

# DEVELOPING TODAY'S ATHLETE

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# BACKGROUND

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## COACHING EXPERIENCE

- Bishop Gorman High School (Las Vegas, NV)
  - 3 National Championships, 8 State Championships
- California High School (San Ramon, CA)

## PLAYING EXPERIENCE

- Kansas City Chiefs
- San Francisco 49ers (drafted)
- New Mexico State University

## EDUCATION

- B.A. Psychology, Columbia College
- CSCS – Certified Strength & Conditioning Specialist
- CES – Corrective Exercise Specialist
- FMS – Functional Movement Screen Certified
- NES – Nutrition Exercise Specialist

## MAJOR INFLUENCES

- Bill Walsh
- Henry Sroka
- Mike Solari
- Pete Carroll
- George Seifert

# DEVELOPING AN AIM

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Teaching athletes to prioritize the maximization of their potential.

Evaluate the usefulness of everything you do from this aim.

Identify and build the best plan of action to help achieve aim in this aim.

# AREAS TO DEVELOP

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## SPIRITUAL

- Inside out focus

## PHYSICAL

- Systematic plan to optimize athletic performance

*“You’re blessed when you get your inside world – your mind and heart – put right. Then you can see God (good) in the outside world.”*

***Matthew 5:3 (MSG)***

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🔒 “Snoop & Son: A Dad’s Dream” Episodes 1 and 2

# DEVELOP DISCIPLINE

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## DISCIPLINE

- *“The number one thing that gives an athlete the greatest opportunity to maximize their growth potential is developing a disciplined life ”*

### 3 Areas of Applied Discipline:

1. Principle Centered Thinking
2. Self-Awareness
3. Learning to Take Responsibility

*“The road to life is a disciplined life, ignore correction and you are lost for good”.*

***Proverbs 10:17 (MSG)***

# TEAM TALK EXAMPLE

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*We are what we repeatedly do. Excellence, then, is not an act, but a habit.*

**Aristotle**

**“The world is full of naturally brilliant people who never rise above mediocrity because they will not make the sacrifice which superiority requires.”**

**“He lacks the strength of leadership, the fullness of knowledge, the soundness of judgment, **which can only be built up BIT BY BIT through YEARS of pain staking toil.**”**

**“They are too lazy and self-indulgent to propel themselves to the top. Their ambitions may not be beyond their capacity, but they are beyond their discipline.”**

**“The Disciplined Life” by Richard Taylor**

# PRINCIPLE CENTERED

## PRINCIPLE CENTERED THINKING

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- Teaching athletes to commit to natural laws (or principles) that govern human growth and progress
- Application of principle is the key to building an excellence of character
- Principle of love

*“He who has a ‘why’ to live for can bear with almost any ‘how’.”*

***Friedrich Nietzsche***



# SELF AWARENESS

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*“For as he thinks within himself, so he is.”* **Proverbs 23:7 (NASB)**

- 1. Self awareness** – A knowledge or understanding of ones self.
- 2. The key to growth** is being aware of what we need to change within ourselves first.
- 3. Self awareness allows us to evaluate** the effectiveness of our perspectives and response patterns (behavior) and then make corrections where necessary.

*“Illness and Disease should be defined as any defect in the structure of our bodies or our personalities that prevents us from fulfilling our potential as human beings.”*

***People of the Lie***

# TAKING RESPONSIBILITY

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“Sooner or later, if people are to be healed, they must learn that the entirety of one’s adult life is a series of personal choices, decisions. *If they can accept this totally, then they become free people.*” ***The Road Less Traveled***

1. **Assuming responsibility** is a basic condition of change.
2. **People who persistently blame** others for their problems limit personal growth.
3. **Our behavior is a function of our decisions**, not our conditions.

# **PHYSICAL DEVELOPMENT**

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PERFORMANCE  
ENHANCEMENT

- FOUNDATIONAL WORK
- ADEQUATE STRENGTH BASELINE
- POWER WORK — RATE OF FORCE DEVELOPMENT
- PEAK — HIGH SPEED WORK

# **PHYSICAL DEVELOPMENT**

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## **FOUNDATIONAL WORK**

- Assessment
- Mobility, Stability, Flexibility & Correctives
- Proper Movement Patterns: Acceleration, Deceleration, Jumping & Lifting Mechanics





2012 STATE AAAA CHAMP  
2013 STATE DIVISION I CHAMP  
2014 STATE DIVISION I CHAMP







# **PHYSICAL DEVELOPMENT**

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## **ADEQUATE STRENGTH BASE**

Metabolic Circuit: Size Focus

Usually Linear Strength Work

- Rep/Sets 4x6, 5x5, 5x3
- Time frame 4-6 weeks
- Create rep max – Work to increase it each week

Set strength goals

- 1.75 – 2.0x BW Squat
- 1.25 – 1.5x BW Bench

Ultimate goal of strength phase is to build power potential

# **PHYSICAL DEVELOPMENT**

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## ADVANCED METHODS

# POWER WORK – RATE OF FORCE DEVELOPMENT

- VBT (Velocity Based Training)
- High Force – Low Velocity Work
- Medium Force – Medium Velocity Work
- Low Force – High Velocity Work







## **PHYSICAL DEVELOPMENT**

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## **SPECIFICITY TRAINING**

- Train Position Specific Patterns
- Train Sport Specific Metabolic Systems
- Weight Room Lifts and Movements have High Speed Focus and Closely resemble on field position movements



# RESOURCES

## Correctives & Screens

NASM CET

FMS

Fusionetics

## Philosophy Books

Bible

Road Less Traveled, Peck

Victory Over the Darkness,  
Anderson

The Secret of Letting Go,  
Finley

## Training Books

Advances In Functional  
Training, Mike Boyle

The Coaches Strength Training  
Playbook, Joe Kenn

Triphasic, Cal Dietz

Super Training, Mel Siff  
/Verkhoshansky

Supple Leopard, Kelly Starrett

**Thanks Blair & Hammer Clinic!!**

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