



2020 NSCA COACHES CONFERENCE & LIVESTREAM



#Coaches20

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

TEXAS FOOTBALL IN-SEASON TRAINING & PRACTICE PLANNING

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UT FOOTBALL STRENGTH & CONDITIONING STAFF



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**MATT VAN DYKE
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OVERVIEW

- *PREPARATION & PLANNING*
 - Must lay a proper foundation
- *IN-SEASON WEIGHT ROOM TRAINING*
 - Provide well-rounded approach
- *PLANNING PRACTICES*
 - Work to provide “fast and fresh” athletes come game day
 - The best ability is availability

PREPARATION & PLANNING

- *UNDERSTAND REQUIREMENTS OF BOTH PRACTICE & COMPETITION*
 - TRAINING REVOLVES AROUND IMPROVEMENTS ON FIELD
- *FOUNDATION IS BUILT YEAR ROUND*
 - In-Season is no time to “build”
 - Attempts to build and compete lead to poor performance & injury

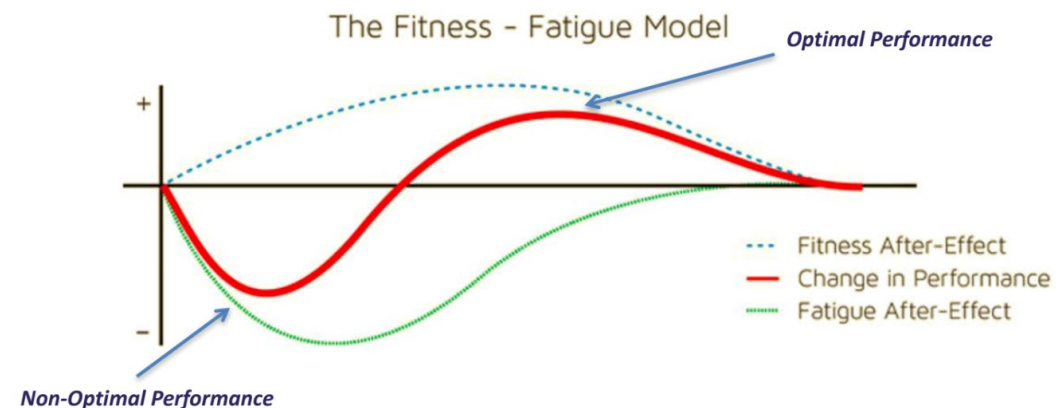
PREPARATION & PLANNING

- *HIGH LEVEL PERFORMANCE REQUIRES HIGH LEVEL TRAINING*
- *MUST KNOW WHERE THE END GOAL IS BEFORE AN EFFECTIVE PLAN CAN BE CREATED*
- *IT'S NOT THE LOAD, IT'S HOW YOU GET THERE*



PREPARATION & PLANNING

- *PERFORMANCE IS A RESULT OF FITNESS & FATIGUE*
- *BUILD AN ADEQUATE “BANK ACCOUNT”*
 - Fitness “deposits” accumulate over the long term
 - Off-Season training
 - Fall camp
 - Practice
 - Fatigue “withdrawals” accumulate in the short term
 - Never let an athlete or team “go broke”



FALL TRAINING CAMP GOALS/OBJECTIVES

- *HIGHEST STRESS TIME OF YEAR SEEN FROM PRACTICE*
- *REDUCED OVERALL TRAINING VOLUME*
- *FLUSH OUT SORENESS & STIFFNESS, PROMOTE BLOOD FLOW*
- *UTILIZE MULTIPLE RECOVERY MODALITIES
(TEMPERING, BANDS, MASHING, VOODOO FLOSS, ETC.)*
- *HIGHER FREQUENCY OF TRAINING WITH REDUCED TIME (30-40 MIN)*
- *PROMOTE/MAINTAIN QUALITY OF MOVEMENT*

FALL TRAINING CAMP PLAN

2018 ANNUAL PLAN												
WEEK	29		30		31		32					
MONTH	JULY			AUGUST								
SEASON	FALL CAMP											
GOALS	MAINTAIN MAX STRENGTH STRENGTH+ SPEED SUBMAX EFFORT											
OCLE	OCLE1											
LOADING	VK1		VK2		VK3		VK4					
	BASE		LOAD		DELOAD		PERFORM					
MAX EFFORT	MAX STRENGTH											
	65		72		60		80					
	4	2	3	2	3	3	3	1				
	0.23		0.21		0.23		0.15					
DYNAMIC EFFORT	STRENGTH+ SPEED											
	60		67		55		75					
	3	3	3	3	3	3	3	3				
	0.23		0.27		0.20		0.36					
FREE EFFORT	SUBMAX EFFORT											
	55		62		50		70					
	5	5	5	5	5	5	5	5				
	0.56		0.66		0.50		0.83					

FALL TRAINING CAMP LIFT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				REPORT DAY	LIFT PRACTICE	LIFT PRACTICE
LIFT PRACTICE	OFF	LIFT PRACTICE	LIFT PRACTICE	LIFT PRACTICE	LIFT PRACTICE	LIFT PRACTICE
MOBILITY PRACTICE	OFF	LIFT PRACTICE	LIFT PRACTICE	LIFT PRACTICE	LIFT PRACTICE	LIFT PRACTICE
MOBILITY PRACTICE	LIFT PRACTICE	OFF	LIFT PRACTICE	MOBILITY PRACTICE	LIFT PRACTICE	WALK THROUGH
GAME WEEK						

FALL CAMP EXAMPLE TRAINING TEMPLATE

PRE ACTIVITY PREPARATION														
ACTIVATION SERIES			STATION ROTATION			POWER CLEAN COMPLEX								
ALI SHUFFLE X:15			BAR OVERHEAD COMPLEX			135 LBS								
COUNTER BALANCE SQ X:10			OH SQ X5			DEADLIFT X3								
DIAGONAL CHOP X:10			HP SNATCH BALANCE X5			POWER CLEAN PULL X3								
PUSH UP TO MIDDLE BRIDGE X:30			SNATCH BALANCE X5			POWER CLEAN X3								
ISO HIP BRIDGE (D-R-L-D) X:15			MB ROTATIONAL THROW X10e			FRONT SQUAT X3								
			REVERSE HYPER X10											
SUNDAY			WEEK 1			WEEK 2			WEEK 3					
DATE														
BACK			TIME	%	SET	REP	TIME	%	SET	REP	TIME	%	SET	REP
X3 CHAIN DEADLIFT														
TIER 1	0:00			40%	1	2	0:00	45%	1	2	0:00	50%	1	2
	1:00			40%	2	2	0:00	45%	2	2	0:00	50%	2	2
	2:00			40%	3	2	0:00	45%	3	2	0:00	50%	3	2
	3:00			40%	4	2	0:00	45%	4	2	0:00	50%	4	2
	4:00			40%	5	2	0:00	45%	5	2	0:00	50%	5	2
	5:00			40%	6	2	0:00	45%	6	2	0:00	50%	6	2
	6:00			40%	7	2	0:00	45%	7	2	0:00	50%	7	2
	7:00			40%	8	2	0:00	45%	8	2	0:00	50%	8	2
8:00			W/U			0:00	W/U			0:00	W/U			
DOLLEY LEG CURL			:03 ECC.			:03 ECC.			:03 ECC.					
TIER 2	0:00			1	8	0:00	1	8	0:00	1	8			
	2:00			2	8	0:00	2	8	0:00	2	8			
	4:00			3	8	0:00	3	8	0:00	3	8			
0:00			W/U			0:00	W/U			0:00	W/U			
NECK			:02 ISO			:02 ISO			:02 ISO					
TIER 3	0:00			1	10e	0:00	1	10e	0:00	1	10e			
	2:00			2	10e	0:00	2	10e	0:00	2	10e			
	4:00			3	10e	0:00	3	10e	0:00	3	10e			
0:00			W/U			0:00	W/U			0:00	W/U			
MACHINE FLEXION / EXTENSION			OR			BAND JAW / TUCK								

PRE ACTIVITY PREPARATION														
ACTIVATION SERIES			STATION ROTATION			POWER CLEAN COMPLEX								
ALI SHUFFLE X:15			BAR OVERHEAD COMPLEX			135 LBS								
COUNTER BALANCE SQ X:10			OH SQ X5			DEADLIFT X3								
DIAGONAL CHOP X:10			HP SNATCH BALANCE X5			POWER CLEAN PULL X3								
PUSH UP TO MIDDLE BRIDGE X:30			SNATCH BALANCE X5			POWER CLEAN X3								
ISO HIP BRIDGE (D-R-L-D) X:15			MB ROTATIONAL THROW X10e			FRONT SQUAT X3								
			REVERSE HYPER X10											
TUESDAY			WEEK 1			WEEK 2			WEEK 3					
DATE														
INSIDE			TIME	%	SET	REP	TIME	%	SET	REP	TIME	%	SET	REP
BUFFALO BAR BSQ														
TIER 1	0:00			60%	1	3	0:00	62%	1	3	0:00	65%	1	3
	1:00			65%	2	2	0:00	67%	2	2	0:00	70%	2	2
	2:00			70%	3	1	0:00	72%	3	1	0:00	75%	3	1
	3:00			70%	3	1	0:00	72%	3	1	0:00	75%	3	1
	4:00			70%	3	1	0:00	72%	3	1	0:00	75%	3	1
	5:00			60%	4	3	0:00	62%	4	3	0:00	65%	4	3
	6:00			65%	5	2	0:00	67%	5	2	0:00	70%	5	2
	7:00			70%	6	1	0:00	72%	6	1	0:00	75%	6	1
8:00			W/U			0:00	W/U			0:00	W/U			
BAND SINGLE LEG HIP BRIDGE			:02 ISO			:02 ISO			:02 ISO					
TIER 2	0:00			1	8e	0:00	1	8e	0:00	1	8e			
	2:00			2	8e	0:00	2	8e	0:00	2	8e			
	4:00			3	8e	0:00	3	8e	0:00	3	8e			
0:00			W/U			0:00	W/U			0:00	W/U			
1/2 KNEELING BAND PULL PUNCH			:02 ISO			:02 ISO			:02 ISO					
TIER 3	0:00			1	8e	0:00	1	8e	0:00	1	8e			
	2:00			2	8e	0:00	2	8e	0:00	2	8e			
	4:00			3	8e	0:00	3	8e	0:00	3	8e			
0:00			W/U			0:00	W/U			0:00	W/U			

PRE ACTIVITY PREPARATION														
ACTIVATION SERIES			STATION ROTATION			POWER CLEAN COMPLEX								
ALI SHUFFLE X:15			BAR OVERHEAD COMPLEX			135 LBS								
COUNTER BALANCE SQ X:10			OH SQ X5			DEADLIFT X3								
DIAGONAL CHOP X:10			HP SNATCH BALANCE X5			POWER CLEAN PULL X3								
PUSH UP TO MIDDLE BRIDGE X:30			SNATCH BALANCE X5			POWER CLEAN X3								
ISO HIP BRIDGE (D-R-L-D) X:15			MB ROTATIONAL THROW X10e			FRONT SQUAT X3								
			REVERSE HYPER X10											
WEDNESDAY			WEEK 1			WEEK 2			WEEK 3					
DATE														
BACK			TIME	%	SET	REP	TIME	%	SET	REP	TIME	%	SET	REP
3B BENCH PRESS														
TIER 1	0:00			60%	1	3	0:00	62%	1	3	0:00	65%	1	3
	1:00			65%	2	2	0:00	67%	2	2	0:00	70%	2	2
	2:00			70%	3	1	0:00	72%	3	1	0:00	75%	3	1
	3:00			70%	3	1	0:00	72%	3	1	0:00	75%	3	1
	4:00			70%	3	1	0:00	72%	3	1	0:00	75%	3	1
	5:00			60%	4	3	0:00	62%	4	3	0:00	65%	4	3
	6:00			65%	5	2	0:00	67%	5	2	0:00	70%	5	2
	7:00			70%	6	1	0:00	72%	6	1	0:00	75%	6	1
8:00			W/U			0:00	W/U			0:00	W/U			
SA TRX ROW			:02 ISO			:02 ISO			:02 ISO					
TIER 2	0:00			1	8e	0:00	1	8e	0:00	1	8e			
	2:00			2	8e	0:00	2	8e	0:00	2	8e			
	4:00			3	8e	0:00	3	8e	0:00	3	8e			
0:00			W/U			0:00	W/U			0:00	W/U			
NECK			:02 ISO			:02 ISO			:02 ISO					
TIER 3	0:00			1	10e	0:00	1	10e	0:00	1	10e			
	2:00			2	10e	0:00	2	10e	0:00	2	10e			
	4:00			3	10e	0:00	3	10e	0:00	3	10e			
0:00			W/U			0:00	W/U			0:00	W/U			
MACHINE FLEXION / EXTENSION			OR			BAND JAW / TUCK								

FALL CAMP EXAMPLE TRAINING TEMPLATE

THURSDAY		WEEK 1			
DATE					
BACK		TIME	%	SET	REP
TIER 1	RACK CLEAN PULL				
	HIGH HIP POCKET	0:00	40%	1	2
	TENDO 1-1+	2:00	40%	2	2
		3:00	40%	3	2
		4:00	40%	4	2
		5:00	40%	5	2
		6:00	40%	6	2
		7:00	40%	7	2
		8:00	40%	8	2
TIER 2	CABLE ROTATIONAL ROW	0:00			
		0:00		1	8e
		2:00		2	8e
TIER 3	BAND BI TRI PULL APART				
		0:00		1	20
		2:00		2	20
		4:00		3	20

FRIDAY		WEEK 1				
DATE						
DB PIT		TIME	%	SET	REP	
TIER 1	PP ISO LUNGE HOLD					
		0:00		1	10e	
		2:00		2	10e	
		4:00		3	10e	
TIER 2	DB REVERSE LUNGE TO STEP UP					
					18"-24" BOX	
		0:00	20%	1	5e	
		2:00	20%	2	5e	
		4:00	20%	3	5e	
TIER 3	AIR SQUAT					
		2	:10	2	:10	2
		0:00	60%	1	6	
		2:00	60%	2	6	
		4:00	60%	3	6	
TIER 4	BAND PALLOF PRESS					
					:02 ISO	
		0:00		1	8e	
		2:00		2	8e	
		4:00		3	8e	

SATURDAY		WEEK 1			
DATE					
BACK		TIME	%	SET	REP
TIER 1	X1C BENCH PRESS				
		0:00	40%	1	2
		2:00	40%	2	2
		3:00	40%	3	2
		4:00	40%	4	2
		5:00	40%	5	2
		6:00	40%	6	2
		7:00	40%	7	2
		8:00	40%	8	2
TIER 2	BENTOVER ROW				
		0:00	65%	1	5
		2:00	65%	2	5
		3:00	65%	3	5
		5:00	65%	4	5
		6:00	65%	5	5
TIER 3	BB CURL & BAND OVERHEAD TRI EXT				
		0:00		1	10
		2:00		2	10
		4:00		3	10

FALL CAMP MOBILITY PLAN

Fall Camp Mobility - Lower Level
Foam Roll/Soft Ball
Glute/Glute Med Rollout (20s EA)
SL Hamstring Rollout (20s EA)
SL Calf Rollout (20s EA)
IT Band Rollout (20s EA)
Quad Rollout (20s EA)
Groin Rollout (20s EA)
Low Back Rollout (20s)
Upper Back Rollout (20s)
Lat Rollout (20s EA)
Upper Back I-Raise (10)
Plantar Rollout (20s EA)
Ankle Wipers (20 EA)
SL Hip Bridge Iso (40s EA)
Mini Band Quadruped Fire Hydrant (40s EA)

Set Up Needs
Roller
Lacrosse Ball
Black Mini-Band

Fall Camp Mobility - Upper Level
Foam Roll/Soft Ball
Lying TFL + Adduction (15 EA)
Softball Active Leg Glute Med (15 EA)
Piriformis X-Behind Stretch (10 EA)
Staggered Stance Squat (10 EA)
Banded Hip Extension, Toes Neut, In, Out (6 EA) (Partner #1)
Band Shoulder Traction + Rotary Reach (10 EA) (Partner #2)
Lateral Lunge + Plate OH Press (10 EA) (Partner #1)
Reverse Lunge to Band Row (10 EA) (Partner #2)
Rotational Lunge + Band Press (10 EA)

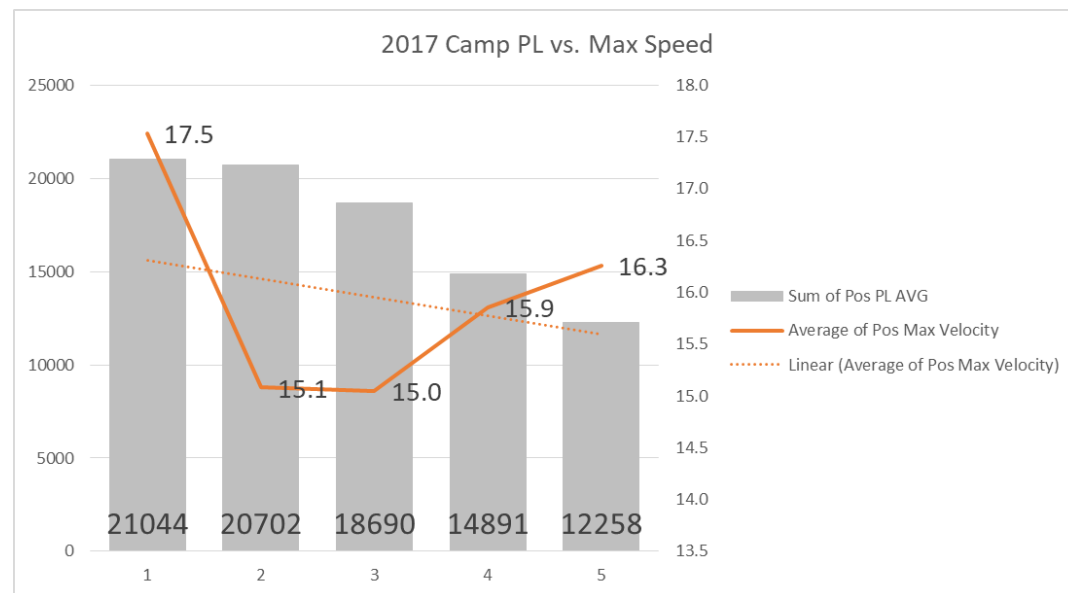
Set Up Needs
Softball
2" Band (Hanging)
2-1" Band (On Pillar Above Scoop)
10# Plate (Platform)
2-1" Band (On Pillar Above Scoop)
1-1/2" Band (Platform)

FALL TRAINING CAMP PRACTICE GOALS

- *ADDRESS VOLUME, MAX SPEED, & STRAIN*
 - Volume: “how much did the athlete do”
 - Max speed: CNS readiness, did the athlete “go broke”
 - Strain: how similar were each of the training days to each other
 - Strain = monotony * sum of desired timeframe
 - Monotony = daily mean / standard deviation
 - Undulation of training days
 - High-Medium-Low
- *TRAIN ENOUGH TO MAINTAIN/IMPROVE FITNESS, BUT NEVER GO BROKE*

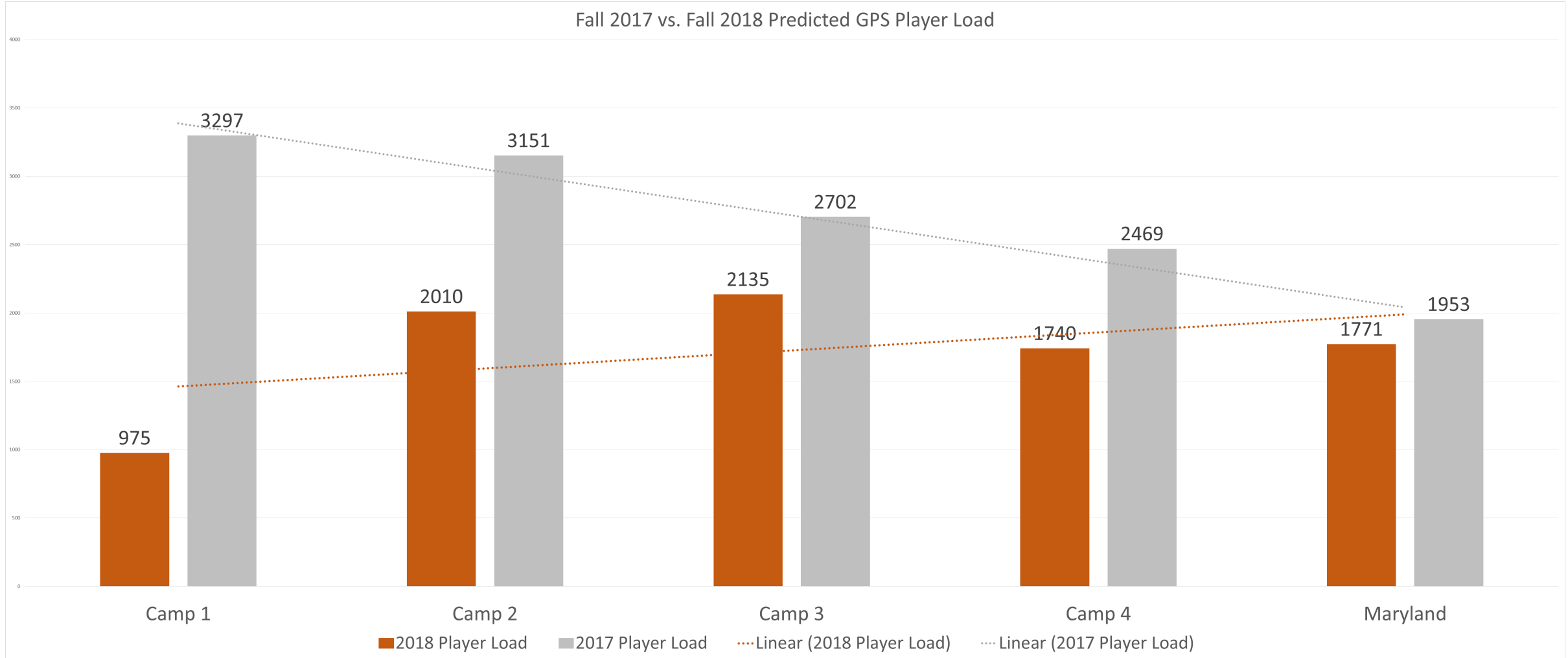
FALL TRAINING GAME PRACTICE SCHEDULE

GPS Player Load	Opponent	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	2018 Total Player Load	2017 Total Player Load	
			HIGH	MODERATE	"LOW"	HIGH	MODERATE	"LOW"			
Camp	Camp Week 1	Be a Pro				395	315	265		975	3297
	Time on Field (Total)					105 min (Helmets*)	85 min (Helmets*)	85 min			
	Similar Practice Example							(8/7/17) (10/15/17) (12/1/17) (4/20/18)			
	Camp Week 2		405	335	260	420	345	245	2010	3151	
	Time on Field (Total)		125 min	105 min	85 min	130 min	110 min	80 min			
	Similar Practice Example		(8/5/17) (8/28/17) (8/29/17) (12/2/17)	(9/7/17) (10/19/17) (10/25/17) (11/20/17) (12/15/17)	(8/7/17) (8/14/17) (8/22/17) (4/20/18)	(8/12/17) (9/2/17) (10/3/17) (11/7/17)	(8/31/17) (10/12/17) (12/15/17) (12/23/17) (4/19/18)	(8/4/17) (8/15/17) (8/26/17) (10/8/17) (11/12/17)			
	Camp Week 3		435	365	265	445	375	250	2135	2702	
	Time on Field (Total)		140 min	115 min	85 min	140 min	120 min	80 min			
	Similar Practice Example		(9/5/17) (10/7/17) (3/24/18) (3/31/18)	(10/11/17) (10/26/17) (12/11/17)	(8/7/17) (10/15/17) (12/1/17) (4/20/18)	(9/12/17) (10/10/17) (12/16/17)	(8/2/17) (10/11/17) (3/29/18) (4/5/18) (4/12/18)	(8/17/17) (9/3/17) (10/8/17) (12/4/17)			
	Camp Week 4		365	295	240	355	215	270	1740	2469	
Time on Field (Total)	120 min	95 min	80 min	115 min	Mock Game	70 min (Sunday Game Week)					
Similar Practice Example	(8/18/17) (10/11/17) (10/26/17) (12/11/17)	(8/3/17) (8/8/17) (10/18/17) (11/9/17) (12/12/17)	(8/2/17) (8/4/17) (8/15/17) (9/21/17)	(10/18/17) (11/9/17) (12/9/17)		(8/25/17) (10/1/17) (12/21/17)					
Season	Maryland	Be a Pro	435	355	290	Fast Friday	421	Considered part of Week 2 (Tulsa)	1771	1953	
	Time on Field (Total)		140 min	115 min	95 min						
	Similar Practice Example		(9/5/17) (10/7/17) (3/24/18) (3/31/18)	(10/18/17) (11/9/17) (12/9/17)	(8/3/17) (8/8/17) (10/22/17) (12/12/17)						

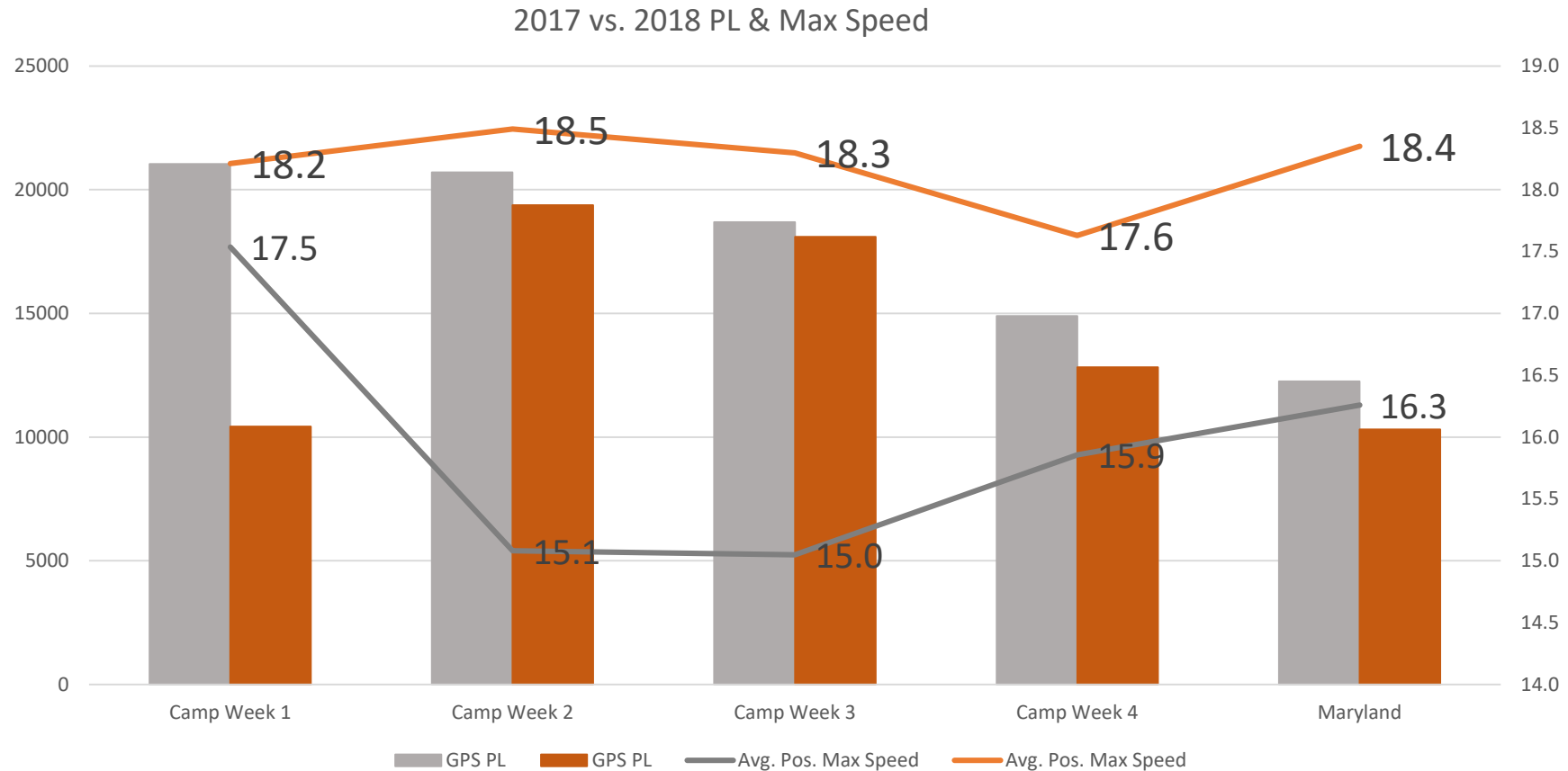


2017 VS. 2018 FALL CAMP

Fall 2017 vs. Fall 2018 Predicted GPS Player Load



2017 VS. 2018 FALL CAMP



IN-SEASON TRAVEL SQUAD GOALS/OBJECTIVES

- *HIGH MOVEMENT SPECIFICITY*
- *INTRA-SET VOLUME IN CORE LIFTS STAYS UNDER THREE REPS*
 - Increased quality of training
 - Clusters sets to retain high velocity
- *INCREASE STRENGTH LEVELS THROUGHOUT SEASON
(WE STILL MOVE WEIGHT IN-SEASON)*
- *USE OF ACCOMMODATING RESISTANCE*
- *INCORPORATE MOBILITY, RECOVERY, & ADDITIONAL VOLUME INTO
AUXILIARY LIFTS (1 AUX PER WEEK)*

IN-SEASON TRAVEL TRAINING PLAN EXAMPLE

2018 IN-SEASON LONGHORN FOOTBALL																	
	TRANSITION	CYCLE 1			CYCLE 2			CYCLE 3			CYCLE 4						
	TERPS	TULSA	USC	TCU	KSTATE	OU	BU	BYE	OSU	WVU	TT	ISU	KU	B12 C	-	-	-
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
MAX EFFORT		BASE	Load	PERFORM	BASE	Load	PERFORM	BASE	Load	PERFORM	BASE	Load	PERFORM	BASE	Load	PERFORM	
LOWER		60 - 70%			70 - 80%			60 - 70%			70 - 80%						
METHOD		RM(45 - 55 - 60 - 65 - 70+)			RM(50 - 60 - 70 - 75 - 80+)			RM(45 - 55 - 60 - 65 - 70+)			RM(50 - 60 - 70 - 75 - 80+)						
		BASE	Load	PERFORM	BASE	Load	PERFORM	BASE	Load	PERFORM	BASE	Load	PERFORM	BASE	Load	PERFORM	
DYNAMIC EFFORT		50%	55%	60%	60%	65%	70%	52%	57%	62%	62%	67%	72%	55			
		8 X 2	8 X 2	6 X 2	8 X 2	6 X 2	6 X 2	4 X 2	6 X 2	8 X 2	6 X 2	6 X 2	8 X 2	6 X 2	6 X 2	6 X 2	6 X 2

IN-SEASON TRAVEL EXAMPLE TEMPLATE

	SUNDAY	WEEK 0 (MONDAY)	WEEK 1 (FRIDAY)	WEEK 2
	DATE	CAMP LOWER BSQ		
	SESSION A	TIME % SET REP	TIME % SET REP	TIME % SET REP
TIER 1	BAND DEADLIFT	BB BSQ	0:00 50% WU 2 1:00 60% WU 2	0:00 50% WU 2 1:00 60% WU 2
	TEXAS BAR	4.0% WU 3	BLACK	BLACK
	MINUS BAND TENSION	5.0% WU 2	3:00 65% 1 2 4:00 65% 2 2	1:00 70% 1 2 2:00 70% 2 2
	TENDO = 1.0+	0:00 6.2% 1 3 1:00 6.7% 2 2 2:00 7.2% 3 1	3:00 65% 1 2 4:00 65% 2 2 5:00 65% 3 2 6:00 65% 4 2 7:00 65% 5 2 8:00 65% 6 2	1:00 70% 1 2 2:00 70% 2 2 3:00 70% 3 2 4:00 70% 4 2 5:00 70% 5 2 6:00 70% 6 2
		5:00 6.2% 4 3 6:00 6.7% 5 2 7:00 7.2% 6 1		
TIER 2	KB SUITCASE REVERSE LUNGE		:0.3 ECC	:0.3 ECC
		0:00 60% 1 8 1:00 60% 2 8 2:00 60% 3 8	0:00 65% 1 4 1:00 65% 2 4 2:00 65% 3 4 3:00 65% 4 4	0:00 70% 1 4 1:00 70% 2 4 2:00 70% 3 4 3:00 70% 4 4
TIER 3	KNEELING SA LANDMINE PRESS	BAND PULL PUNCH	POS 1	POS 1
		0:00 60% 1 8e 1:00 60% 2 8e 2:00 60% 3 8e	0:00 65% 1 5 1:00 65% 2 5 2:00 65% 3 5 3:00 65% 4 5 4:00 65% 5 5	0:00 70% 1 5 1:00 70% 2 5 2:00 70% 3 5 3:00 70% 4 5 4:00 70% 5 5
TIER 4	INVERTED ROW	SPRINTER STRETCH		
		0:00 55% 1 20 1:00 55% 2 20	0:00 60% 1 8 1:00 60% 2 8 2:00 60% 3 8 3:00 60% 4 8 4:00 60% 5 8	0:00 65% 1 6 1:00 65% 2 6 2:00 65% 3 6 3:00 65% 4 6 4:00 65% 5 6
TIER 5	REVERSE HYPER	BAND ANKLE TKE		
		0:00 1 20 1:00 2 20	0:00 1 10 1:00 2 10 2:00 3 10	0:00 1 10 1:00 2 10 2:00 3 10
TIER 6	MACHINE NECK		EXTENSION	EXTENSION
			0:00 1 10 1:00 2 10 2:00 3 10	0:00 1 10 1:00 2 10 2:00 3 10

	WEDNESDAY	WEEK 0 (WEDNESDAY)	WEEK 1 (TUESDAY)	WEEK 2
	DATE	CAMP UPPER SP BSQ		
	SESSION B	TIME % SET REP	TIME % SET REP	TIME % SET REP
TIER 1	X2 C BSQ		0:00 50% WU 4 1:00 60% WU 4	0:00 50% WU 4 1:00 60% WU 4
	TEXAS BAR	4.5% 2 2	2:00 60% WU 3 3:00 70% WU 2	2:00 60% WU 3 3:00 70% WU 2
	MINUS CHAIN WEIGHT	4.5% 3 2	4:00 70% WU 2 5:00 75% 1 1 6:00 80% 2 1 7:00 80% 3 1 8:00 80% 4 1	4:00 70% WU 2 5:00 75% 1 1 6:00 80% 2 1 7:00 80% 3 1 8:00 80% 4 1
	TENDO = .60-.80	4.5% 4 2	6:00 75% 1 1 7:00 80% 2 1 8:00 80% 3 1 9:00 80% 4 1	6:00 75% 1 1 7:00 80% 2 1 8:00 80% 3 1 9:00 80% 4 1
		4.5% 5 2		
		4.5% 6 2		
		4.5% 7 2		
		4.5% 8 2		
TIER 2	RACK CLEAN PULL	BENTOVER ROW		
		0:00 72% 1 5 1:00 72% 2 5 2:00 72% 3 5 3:00 72% 4 5 4:00 72% 5 5		0:00 70% 1 2 1:00 70% 2 2 2:00 70% 3 2 3:00 70% 4 2 4:00 70% 5 2
TIER 2	SEATED BOX JUMPS	MACHINE NECK	30-36"	
		0:00 60% 1 10 1:00 60% 2 10 2:00 3 3 3:00 4 3	0:00 1 3 1:00 2 3 2:00 3 3 3:00 4 3	
TIER 3	ALTITUDE LANDS	BAND CURL		
		0:00 1 20 1:00 2 20 2:00 3 20		
TIER 4	FLOOR PRESS	BAND OH TRI EXT		
		0:00 1 20 1:00 2 20 2:00 3 20	0:00 45% WU 3 1:00 55% WU 2 2:00 65% WU 1 3:00 75% 1 3	0:00 50% WU 3 1:00 60% WU 2 2:00 70% WU 1 3:00 80% 1 2
TIER 5	WTD. PULL UP	BAND PULL APART		
		0:00 1 20 1:00 2 20 2:00 3 20	4:00 75% 2 3 5:00 75% 3 3 6:00 75% 4 3 7:00 75% 5 3	0:00 50% WU 3 1:00 60% WU 2 2:00 70% WU 1 3:00 80% 1 2 4:00 80% 2 2 5:00 80% 3 2 6:00 80% 4 2 7:00 80% 5 2
TIER 6	MULTI HIP		FLEX/EXT	FLEX/EXT
			0:00 1 8 1:00 2 8	0:00 1 8 1:00 2 8
TIER 7	BAND JAW/TUCK		:0.3 HOLD	:0.3 HOLD
			0:00 1 5 1:00 2 5 2:00 3 5	0:00 1 5 1:00 2 5 2:00 3 5

IN-SEASON AUX LIFT TRAINING EXAMPLE

SESSION A																
	TIME	%	SET	REP	TIME	%	SET	REP	TIME	%	SET	REP	TIME	%	SET	REP
TIER 1	BAND ROTATE-ROW															
	0.00		1	10	0.00		1	10	0.00		1	12	0.00		1	12
	1.00		2	10	1.00		2	10	1.00		2	12	1.00		2	12
	2.00		3	10	2.00		3	10	2.00		3	12	2.00		3	12
TIER 2	DOLLEY SAW															
	1.00		1	10	1.00		1	10	1.00		1	12	1.00		1	12
	2.00		2	10	2.00		2	10	2.00		2	12	2.00		2	12
	3.00		3	10	3.00		3	10	3.00		3	12	3.00		3	12
TIER 3	BB SHRUG															
	0.00		1	10	0.00		1	10	0.00		1	15	0.00		1	15
	1.00		2	10	1.00		2	10	1.00		2	15	1.00		2	15
	2.00		3	10	2.00		3	10	2.00		3	15	2.00		3	15
TIER 4	ROPE HAMMER CURL															
	1.00		1	10	1.00		1	10	1.00		1	12	1.00		1	12
	2.00		2	10	2.00		2	10	2.00		2	12	2.00		2	12
	3.00		3	10	3.00		3	10	3.00		3	12	3.00		3	12
TIER 5	FAT BAR SKULL CRUSHER															
	1.00		1	10	1.00		1	10	1.00		1	12	1.00		1	12
	2.00		2	10	2.00		2	10	2.00		2	12	2.00		2	12
	3.00		3	10	3.00		3	10	3.00		3	12	3.00		3	12
TIER 6	PIT SHARK CALF RAISE															
	:02 ISO @ TOP & BOTTOM															
	0.00		1	6	0.00		1	6	0.00		1	8	0.00		1	8
	1.00		2	6	1.00		2	6	1.00		2	8	1.00		2	8
	2.00		3	6	2.00		3	6	2.00		3	8	2.00		3	8
TIER 7	SCOOP TKE															
	0.00		1	10	0.00		1	10	0.00		1	10	0.00		1	10
	1.00		2	10	1.00		2	10	1.00		2	10	1.00		2	10
	2.00		3	10	2.00		3	10	2.00		3	10	2.00		3	10

IN-SEASON DEVELOPMENTAL GOALS/OBJECTIVES

- *INCREASE SIZE & STRENGTH*
- *HIGH VOLUME/MODERATE INTENSITY*
- *BECOME MORE PROFICIENT IN STRENGTH MOVEMENTS*
- *ACQUIRE NEW 1RM'S TO TRAIN FROM FOR UPCOMING OFF-SEASON*

IN-SEASON DEVELOPMENTAL TRAINING PLAN EXAMPLE

WEEK		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
MONTH	August			September				October				November				DECEMBER				
SEASON	FALL CAMP			IN-SEASON																
CYCLE			1				2				3				4					
METHOD			HIGH VOLUME				MOD/HIGH VOLUME				STRENGTH				PEAK ROSS METHOD					
		WEEK 0	MARYLAND	TULSA	USC	TCU	K-STATE	OU	BAYLOR	BYE	OSU	WVU	TTU	ISU	KU	BOWL PREP.				
LOADING		<u>B</u>	<u>B</u>	<u>L</u>	<u>D</u>	<u>P</u>	<u>B</u>	<u>L</u>	<u>D</u>	<u>P</u>	<u>B</u>	<u>L</u>	<u>D</u>	<u>P</u>	<u>D</u>					
ME		60%	65%	70%	60%	75%	70%	75%	65%	80%	75%	80%	70%	85%	75%	85%	90%	95%		
ME REPS		5X6	5X6	5X5	3X5	5X5	5X4	5X5	4X4	6X3	5X3	6X3	4X3	5X2	4X3	3X1	3X1	3X1		
SME	-	-	60%	65%	70%	60%	75%	60%	65%	55%	70%	65%	70%	65%	75%	65%				
RE	-	-																		
LIFT																				

IN-SEASON DEVELOP EXAMPLE TEMPLATE

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	REP	SET	REP	SET	REP	SET	REP	SET
CLEAN PULL	3	3	3	3	3	3	3	3
BACK SQUAT	3	3	3	3	3	3	3	3
ALTITUDE LAND	10*	20*	30*	40*	50*	60*	70*	80*
FAT BAR INCLINE PRESS	5	5	5	5	5	5	5	5
BB RDL	5	5	5	5	5	5	5	5
DB ROW	5	5	5	5	5	5	5	5
HIP FLEX PRONE	5	5	5	5	5	5	5	5
MACHINE NECK FL/EXT	5	5	5	5	5	5	5	5

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	REP	SET	REP	SET	REP	SET	REP	SET
DEADLIFT	3	3	3	3	3	3	3	3
BB SPLIT SQUAT	3	3	3	3	3	3	3	3
SPLIT JUMP	2	2	2	2	2	2	2	2
DB BENCH PRESS	5	5	5	5	5	5	5	5
WTD. NG PULL UP	5	5	5	5	5	5	5	5
HAMSTRING CART CURL	5	5	5	5	5	5	5	5
HALF KNEELING PALOFF PRESS	5	5	5	5	5	5	5	5
MACHINE NECK LATERAL	5	5	5	5	5	5	5	5

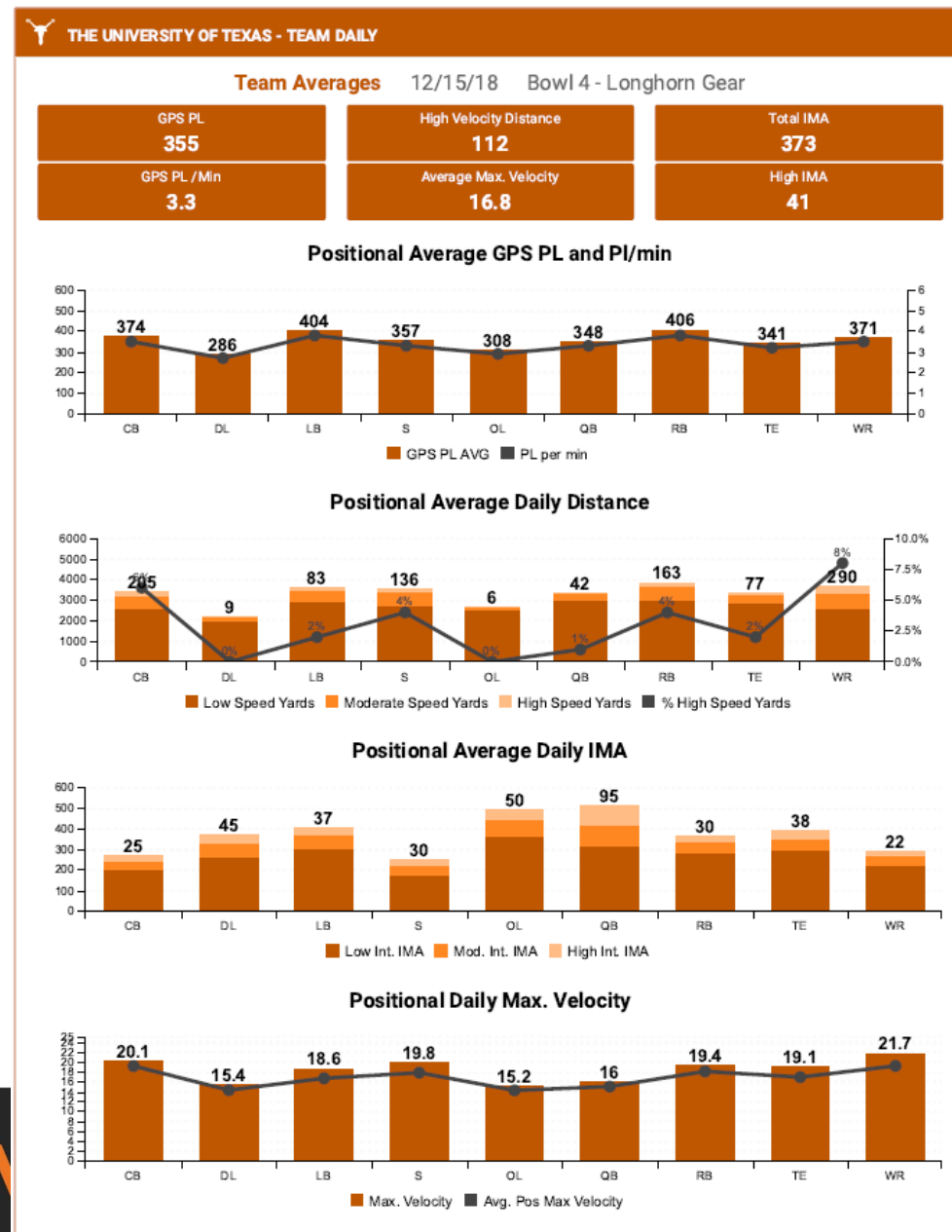
EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	REP	SET	REP	SET	REP	SET	REP	SET
RACK CLEAN PULL	3	3	3	3	3	3	3	3
BENCH PRESS	3	3	3	3	3	3	3	3
MB CHEST THROW	3	3	3	3	3	3	3	3
HK LANDMINE PRESS	5	5	5	5	5	5	5	5
INVERTED ROW	10	10	10	10	10	10	10	10
CABLE REVERSE LUNGE-ROW	5	5	5	5	5	5	5	5
BENCH GROIN	5	5	5	5	5	5	5	5
BAND JAW/TUCK	10	10	10	10	10	10	10	10

REVIEW OF DAILY REPORT

• PROVIDE INSIGHT AS TO WHAT WAS DONE

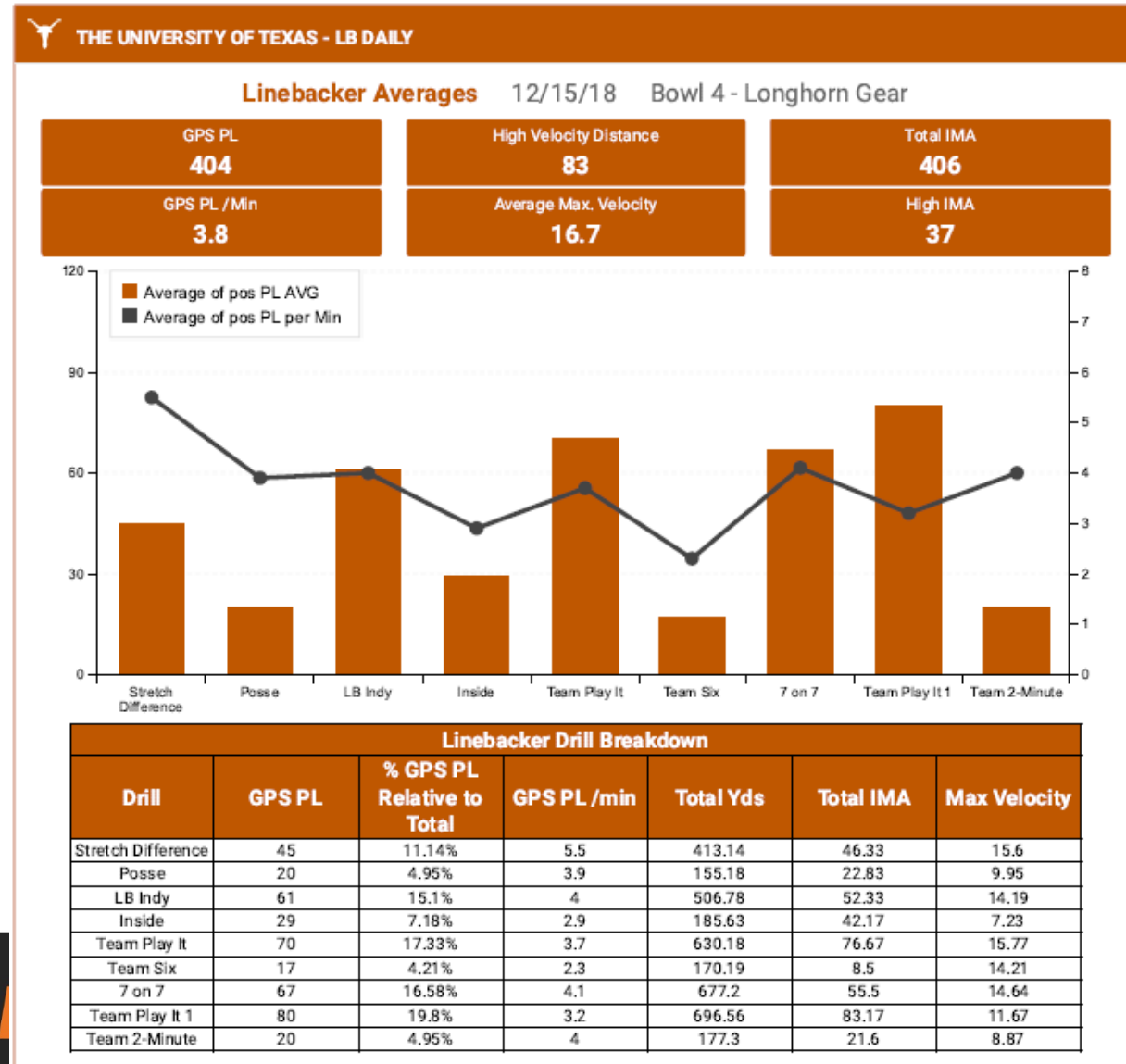
- Player load
 - How much work did we do?
- Distance
 - How far did we go?
 - Did we accelerate well?
- IMA
 - How explosive were we today?
 - Was today physical?
- Max Velocity
 - Were we fast today?

• POSITIONAL & INDIVIDUAL BASED



DRILL BREAKDOWN (BACK)

- **PL AND PL/MIN GRAPH**
 - Demonstrates “flow” of practice
- **ANSWERS: “WHICH PORTIONS OF PRACTICE WERE THE MOST STRENUOUS?”**
- **TABLE BELOW**
 - GPS PL and PL/min: “How hard was each drill?”
 - % PL to Day: “Which drill cost us the most?”
 - Total Yards: Which drills required the most covered?”
 - Total IMA: “Which drills required the most of direction or contact?”
 - Max Velocity: “Which drill required my group to run the fastest?”



IN-SEASON PRACTICE PLANNING

UNDULATED WEEKLY TRAINING PLAN

- Sunday: low volume, flush and move
- Monday: “Be A Pro”, recovery
- Tuesday: High intensity & volume, difficult practice
- Wednesday: short yardage, lower high speed yards
- Thursday: moderate volume, low contacts, high speeds
- Friday: “Family Friday”, neural prep
- Saturday: Game day



RETURN TO PRACTICE/PLAY

- *APPROPRIATE LOADING & RATE OF RTP*

- Baseline & current allows return rate to be predicted

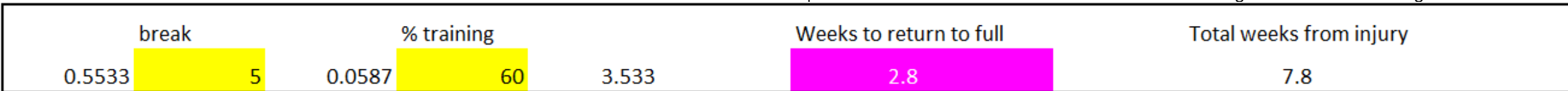
- *“WEEKS TO FULL” CALCULATION*

- *UNDULATE TRAINING DAYS*

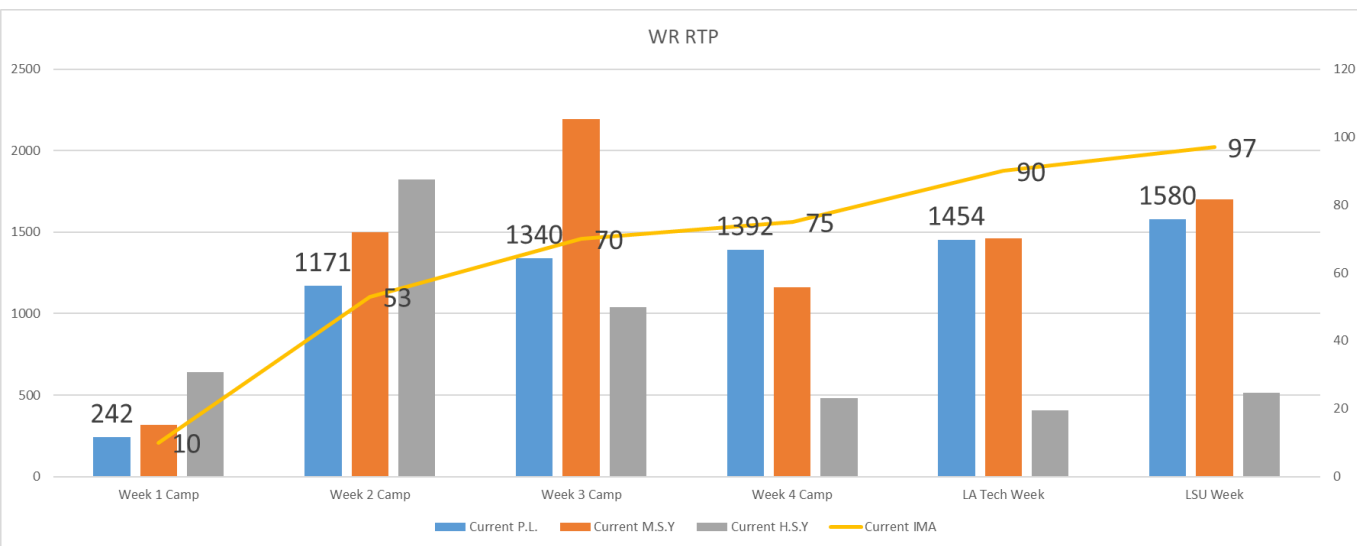
- Parameters used in daily sheet above

Weeks of modified training required to return to full (this is relative) training

	8	8 (16)	6.9 (14.9)	5.8 (13.8)	4.8 (12.8)	3.7 (11.7)
Weeks of training at a reduced load (How many weeks is the athlete "low")	7	7.4 (14.4)	6.3 (13.4)	5.3 (12.3)	4.2 (11.2)	3.1 (10.1)
	6	6.9 (12.9)	5.8 (11.8)	4.7 (10.7)	3.7 (9.7)	2.6 (8.6)
	5	6.3 (11.3)	5.2 (10.2)	4.2 (9.2)	3.1 (8.1)	2.0 (7.0)
	4	5.7 (9.7)	4.7 (8.7)	3.6 (7.6)	2.5 (6.5)	1.5 (5.5)
	3	5.2 (8.2)	4.1 (7.1)	3.1 (6.1)	2.0 (5.0)	0.9 (3.9)
	2	4.6 (6.6)	3.6 (5.6)	2.5 (4.5)	1.4 (3.4)	0.4 (2.4)
		0%	20%	40%	60%	80%
% of training of normal "full" training load						

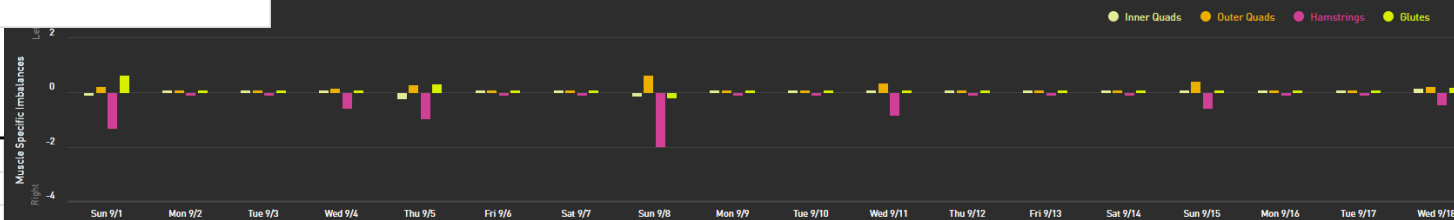


RETURN TO PRACTICE/PLAY



ATHLETE IMBALANCES PER DAY

(Left:Right imbalances per muscle group)



	Current P.L.	Current M.S.Y	Current H.S.Y	Current IMA	
WR					
100% of last training load	1042	2635	1373	64	
60% of training load	625	1581	824	38	Determined by AT and myself, compared to what he last hit in training
Week 1 Camp	866	1449	559	53	2 days of data*
Week 2 Camp	1019	1705	658	62	
Week 3 Camp	1199	2006	774	73	
Week 4 Camp	1411	2360	911	86	Working into Practice
LA Tech Week	1568	2622	1012	96	
LSU Week	1704	2850	1100	104	Fully Cleared (Compared to Tulsa Week last year, Week 2)

RETURN TO PRACTICE/PLAY

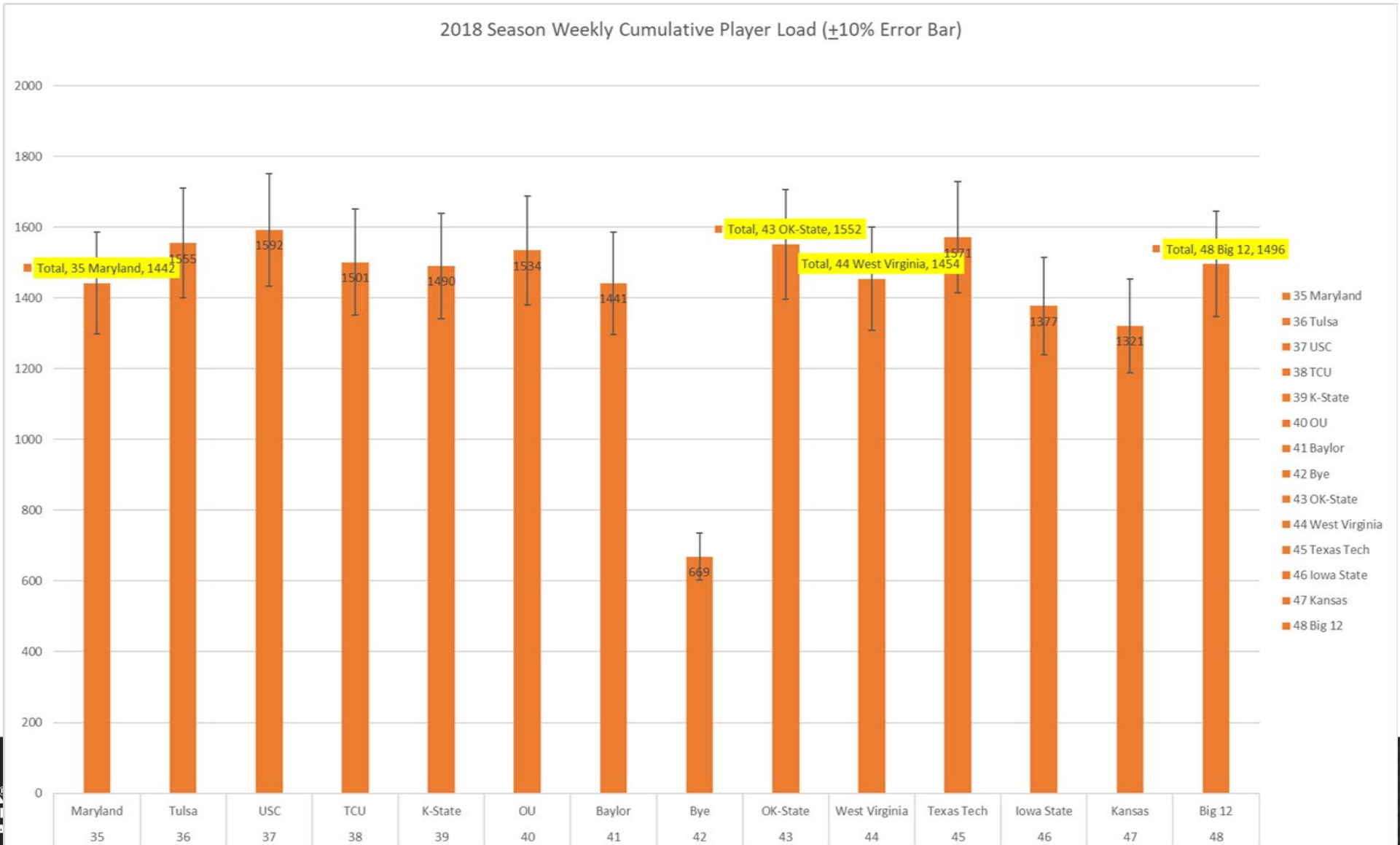
VOLUME, NO COD					
Drill	Reps	PL	MSY	HSY	IMA
RTP PAP		24	0	0	0
Build Ups (20 Y)	6 (2 WU)	69	162	217	0
Total Accel		69	162	217	0
Total COD		0	0	0	0
Tempo Runs	12	208	682	874	1
Total Tempo		208	682	874	1
Tuesday Totals		301	844	1091	1

COD & FOOT CONTACT					
Drill	Reps	PL	MSY	HSY	IMA
Total Accel		0	0	0	0
4 Square					
Both Sets SL					
SL Land Series					
Linear Activation Series		232	0	0	20
Wall Drill (Single)					
4 Square					
Double Leg					
Total COD		232	0	0	20
Total Tempo		0	0	0	0
Wednesday Totals		232	0	0	20

HEAVY COD					
Drill	Reps	PL	MSY	HSY	IMA
RTP PAP			29	0	0
Total Accel			0	0	0
4 Square	1 Set				
SL	10 on, 30 off				
SL Land Series	3x4 EA				
Lateral Activation Series	1 Sets		283	58	0
Wall Drill (Double)	4x4				
Decel Drill (MOD)	1 Set				
W Drill (MOD)	1 Set				
Double Leg	10 on, 20 off				
Total COD			283	58	0
Total Tempo			0	0	0
Friday Totals			312	58	0

MIXED WITH PRACTICE					
Drill	Reps	PL	MSY	HSY	IMA
PAP/Run Thru Individual		71	0	0	4
Individual		88	14	0	5
Total Practice		159	14	0	9
Build Ups (30 Y)	8 (2WU)	66	132	205	1
Total Accel		66	132	205	1
Broad Jump (Single)	4x4				
Wall Drill (Double)	4x4	208	335	95	17
Wave Drill	4x8s				
Total COD		208	335	95	17
Quarters (1st Quarter)	1x8				
Total Tempo		0	0	0	0
Tuesday Totals		433	481	300	27

AVOID RAPID CHANGES IN LOADING



IN-SEASON PRACTICE COMPARISON

Date	26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	Weekly Totals (No Game)	Weekly Totals (w/ Game)	Date	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	Weekly Totals (No Game)	Weekly Totals (w/ Game)
GPS PL	342		314	265	223		440	Total GPS PL 1144	Total GPS PL 1584	GPS PL			242	253	200			Total GPS PL 695	Total GPS PL 1561
Time on Field (min)	134		118	94	81		204	Total Time on Field 427	Total Time on Field 631	Time on Field (min)			76	85	62			Total Time on Field 223	Total Time on Field 595
Periods Planned	22		18	16	12			% to Last Week Total	High Speed Yards (Game) 132	Periods Planned			12	14	10			% to Last Week Total 65%	High Speed Yards (Game) 142
High IMA	37		31	15	12		30	Total High IMA 95	Total High IMA 125	High IMA			19	34	13			Total High IMA 96	Total High IMA 139
Date	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	Weekly Totals (No Game)	Weekly Totals (w/ Game)	Date	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	Weekly Totals (No Game)	Weekly Totals (w/ Game)
GPS PL	235		367	311	286		369	Total GPS PL 1199	Total GPS PL 1568	GPS PL	214		357	283	291		416	Total GPS PL 1145	Total GPS PL 1561
Time on Field (min)	73		130	124	95		195	Total Time on Field 422	Total Time on Field 617	Time on Field (min)	59		124	101	93		218	Total Time on Field 377	Total Time on Field 595
Periods Planned	12		22	19	16			% to Last Week Total 105%	High Speed Yards (Game) 122	Periods Planned	10		19	17	15			% to Last Week Total 165%	High Speed Yards (Game) 142
High IMA	17		41	29	14		35	Total High IMA 101	Total High IMA 136	High IMA	15		38	27	16		43	Total High IMA 96	Total High IMA 139
Date	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	Weekly Totals (No Game)	Weekly Totals (w/ Game)	Date	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	Weekly Totals (No Game)	Weekly Totals (w/ Game)
GPS PL	240		349	278	299		445	Total GPS PL 1166	Total GPS PL 1611	GPS PL	178		335	287	268		424	Total GPS PL 1068	Total GPS PL 1492
Time on Field (min)	80		136	118	100		190	Total Time on Field 434	Total Time on Field 624	Time on Field (min)	56		125	101	90		228	Total Time on Field 372	Total Time on Field 600
Periods Planned	12		22	18	16			% to Last Week Total 97%	High Speed Yards (Game) 149	Periods Planned	9		19	17	15			% to Last Week Total 93%	High Speed Yards (Game) 115
High IMA	15		39	27	18		42	Total High IMA 99	Total High IMA 141	High IMA	12		36	20	15		37	Total High IMA 83	Total High IMA 120
Date	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep	Weekly Totals (No Game)	Weekly Totals (w/ Game)	Date	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	Weekly Totals (No Game)	Weekly Totals (w/ Game)
GPS PL	160		358	284	299		396	Total GPS PL 1101	Total GPS PL 1497	GPS PL	187		351	308	287		435	Total GPS PL 1133	Total GPS PL 1568
Time on Field (min)	55		141	113	103		203	Total Time on Field 412	Total Time on Field 615	Time on Field (min)	54		135	108	94		230	Total Time on Field 391	Total Time on Field 621
Periods Planned	9		21	18	16			% to Last Week Total 94%	High Speed Yards (Game) 95	Periods Planned	9		19	17	15			% to Last Week Total 106%	High Speed Yards (Game) 109
High IMA	10		36	27	16		36	Total High IMA 89	Total High IMA 125	High IMA	13		43	20	15		41	Total High IMA 91	Total High IMA 132
Date	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	Weekly Totals (No Game)	Weekly Totals (w/ Game)	Date	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	Weekly Totals (No Game)	Weekly Totals (w/ Game)
GPS PL	165		361	321	295		347	Total GPS PL 1142	Total GPS PL 1489	GPS PL	128		337	269	283		346	Total GPS PL 1017	Total GPS PL 1363
Time on Field (min)	54		133	112	100		188	Total Time on Field 399	Total Time on Field 587	Time on Field (min)	48		125	104	90		184	Total Time on Field 367	Total Time on Field 551
Periods Planned	9		21	18	16			% to Last Week Total 104%	High Speed Yards (Game) 111	Periods Planned	8		18	16	15			% to Last Week Total 90%	High Speed Yards (Game) 139
High IMA	11		38	35	16		33	Total High IMA 100	Total High IMA 133	High IMA	9		36	29	13		35	Total High IMA 87	Total High IMA 122
Date	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	Weekly Totals (No Game)	Weekly Totals (w/ Game)	Date	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	Weekly Totals (No Game)	Weekly Totals (w/ Game)
GPS PL	178		360	284	293		431	Total GPS PL 1115	Total GPS PL 1546	GPS PL	95	289	305	264		374		Total GPS PL 953	Total GPS PL 1327
Time on Field (min)	54		126	103	97		205	Total Time on Field 380	Total Time on Field 585	Time on Field (min)	45	99	100	85		197		Total Time on Field 329	Total Time on Field 526
Periods Planned	9		19	17	15			% to Last Week Total 98%	High Speed Yards (Game) 110	Periods Planned	9	15	14	12				% to Last Week Total 94%	High Speed Yards (Game) 100
High IMA	12		41	32	16		40	Total High IMA 101	Total High IMA 141	High IMA	3	28	18	13		38		Total High IMA 100	Total High IMA 100
Date	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	Weekly Totals (No Game)	Weekly Totals (w/ Game)	Date	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	Weekly Totals (No Game)	Weekly Totals (w/ Game)
GPS PL	181		337	262	289		367	Total GPS PL 1069	Total GPS PL 1436	GPS PL	195		310	307	276		406	Total GPS PL 1088	Total GPS PL 1494
Time on Field (min)	54		123	102	88		212	Total Time on Field 367	Total Time on Field 579	Time on Field (min)	53		109	100	90		221	Total Time on Field 352	Total Time on Field 573
Periods Planned	9		19	17	15			% to Last Week Total 96%	High Speed Yards (Game) 116	Periods Planned	9		15	14	14			% to Last Week Total 114%	High Speed Yards (Game) 139
High IMA	14		37	25	18		34	Total High IMA 94	Total High IMA 128	High IMA	18		31	34	14		44	Total High IMA 97	Total High IMA 141

CONCLUSIONS

- *CANNOT BUILD UPON WHAT IS NOT THERE*
 - Understand where they are and where they need to go
 - Fitness-Fatigue Model
- *KNOW THE STRESSORS*
 - As practice time increases, weight room stress (particularly volume) must decrease
 - Undulate stressors
- *ASSESS, DON'T GUESS*
 - Track what athletes are enduring on a daily basis, find their “sweet spot”