

# ***WINNING – WHAT DRIVES IT!***

**ROB GLASS, MSCC, USAW**

**DIRECTOR OF STRENGTH & CONDITIONING**

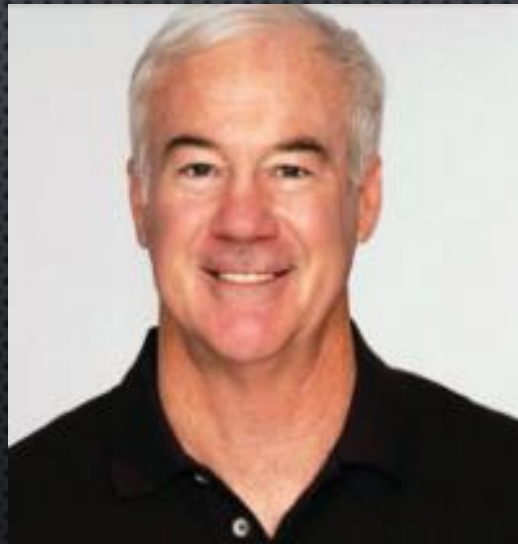
**OKLAHOMA STATE UNIVERSITY**

# MAJOR INFLUENCES

JOHN STUCKY – CLEAN/SQUAT



AL MILLER-PERIODIZATION/  
VOLUME PRINCIPALS



JERRY SCHMIDT- POSITION  
SPECIFIC MOVEMENTS



# **STAFF RESPONSIBILITIES (FOOTBALL)**

- **JOEL TUDMAN – ASSISTANT STRENGTH & CONDITIONING/PLAYER DEVELOPMENT**
- **GARY CALCAGNO - ASSISTANT STRENGTH & CONDITIONING**
- **MARK SMITH - ASSISTANT STRENGTH & CONDITIONING**
- **ANTHONY HIBBERT - ASSISTANT STRENGTH & CONDITIONING/GPS TRACKING**
- **GARRETT BAYLIFF – GRADUATE ASSISTANT/GPS TRACKING**
- **BLAKE ABBOTT – GRADUATE ASSISTANT/GPS TRACKING**
- **JOSH GAITHER – GRADUATE ASSISTANT/GPS TRACKING**
- **CHARLES HEWITT – SPORTS NUTRITIONIST**



# OSU STRENGTH & CONDITIONING FACILITIES

Weight Room



Sherman E. Smith Indoor



Training Table



Boone Pickens Stadium



# COACH GUNDY RECRUITING PHILOSOPHY

- A LOVE FOR FOOTBALL
- TOUGHNESS
- SMART

## WE DON'T GET 5 STAR GUYS

- DEVELOPMENTAL PROGRAM
  - MUST BE DEVELOPED OVER TIME



# WINNING CHART

- **LAST 8 YEARS AVERAGING 33<sup>RD</sup> RANKED RECRUITING CLASS IN COUNTRY**
  - **5 OUT OF LAST 7 YEARS – 10+ WINS**
  - **68 WINS SINCE 2010 RANKS 11<sup>TH</sup> NATIONALLY**



# PROGRAM DESIGN

## WINTER

- 8 WEEKS
- 4X/WEEK
- FOCUS: SIZE, STRENGTH, SPEED

## SPRING BALL

- 3X/WEEK

## SUMMER

- 8 WEEKS
- 4X/WEEK
- FOCUS: WORK CAPACITY (JULY)

## FALL CAMP

- 3X/WEEK

## IN-SEASON

- 3X/WEEK

## POST SEASON

- 3X/WEEK



# **EXPLOSIVE / STRENGTH CONCEPT**

- **TOTAL BODY**
  - **MANIPULATE VOLUME & INTENSITY**
- **MONDAY/THURSDAY (EXPLOSIVE LIFTS)**
  - **VELOCITY BASED TRAINING**
- **TUESDAY/FRIDAY (BASIC STRENGTH LIFTS)**
  - **TIME UNDER TENSION TRAINING**





# WINTER PROGRAM

## 8 WEEKS OF "TOTAL BODY TRAINING"

### SQUATS/PRESSES

- 2 WKS X 8's
- 2 WKS X 5's
- 2 WKS X 3's
- 2 WKS X 3's – 1's

### OLYMPIC LIFTS

- 2 WKS X 5's
- 2 WKS X 3's
- 2 WKS X 3's – 2's
- 2 WKS X 2's – 1's

# INTENSITY AND VOLUME CONTROL

## REPETITIONS AND PERCENTAGES FOR STRENGTH EXERCISES (SQUATS & PRESSES)

|                   | 1              | 2             | 3             | 4             | 5             | 6             | 7             | 8             | 9             | 10            |
|-------------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| <b>Very Heavy</b> | <b>95-100%</b> | <b>90-95%</b> | <b>87-92%</b> | <b>85-90%</b> | <b>82-87%</b> | <b>80-85%</b> | <b>77-82%</b> | <b>75-80%</b> | <b>72-77%</b> | <b>70-75%</b> |
| <b>Heavy</b>      | <b>90-94%</b>  | <b>85-89%</b> | <b>82-87%</b> | <b>80-84%</b> | <b>77-82%</b> | <b>75-79%</b> | <b>72-77%</b> | <b>70-74%</b> | <b>67-72%</b> | <b>65-69%</b> |
| <b>Medium</b>     | <b>85-89%</b>  | <b>80-84%</b> | <b>77-82%</b> | <b>75-79%</b> | <b>72-77%</b> | <b>70-74%</b> | <b>67-71%</b> | <b>65-69%</b> | <b>62-67%</b> | <b>60-64%</b> |
| <b>Light</b>      | <b>80-84%</b>  | <b>75-79%</b> | <b>72-77%</b> | <b>70-74%</b> | <b>67-72%</b> | <b>65-69%</b> | <b>62-67%</b> | <b>60-64%</b> | <b>57-61%</b> | <b>55-59%</b> |

## REPETITIONS AND PERCENTAGES FOR OLYMPIC LIFTS

|                   | 1              | 2             | 3             | 4             | 5             | 6             |
|-------------------|----------------|---------------|---------------|---------------|---------------|---------------|
| <b>Very Heavy</b> | <b>92-100%</b> | <b>87-93%</b> | <b>84-90%</b> | <b>81-87%</b> | <b>77-83%</b> | <b>74-80%</b> |
| <b>Heavy</b>      | <b>85-91%</b>  | <b>80-86%</b> | <b>77-83%</b> | <b>74-80%</b> | <b>70-76%</b> | <b>67-73%</b> |
| <b>Medium</b>     | <b>77-84%</b>  | <b>72-79%</b> | <b>70-76%</b> | <b>67-73%</b> | <b>63-69%</b> | <b>60-66%</b> |
| <b>Light</b>      | <b>70-76%</b>  | <b>65-72%</b> | <b>62-69%</b> | <b>60-66%</b> | <b>56-62%</b> | <b>54-59%</b> |

## REPETITIONS AND PERCENTAGES FOR PULLS, RDL'S (BASED OFF OF BEST PC/PSN)

|                   | 1               | 2              | 3              | 4             | 5             | 6             | 7             | 8             |
|-------------------|-----------------|----------------|----------------|---------------|---------------|---------------|---------------|---------------|
| <b>Very Heavy</b> | <b>102-110%</b> | <b>97-105%</b> | <b>93-100%</b> | <b>88-95%</b> | <b>83-90%</b> | <b>78-85%</b> | <b>73-80%</b> | <b>68-75%</b> |
| <b>Heavy</b>      | <b>94-101%</b>  | <b>90-96%</b>  | <b>85-92%</b>  | <b>81-87%</b> | <b>76-82%</b> | <b>71-77%</b> | <b>65-72%</b> | <b>60-67%</b> |
| <b>Medium</b>     | <b>87-93%</b>   | <b>82-89%</b>  | <b>77-84%</b>  | <b>73-80%</b> | <b>68-75%</b> | <b>63-70%</b> | <b>57-64%</b> | <b>53-59%</b> |
| <b>Light</b>      | <b>80-86%</b>   | <b>74-81%</b>  | <b>70-76%</b>  | <b>65-72%</b> | <b>60-67%</b> | <b>55-62%</b> | <b>50-56%</b> | <b>45-52%</b> |

# FORCE-VELOCITY CURVE

Force (N)

**Absolute Strength – (0.15-0.35m/s)**

**Circa Max Strength – (0.35-0.45m/s)**

**Accelerative Strength – (0.45-0.75m/s)**

**Strength-Speed – (0.75-1.0m/s)**

**Speed-Strength – (1.0-1.5m/s)**

**Starting Strength – (>1.5m/s)**

Velocity (m/s)



# MONDAY

## SPEED TRAINING

- RESISTIVE SPRINTS
- PLYOS
- HURDLE SERIES
- FLYING 30's
- STARTS
- FOOT LADDER

## EXPLOSIVE LIFTING

- BAR SPEED/VELOCITY BASED
- EXPLOSIVE LIFTS
  - POWER CLEAN
  - SNATCH
  - POWER JERK
  - BOX JUMPS
- SUPPLEMENTAL LIFTS
  - SHRUGS
  - PULL-UPS
  - LOWER BODY PRE-HAB
  - NECK



# TUESDAY

## TEAM COMPETITION

- DRAFT
- 8 TEAMS
- 1 ON 1 DRILLS

## STRENGTH TRAINING

- TIME UNDER TENSION
- UPPER BODY
  - BENCH (HEAVY)
  - INCLINE
  - DB BENCH
- LOWER BODY
  - SQUAT (MODERATE)
  - LUNGE
  - GLUTE/HAM RAISE
- UPPER BODY PRE-HAB



# THURSDAY

- **TEAM AGILITIES (HSCD)**

- **HIGH SPEED CHANGE OF DIRECTION**

- **4<sup>TH</sup> QUARTER**

## EXPLOSIVE LIFTING

- **ALL HANG (EMPHASIS ON BAR SPEED/EXPLOSIVENESS)**

- **HANG CLEAN**

- **SNATCH**

- **SPLIT JERK**

- **SUPPLEMENTAL**

- **SHRUG**

- **PULL-UP**

- **LOWER BODY PRE-HAB**

- **NECK**



# FRIDAY

- **STADIUM RUNS**



## STRENGTH TRAINING

- **LOWER BODY**
  - **FRONT/BACK SQUAT (HEAVY)**
  - **SINGLE LEG MOVEMENTS**
  - **RDL's**
- **UPPER BODY**
  - **BENCH (MODERATE)**
  - **INCLINE**
  - **DB BENCH**
  - **UPPER BODY PRE-HAB**

# SPRING BALL

## TUESDAY/THURSDAY

- STRENGTH TRAINING
- MEETINGS



## MONDAY/WEDNESDAY/FRIDAY

- PRACTICE





# SPRING BALL WEIGHT TRAINING

## TUESDAY

- POWER CLEAN
- FRONT SQUAT
- RDL
- INCLINE/PULL-UPS
- CLOSE GRIP  
BENCH/CURLS
- TRI'S, CORE, NECK
- FINISHER

## THURSDAY

- CLEAN & JERK
- BACK SQUAT
- GLUTE/HAM RAISE
- BENCH/LAT  
PULLDOWN
- DB INCLINE/DB ROW
- TRI'S, PRE-HAB, NECK

## SATURDAY (OPTIONAL)

- VARY VOLUME  
& INTENSITY



# SUMMER

## Monday

SPEED WORK

EXPLOSIVE  
LIFTING

## Tuesday

POSITION  
SPECIFIC WORK

STRENGTH  
TRAINING

## Wednesday

CRITICAL  
NEEDS  
GROUP

## Thursday

SPEED/C.O.D.

EXPLOSIVE  
LIFTING

## Friday

STADIUMS

STRENGTH  
TRAINING



# FALL CAMP

3X/WEEK

## GOALS

- RECOVERY
- REJUVENATION
- MAINTAIN STRENGTH LEVELS
- LOW VOLUME
- MEDIUM INTENSITY



# ATHLETE TRACKING



## FALL PRACTICE # 14



| Prac. #           | Fall # 14  |             |        | Special Tm:           |              |          |               | KOR          |                     |
|-------------------|------------|-------------|--------|-----------------------|--------------|----------|---------------|--------------|---------------------|
| Date:             | 8/16/2016  |             |        | Duration: 2 hr 32 min |              |          |               | Dress: PAD   |                     |
| Player            | PL Average | Player Load | PL/min | PL/metre              | High IMA CoD | Odometer | Dist. (Miles) | Max Velocity | Notes:              |
| <b>RB</b>         |            |             |        |                       |              |          |               |              |                     |
| Carr, Jeff        | 428        | 448         | 2.94   | 0.10                  | 35           | 5068     | 2.9           | 17.6         |                     |
| Carson, Chris     | 407        | 415         | 2.73   | 0.09                  | 28           | 4881     | 2.8           | 15.8         | Limited             |
| Childs, Rennie    | 292        | 307         | 2.02   | 0.09                  | 23           | 3567     | 2.0           | 13.2         |                     |
| Hill, Justice     | 395        | 426         | 2.81   | 0.09                  | 41           | 5008     | 2.8           | 17.6         |                     |
| <b>TE</b>         |            |             |        |                       |              |          |               |              |                     |
| Jarwin, Blake     | 396        | 439         | 2.89   | 0.08                  | 40           | 6381     | 3.6           | 18.2         |                     |
| <b>WR</b>         |            |             |        |                       |              |          |               |              |                     |
| Hays, Austin      | 365        | 237         | 1.56   | 0.08                  | 11           | 3372     | 1.9           | 15.2         | Limited             |
| Lacy, Chris       | 466        | 420         | 2.76   | 0.07                  | 34           | 6581     | 3.7           | 20.6         |                     |
| McClesky, Jalen   | 447        |             |        |                       |              |          |               |              | N/A(unit on Obialo) |
| Obialo, Obi       | 406        | 406         | 2.67   | 0.09                  | 23           | 5094     | 2.9           | 17.3         |                     |
| Seales, Jhajuan   | 480        | 460         | 3.03   | 0.09                  | 53           | 5525     | 3.1           | 18.8         |                     |
| Stoner, Dillon    | 410        | 512         | 3.37   | 0.09                  | 57           | 6310     | 3.6           | 18.7         |                     |
| Washington, James | 497        | 508         | 3.35   | 0.09                  | 48           | 6203     | 3.5           | 18.6         |                     |
| <b>OL</b>         |            |             |        |                       |              |          |               |              |                     |
| Crabtree, Zachary | 374        | 426         | 2.81   | 0.08                  | 60           | 5597     | 3.2           | 11.0         |                     |
| Lundblade, Brad   | 349        | 374         | 2.46   | 0.11                  | 51           | 3831     | 2.2           | 9.2          |                     |
| Salako, Victor    | 426        | 478         | 3.14   | 0.09                  | 44           | 5648     | 3.2           | 10.8         |                     |



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| <b>TE</b>         |            |             |        |          |                       |          |               |              |                     |  |
| Jarwin, Blake     | 396        | 439         | 2.89   | 0.08     | 40                    | 6381     | 3.6           | 18.8         |                     |  |
| <b>WR</b>         |            |             |        |          |                       |          |               |              |                     |  |
| Hays, Austin      | 365        | 237         | 1.56   | 0.08     | 11                    | 3372     | 1.9           | 12.2         | Limited             |  |
| Lacy, Chris       | 466        | 420         | 2.76   | 0.07     | 34                    | 6581     | 3.0           | 10.6         |                     |  |
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# IN-SEASON (FALL)

## TRAVEL SQUAD

- 3X/WEEK

## DEVELOPMENTAL GROUP

- 4X/WEEK

| <u>SUNDAY</u>                                    | <u>MONDAY</u> | <u>TUESDAY</u>   | <u>WEDNESDAY</u> | <u>THURSDAY</u>                                    | <u>FRIDAY</u>                           | <u>SATURDAY</u> |
|--|---------------|--|------------------|--|---|-----------------|
| FLUSH LIFT<br>100's<br>WALK THRU/<br>CORRECTIONS | OFF           | STRENGTH<br>TRAINING<br><br>LOW VOLUME<br>(MED/HIGH %)<br><br>PRACTICE | PRACTICE         | STRENGTH<br>TRAINING<br><br>PRIMER<br><br>PRACTICE | WALK THRU<br><br>DEVELOPMENTAL<br>GROUP | GAME DAY        |



# **“BUILDING THE TOTAL ATHLETE”**



# ***WHAT DRIVES WINNING***

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## ***THE DIFFERENCE MAKERS***





# CORE VALUES

1. FOCUS

3. TOUGHNESS

2. EFFORT

4. LEADERSHIP



# EFFORT

- PLAYING WITH “GREAT” SPEED AND STRENGTH  
AFTER PAIN SETS IN

# FOCUS

- **ABILITY TO ABSORB ALL INFORMATION WHEN OTHERS CAN'T**

# LEADERSHIP

- **MAXIMIZING YOUR TALENT AND GETTING OTHERS TO FOLLOW ALONG THE WAY**



# TOUGHNESS

- **ABILITY TO IGNORE THE UNCONTROLLABLE**
  - **HEAT**
  - **COLD**
  - **WIND**
  - **SUN**
  - **SNOW**
  - **RAIN**
  - **CROWD**
  - **SIZE**
  - **OPINIONS**
  - **NOISE**

**FIND A WAY TO FINISH ON TOP!!**



# CHARACTER DEVELOPMENT

- WHAT IS YOUR BODY LANGUAGE?
- WHAT IS YOUR LOCKER ROOM VOICE?
  - CHAMPION
  - OR
  - VICTIM

## 1<sup>ST</sup> BATTLE TO WIN

- CONQUER THE MAN IN THE MIRROR



# ***CELEBRATE WITH YOUR TEAMMATES***

- **IT'S NOT ABOUT YOU!!**



***ALL CAN BE ESTABLISHED AND  
CULTIVATED IN THE OFF-SEASON  
TRAINING***





***QUESTIONS?***

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***THANK YOU!***