

ILLINOIS STATE UNIVERSITY
SPEED, STRENGTH &
CONDITIONING

DEVELOPING A COMPLETE PROGRAM:
FROM PHILOSOPHY TO FRUITION. A YOUNG
COACHES PRIMER

Introduction – Thanks

- ▶ Thank You
 - ▶ Staff
 - ▶ Coaches
 - ▶ Sport
 - ▶ Strength
 - ▶ Athletes
 - ▶ Big and tall, short and small
 - ▶ Family

Today's Agenda

- ▶ Formulating a training philosophy.
- ▶ How to set yourself up for success in a new job
- ▶ The Illinois State Way: The nuts and bolts of our strength and conditioning program (Specific)

Parameters of these sessions

- ▶ Three linked topics
- ▶ Ask Questions
- ▶ Shaking

Developing a Training Philosophy

- ▶ The Education of a Strength and Conditioning Coach.
 - ▶ Where do I come from?
 - ▶ Why a strength and conditioning coach
- ▶ What is Philosophy?
 - ▶ Definition
 - ▶ Dr. Hopper – Learn to develop your own
- ▶ Formulating a Philosophy – a model
 - ▶ Based on personal experience, knowledge of necessary subject matter, an understanding of the variables, critical thinking
 - ▶ Application to the real world

Microsoft Word Journal

Adrift in an Ocean of Information

- ▶ Everybody is an expert
- ▶ The Internet
- ▶ Theory vs. Proof
- ▶ Old school vs. New School

What to do?

- ▶ Embrace the learning process
- ▶ Self-Exploration
- ▶ Broaden your horizons
- ▶ Be a Critical Thinker
- ▶ Seek advice and support from mentors

The Process of Discovery

"utilized the following model to formulate my philosophy"

- ▶ Utilize personal experience
 - ▶ Athletic
 - ▶ Coaching
 - ▶ Others
- ▶ Knowledge of all necessary subject matter
 - ▶ Use principles which are tried, true and tested
 - ▶ It's not our job to experiment on our student athletes

Principles to live by for the strength coach

- ▶ What guiding principles work regardless of the type of training.
 - ▶ Progressive overload
 - ▶ Specificity of training
 - ▶ S.A.I.D. Principle
 - ▶ Physiological responses to training
 - ▶ Volume
 - ▶ Intensity
 - ▶ Rest intervals
 - ▶ Speed of movement

Understanding the variables

- ▶ This includes the whole gamut of things you have to account for:
 - ▶ Training age
 - ▶ Stressors
 - ▶ Academics
 - ▶ Nutrition
 - ▶ Level of play
 - ▶ Facilities
 - ▶ Sport coach style and support

A Will To Think Critically

- ▶ Assess
- ▶ Arrange
- ▶ Analyze
- ▶ Adjust

The ability to apply your philosophy to the real world

- ▶ Can you sell the program to the players?
- ▶ Can you sell the program to coaches and administrators?
- ▶ Best selling points? It's fundamentally sound and it works and it has a proven track record.
- ▶ There is no perfect program for every situation, just the best program to fit your situation.

K.I.S.S. PRINCIPLE

- ▶ KEEP
- ▶ IT
- ▶ SIMPLE
- ▶ STUPID

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"TAKING A JOB-HOW TO SET YOURSELF UP FOR SUCCESS"

TAKING A JOB:
"How to set yourself up for
success"

Part II
THE NEW FRONTIER

Leaving one program to join another, we explore ways to make a transition to a new team easier and more effective by using simple yet effective communication, management and teaching techniques.

Strategies to aid in job transitions

- ▶ Plot your move.
- ▶ Study your the environment in detail
- ▶ On-site evaluation (interview)
- ▶ On-site evaluation (on the job)
- ▶ Orientation and introduction
- ▶ Deliver the goods

Plot your move

- ▶ Be aware.
- ▶ Find a job that fits you.
- ▶ Have a detailed plan going in.

Study your new environment in detail

- ▶ Learn your new team quickly
 - ▶ Coaches
 - ▶ Administration/Support Staff
 - ▶ Student-Athletes
- ▶ Familiarize yourself with your surroundings
 - ▶ Athletic facilities
 - ▶ Campus buildings
 - ▶ General vicinity
 - ▶ School traditions

On-site evaluation

- ▶ Pre-Hire : Can I work here?
- ▶ Post-Hire : Student-Athletes
 - ▶ Observation
 - ▶ Testing
 - ▶ Interviews

Orientation and Introduction

- ▶ Team Meeting
 - ▶ General Info – include general philosophy and goals
 - ▶ Calendar
- ▶ Individual Meetings
 - ▶ Get to know
 - ▶ Expose to your style and expectations
 - ▶ Learn their goals and expectations

Deliver the goods

- ▶ What's next?
- ▶ Finalize your plan.
- ▶ Put your program into motion

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THE ILLINOIS STATE WAY: "THE NUTS AND BOLTS OF
THE STRENGTH & CONDITIONING PROGRAM"

Background Information

- ▶ 2011 took job at Illinois State.
- ▶ Four previous professional moves.
- ▶ Thirteen years since the last
- ▶ Biggest concern was change in levels : FBS to FCS, Big Ten to MVC/MVFC, etc.

Philosophy Statement

- ▶ At Illinois State University, we use tried, true and tested training tools and modalities combined with an interpersonal coaching approach, all of which are designed to develop both general and sport-specific physical and mental characteristics necessary to enable the student-athlete to compete at the highest level possible.

FOOTBALL PROGRAM PHILOSOPHY

- ▶ PHYSICAL DEVELOPMENT - We must develop our player's physical attributes. We have few players that come ready to play right away.
- ▶ MENTAL TOUGHNESS – Again a developmental process. We will forge toughness through hard work, discipline and high expectations

PROGRAM GOALS

- ▶ IMPROVED SPORT PERFORMANCE
 - Challenge expectations, press the envelope
 - "...this is not about fitness..."
- ▶ INJURY PREVENTION
 - Pre-Hab vs. "integrated programming"

MY FOUNDATION

- ▶ SOUND PRINCIPLES
- ▶ PRACTICAL APPLICATION
- ▶ GREAT EXPECTATIONS

New Kid on the Block

"Managing the transition and setting the new course"

- ▶ Know what you're getting into.
- ▶ Don't be a bull in a china shop.
- ▶ Evaluate where the program is at (strengths, weaknesses, etc.)
- ▶ Talk to as many people as possible.
- ▶ What do I need to bring to the table?
- ▶ Most importantly, be your own man.

BASIC TENETS OF THE ILLINOIS STATE SPEED, STRENGTH AND CONDITIONING PROGRAM FOR FOOTBALL

- ▶ Founded on the basis of sound principles, practical application of those principles and great expectations.
- ▶ Integrate with the football program philosophy.
- ▶ Designed to address improved performance on the field and greater injury prevention.
- ▶ Must be developmental. Recognize who you are working with.
- ▶ Strength training is the foundation of the program.

BASIC TENETS OF THE ILLINOIS STATE SPEED, STRENGTH AND CONDITIONING PROGRAM FOR FOOTBALL

- ▶ Build on the foundation with plyometrics, speed/agility training and sport specific conditioning to develop athleticism and improved football performance.
- ▶ Utilize accurate, valid and reliable testing protocols to assess progress and provide effective feedback to both the student-athletes and you.
- ▶ Most importantly, interaction with the athlete is the heart of the program.
- ▶ Employ the K.I.S.S. principle.

STRENGTH TRAINING

- ▶ FREE WEIGHT (bars, dumbbells, kettlebells, etc.)
- ▶ MULTI-JOINT MOVEMENTS (ex. Full cleans)
- ▶ DEVELOPMENT OF HIP AND LEG STRENGTH AND POWER
- ▶ CORE TRAINING
 - Postural/Supportive
 - Specific/Movement related
- ▶ UPPER BODY STRENGTH AND POWER (shoulder stability)
- ▶ SPECIAL NEEDS



PLYOMETRICS

- ▶ Bridging the gap
- ▶ Carry over of fundamental movement skills
- ▶ Follow teaching progression
- ▶ Static and quick feet drills to dynamic skills
- ▶ Double leg to single leg
- ▶ Combo drills
- ▶ Upper Body

SPEED AND AGILITY TRAINING

- ▶ Lower body plyometric training and strength/power development.
- ▶ Utilize technical lead-up drills to teach movement skills.
- ▶ Acceleration/deceleration, reaction time, change of direction are our chief concerns.
- ▶ Working straight line speed is simply another method to provide athletes with the opportunity to run fast.



Conditioning for Football

- ▶ Developed as a function of an appropriately conceived training cycle.
- ▶ Contributory elements
 - ▶ Muscular endurance
 - ▶ High repetition
 - ▶ Total volume
 - ▶ Training time
 - ▶ Speed endurance
 - ▶ Perfect sprints
 - ▶ Tempo runs/intervals
 - ▶ Anaerobic/aerobic conditioning
 - ▶ Intervals
 - ▶ Pattern runs/Metabolic runs

TESTING

- ▶ What tests should we do?
- ▶ How often should we test?
- ▶ Are one rep max tests safe?

COACHING

- ▶ PROGRAMMING
 - ▶ Keep simple, too many variables to account for.
 - ▶ Pete Martinelli/Dave Pasanella/Mike Stone
 - ▶ Build cycle to meet unique program needs
- ▶ TECHNIQUE INSTRUCTION
 - ▶ Use progressions.
 - ▶ Keep cues simple
 - ▶ Repetition/refreshers
- ▶ COMMUNICATION
- ▶ MOTIVATION
- ▶ DISCIPLINE

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