



**MAXIMUM SPORTS
CONDITIONING**



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FOOTBALL TRAINING PHILOSOPHY

Maximum's philosophy on training football players stems from the sport-specific actions each position needs to build, and the skills that college coaches and professional scouts use to judge their ability and potential.

These are:

LINEMAN (skills for both offensive and defensive)

- Size and strength
- Quickness of hands and feet
- Mental toughness and aggressiveness
- Ability to drive block, reach block, trap block, and pass block (offensive)
- Ability to pass rush, shed the block, key & read, and pursue (defensive)
- Ability to tackle (defensive)
- Lateral movement and body control

LINEBACKERS

- Foot quickness
- Ability to change directions quickly
- Aggressiveness
- Ability to read & react
- Lateral movement
- Ability to tackle
- Ability to react to run, react to pass

RUNNING BACKS

- Ability to elude tacklers, break tackles
- Ability to run inside, outside
- Ability to receive
- Ability to accelerate
- Ability to run block, pass block

TIGHT ENDS

- Ability to receive
- Ability to drive block, reach block
- Ability to run sharp routes
- Ability to run after the catch

- Toughness & aggressiveness
- Ability to catch in a crowd

WIDE RECEIVERS

- Ability to receive short, long
- Overall speed
- Ability to run sharp, quick routes
- Ability to run after the catch
- Ability to fake and elude tacklers
- Ability to block

DEFENSIVE BACKS

- Overall speed
- Ability to defend against the run
- Ability to key & read
- Ability to tackle
- Ability to change directions quickly
- Ability to accelerate
- Ability to pursue

QUARTERBACKS

- Accuracy
- Arm Strength
- Ability to deliver & release
- Ability to scramble
- Poise, leadership and toughness
- Decision making

KICKERS

- Leg strength
- Body control and accuracy

Based on these skills, football players must develop **stability and connective tissue strength** through the shoulder, knee, back (cervical, thoracic and lumbar), and ankle (to stabilize areas most at risk for injury), **posterior chain strength and power** (to develop strength through glutes, hips, and legs), **push strength** (to develop strength through upper torso), **reactive ability, straight ahead speed and quickness** (for acceleration and the ability to change directions quickly), **neck and trap strength and stability** (to support and stabilize the collisions that occur with blocking and tackling), and **recovery ability** (to develop the ability to maximize work output each play and each day).

Although each position has its unique demands, all football players must improve these essential basic motor abilities. A football player's speed is most often judged by his times in the 40 yd dash, 20 yd shuttle, and the '3 cone drill'. Although the application of a 40 yd dash to football specific speed is

questionable, it is important because coaches and scouts use it as a solid measurement of overall speed.