OUR PROCESS

• Testing-Assessment

• Program Design

• Implementation

• Evaluation
ASSESSMENTS

Do you use any formal assessments prior to the beginning of the freshman development program?
# ANTHROPOMETRICS

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<tr>
<th>CLASS</th>
<th>FRESHMAN</th>
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<td>R. THIGH</td>
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TESTING

• The Card System

• Baseline Data

• Anthropometrics

• Athletic Tests

• Strength Tests

FOOTBALL OFF-SEASON TESTING

DATE ___________

NAME _______________ POS ______

HEIGHT _______ WEIGHT _______ BF _______

NECK _______ CHEST _______ WAIST _______

WRIST _______ R. BICEP _______ R. THIGH _______

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Which of the following factors should be determined FIRST when designing a training program for a specific team sport?

A. Layout of the facility
B. Type of available equipment
C. Number of individuals on the team
D. Metabolic demands of the activity
When designing a program for young high school athletes, what are you trying to accomplish and what are the immediate needs of the athletes you are working to develop?
IMPLEMENTATION

If everyone needs to be on the same page for the benefit of the athletes, how do you get everyone on the same page for the program to run smoothly and without confusion?
IMPLEMENTATION

There is obviously a lot of teaching initially – how do you effectively teach new drills and exercises to a large group?
IMPLEMENTATION

Is there a bigger focus on uni-lateral or bi-lateral movement training?
IMPLEMENTATION

Managing Your Numbers:

How do you coach such large groups, while still addressing individual needs?
THE SQUAT

Is mobility or weakness a bigger issue initially?
How do we correct this?
PLYOMETRICS

Do we use plyometrics? What do they start with and how are they progressed? How do you determine initial volume of plyos?
ORIENTATION

When introducing your athletes to your program, what type of topics are discussed during your first meeting?
TRAINING SESSIONS

What are some tips that I can implement to make my training sessions more effective?
Do you have a certain criteria for progressions? If so, what do you do with the kids who have not met this criteria?
EVALUATION

Why should I evaluate my athletes during specific training cycles during the year? Don’t the numbers tell me the whole story from workout to workout?