explain your version of “tempo 40’s”? How exactly do you have your athletes perform these?

A: Tempo 40’s are 40-yard dashes run at various percentages of your max. For example, take an athlete who can run a 4.51 forty; we may do “tempo” 40’s with him at about 85 percent. This would mean we would want him running in the 5.2-second range. We usually coach the athlete to drive out of his stance and hit the 10-yard mark at full speed and then let that momentum “carry” him to the finish. The athlete isn’t really trying to speed up, nor is he slowing down. (Think of it as if you rolled a bowling ball down a ten-yard hill. The ball picks up enough speed in those ten yards to enable it to keep rolling once it hits flat ground – even without any outside forces pushing it.) These tempo runs enable athletes to focus on their top speed mechanics, in a relaxed state, without worrying about running their best time. These also help prevent overtraining and can be used as a conditioning tool as well. Running max 40’s day in and day out will undoubtedly fry the nervous system, not to mention increase the athlete’s risk of pulling a muscle.

Q: I read a lot about athletes training 2-3X a day to prepare for their combine. Is this better? You guys seem to prefer only one session a day. Is this correct?

A: The answer to this question would depend on the individual athlete’s situation; how much time does he have to prepare? What’s his work, school, practice schedule look like? Does he have access to the necessary equipment, fields, etc., every day of the week?

The one thing that a lot of trainers fail to realize is that most athletes don’t have the time, money, or the resources to train multiple times per day.

That is why the 12-Week Program outlined in this manual was chosen; it’s one of the programs we’ve used with incredible success, yet it’s pretty simple to follow because there’s only one main training session per day. We would never *sell* a program that looks great, yet 95% of the people purchasing it can’t perform it.

As we’ve stated time and time again, there are many ways to get the job done. The program outlined in this manual is just one of the many.

Q: I am helping a high school athlete prepare for a couple of underclassman combines. I imagine a lot of standing around. Could you suggest or do you use specific warm-ups for each event?

A: We have our athletes go through a specific 12-15 minute warm-up (they usually don't get a ton of time to warm-up). Then, we have our athletes rehearse a specific aspect of each test - or jog through the actual test - while they are waiting their turn.

For example:

Before the 40-yard dash, we tell our athletes to rehearse their stance and run 2-3 10-yard sprints and 1 "tempo" 40-yard dash.

Before the 20-yard shuttle, we have our athletes perform 5-yard "side runs" back and forth for 2-3 reps. (This helps with the 1st 5 yards as well as the 2nd line touch.)

Before the vertical jump, we have them static stretch their hip flexors and then perform some pogo jumps or squat jumps to keep the nervous system excited.

For the bench press test, the key is to start the warm-up at the right time. You want to have about 2-3 minutes rest after your last warm-up set. (You don't want to be standing around for 10-15 minutes after you finished your warm-up.)

Those are usually the only tests that they do at high school Combines. Just make sure your kid doesn't burn himself out "warming up". There is a fine line between an optimal warm-up and burning yourself out.

Q: How many days do you recommend I take off before my Combine?

A: We recommend giving yourself 3 days completely off before your Combine.

After you complete Week 12 of this workout and you take that weekend off, you should feel pretty good. (This is because Week 12 is a pretty light,

recovery-type of week.) If you want to fit in another workout or two because your Combine is later in the week; make sure you keep the workouts *light!* For example, let's say you finish Week 12 on Friday, yet your Combine isn't until the following Friday. In this case, we recommend taking the weekend off and then on Monday you can go through an "abbreviated" dynamic warm-up and then jog through each test once or twice. This "workout" should only last about 30-40 minutes. If you want, you can do a "vanity" lifting workout as well – back, bis, traps, abs; whatever you do, DON'T lift any legs or perform any bench-pressing. This is because you want to be fresh for your running drills and the bench press test.

If your Combine is on a Friday, another option would be to do your light running "workout" on Monday and your "vanity" lifting workout on Tuesday. This is good for athletes who don't feel good taking days off; this enables them to get out of their house or dorm, yet the lifting workout on Tuesday isn't going to interfere with their 3 full days of recovery (because they're still off their legs for 3 days before the Combine). Plus, a nice back & bis pump usually puts athletes in a good mood! And a positive frame of mind is very important as an athlete's Combine approaches!

Hopefully this gives you some insight on how to plan your recovery during your final phase of preparation.

Q: I was wondering what you do regarding injury/flexibility screening, range of motion, muscle balance and strength ratios with the programming of your combine athletes.

A: We stopped performing a formalized "testing/screening" day(s) with our athletes about 5 years ago. This does NOT mean that we don't address flexibility, strength ratios, imbalances, etc. But, I've found it much more productive to have our new athletes TRAIN the 1st week that they are with us and we evaluate them during the 1st week of training. SO MUCH can be discovered by watching an athlete TRAIN, as opposed to putting them through some pre-determined, non-functional tests.

Here are just 5 of the key exercises/drills we have our Combine/Pro Day athletes perform during their 1st week of training. As you can see, these 5 things can tell a TON about an athlete...

Dynamic warm-up w/ mobility drills - watching an athlete go through a thorough warm-up will show his/her general fitness levels,

flexibility/mobility in all muscle groups and their relative strength

Vertical Jump - this simple test will give you some initial info as to whether you're dealing with a "fast-twitch" athlete, "slow-twitch" athlete, or someone in between.

Box squat - watching an athlete box squat can tell an entire story of an athlete's lower body strengths, weaknesses, imbalances, flexibility issues, etc.

Bench press max vs. 225lb. rep test - This test will not only help determine an athlete's muscle fiber make-up, but it lays the foundation so we can compare the athlete's strength levels in other upper body lifts - especially exercises that require strong scapula retractors, external rotators, etc.

40-yard dash - from a speed standpoint, this test will help us determine if an athlete possesses greater acceleration ability or top-end speed, etc. In other words, is he "stronger" or more "elastic".

As you can see, A LOT can be learned about an athlete while watching them TRAIN. In my opinion, there is no need to waste 1 or 2 days just "testing" an athlete. (Obviously, we "interview" all of our athletes first and have them fill out a medical questionnaire, etc. All previous injuries are taken into consideration during the 1st week of training.)

After the first week of training, we gather our info and make adjustments to the program. For example, this year we had a couple athletes that had the worst hip rotator/adductor flexibility & mobility I've ever seen. These athletes were given foam rollers (along with a routine) to perform every day before they came to train and every night when they got home. They also come in 1-2 extra days a week for 1-on-1 stretching with us. This was in conjunction with performing mobility drills 6 days a week before training.

Hopefully this gives you some insight in our "testing" protocols...it has worked extremely well for us.

Q: Do you guys address the mental aspect of training for the combine? You seem to produce a lot of small school kids who put on incredible performances at the NFL Combine. How do these lesser known guys step up on such a big stage? I'm assuming you address this in their training?

A: The mental aspect of training is HUGE! This is something we definitely address, but we address it "indirectly". In other words, we don't have our athletes come to the gym for "mental training sessions"; yet they are always mentally prepared. This is because our training program covers every single aspect of the Combine; we cover every single test, drill and situation. We tell our athletes what shoes to wear, what food to pack and we discuss best and worst case scenarios. Repetition is the name of the game; once our athletes leave for their Combine, they have gone over every single aspect of the Combine so many times that they're sick of it! So when they arrive at their Combine, it's "just another day". As we like to say to our athletes, "*Same shit, different scenery.*" In other words, the best "mental" training for an athlete is knowing that his coach has prepared him fully. If your athlete truly *believes* that he is the most well-prepared athlete at his Combine, this alone will improve his performance.

The one mental "game" I do recommend is always give positive feedback during the last workout(s) before your athlete leaves for his Combine. You do not want your athlete going into his Combine unsure of himself. This can literally ruin an athlete!

Although we are extremely critical and we are constantly correcting our athletes during the training process; once the final week hits and our athletes are rehearsing the drills for the final time, we always make sure to keep the feedback positive. During the final week, it is time to focus on the things that your athletes are doing *well*. Once you hit the final week of preparation, the work is pretty much done; so you want your athlete leaving every session feeling good about their performance. If an athlete senses his coach is nervous, he will become a nervous wreck and this will ruin his performance.

Q: What footwear do you guys recommend for the different tests?

A: Our two favorite shoes are *Nike Zoom Waffle Racers* or *Nike Vapor Football Cleats*.

The Waffle Racer is a track shoe without the spikes. (Most Combines don't allow track shoes with spikes.) The Waffle Racer is great for the 40-yard dash, vertical jump and broad jump. If you are running on "old-school" Astroturf, you can perform the agility tests in them as well. I would only recommend this if you're a skill player and you have very good change-of-direction technique on the agility tests. I say this because the Waffle Racer gives you no ankle support; but, if you change direction like we teach in our **Combine DVD**, you can wear these without "rolling" your ankle.

If you're Combine drills are going to be performed on a FieldTurf surface, the best football cleat at the present time is the Nike Vapor. They are very light, yet firm. This decreases your ground contact time when sprinting. All the drills can be performed with these cleats if you're running on FieldTurf. Over the past 3 years, this shoe has been the most popular choice for our athletes.

I suggest buying both shoes and testing them yourself during the first couple weeks of your training. The goal is to know what shoe works better for you by no later than week four. You don't want to be messing around with your shoes throughout your entire training cycle.

Also, be aware that many Combines have the athletes perform the vertical jump and broad jump inside a gym before going outside onto the field to perform the running drills. In this case, you should bring Waffle Racers to jump in and then change into your Nike Vapors if you're going to run on a FieldTurf field.

The moral of the story is to arrive at your Combine prepared! We suggest bringing a gym bag with Waffles, Nike Vapors and your regular football cleats for specific football drills that are sometimes performed at Combines. Remember it is always better to be *over-prepared*, compared to *under-prepared*!

These guys did it...
Now it's **YOUR** turn!

