



**"TRAINING CONSIDERATIONS –
UNIVERSITY OF NORTH DAKOTA"**
Nate Baukol, SCCC, CSCS, FMS



MISSION

- It is our mission to physically and mentally prepare the athlete for the rigors of collegiate athletics. This mission is undertaken by implementing professionally designed, scientifically sound training programs, designed specifically to reduce the incidence of injury and help each team and athlete reach their full athletic potential.



PHILOSOPHY

- Our goal is to enhance the physiological systems and movement skills that are necessary for the development of athleticism.

Ten Training Principles

- #1 – Train explosively and with ground based movements.
- #2 – Train Athleticism.
- #3 – Train multi-planar and unilaterally.
- #4 – Emphasize the core of the body.
- #5 – Develop high levels of work capacity.

SIOUX

Ten Training Principles

- #6 – Train to address your weaknesses.
- #7 – Train using bodyweight as resistance.
- #8 – Train for injury reduction.
- #9 – Perform sport-specific energy system development.
- #10 – Balance your training.

SIOUX

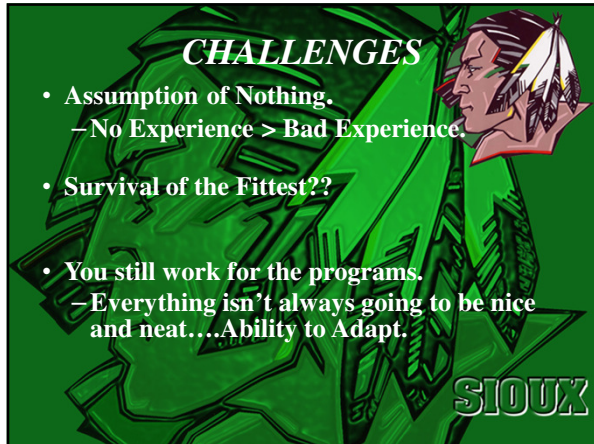
**“Methods are many,
principles are few,
methods always change,
principles never do”**

-Author Unknown

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CHALLENGES

- Assumption of Nothing.
 - No Experience > Bad Experience.
- Survival of the Fittest??
- You still work for the programs.
 - Everything isn't always going to be nice and neat....Ability to Adapt.



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5 YEAR EXPERIENCE

- Separation of all Freshman.
 - FB – All freshman in their 1st season, non-redshirts included.
 - WBB – All Freshman during their 1st season.
 - Non-Redshirts will have modified teaching intensive program.
- Technical Proficiency at the end of 1st season.
- Slow Cook Training
 - Build towards their Senior season.



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COACHING PROGRESSION

- FMS – A snapshot of athletes physical limitations and abilities.
- Movement Prep.
 - Static to Dynamic
 - Easy to Hard
 - Stable to Unstable.



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COACHING PROGRESSION

- Hip Hinge/RDL



Goblet Squat

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COACHING PROGRESSION

Back Squat



Front Squat



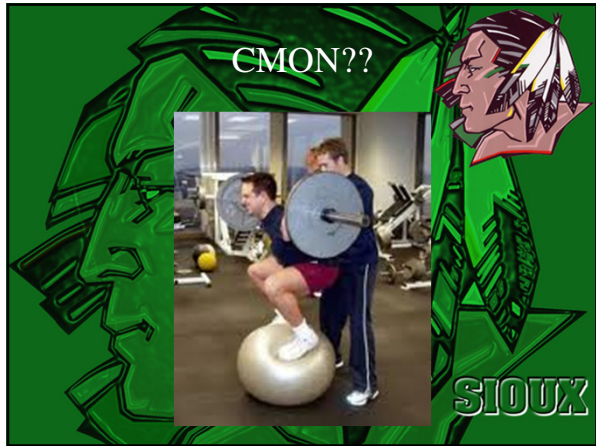
- Mastery of these fundamental movements sets table for training.

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Exercise Selection

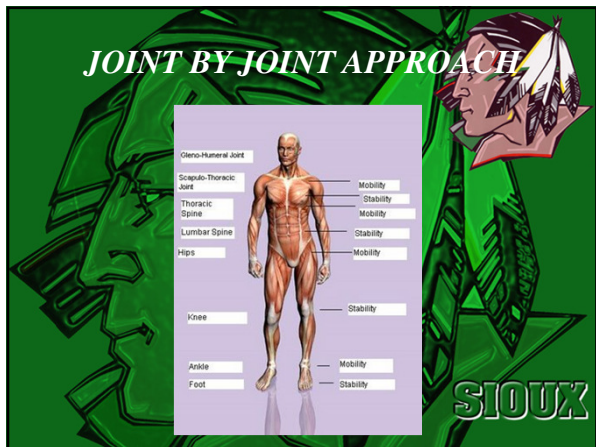
- What constitutes a good exercise? Ask yourself 4 questions.
 - 1) Is it done standing?
 - 2) Is it multi-joint?
 - 3) Is it done with free weights?
 - 4) Is it characteristic of explosive sports.

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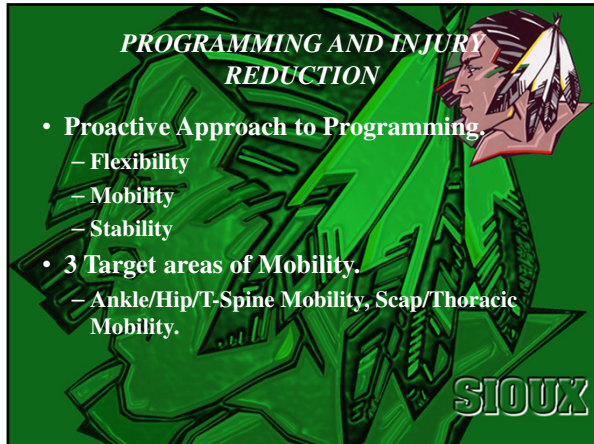


- GRAY COOK AND MIKE BOYLE
- Body is a stack of joints alternating between functions of Mobility and Stability.
- Joint by Joint and FMS have given us insight on tendencies.
- Injuries will show up from dysfunction from the joints above and below the injury site.



PROGRAMMING AND INJURY REDUCTION

- Proactive Approach to Programming.
 - Flexibility
 - Mobility
 - Stability
- 3 Target areas of Mobility.
 - Ankle/Hip/T-Spine Mobility, Scap/Thoracic Mobility.



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PROGRAMMING AND INJURY REDUCTION

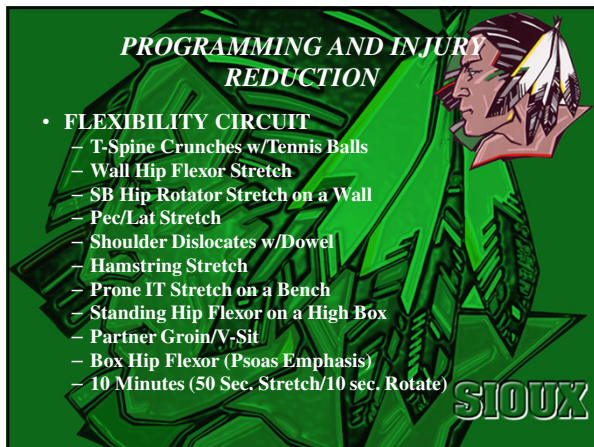
- SMR/Foam Roll Routine
 - Lats
 - Low Back/Upper Back
 - Glutes
 - Piriformis
 - Hamstring/Calves
 - IT Band
 - Quads
 - Adductors
 - 8-10 Minutes



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PROGRAMMING AND INJURY REDUCTION

- FLEXIBILITY CIRCUIT
 - T-Spine Crunches w/Tennis Balls
 - Wall Hip Flexor Stretch
 - SB Hip Rotator Stretch on a Wall
 - Pec/Lat Stretch
 - Shoulder Dislocates w/Dowel
 - Hamstring Stretch
 - Prone IT Stretch on a Bench
 - Standing Hip Flexor on a High Box
 - Partner Groin/V-Sit
 - Box Hip Flexor (Psoas Emphasis)
 - 10 Minutes (50 Sec. Stretch/10 sec. Rotate)



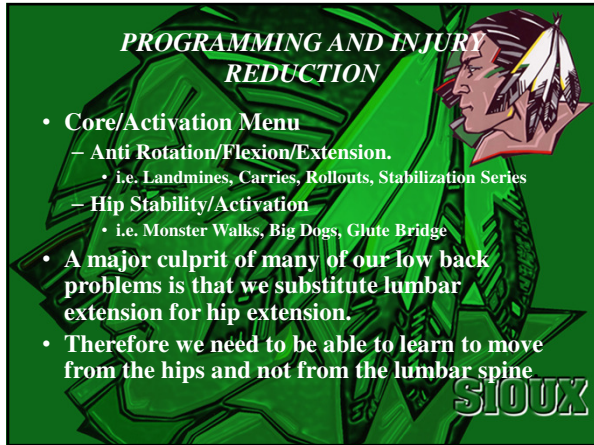
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PROGRAMMING AND INJURY REDUCTION



- Mobility Circuit
 - QDP T-Spine Rotations
 - Wall Sides
 - SB Hip Internal Rotation
 - SL Reaching RDL
 - Lateral Lunge
 - Knee Hug Lunge
 - Goblet Squat
 - Lunge w/Touch - Hamstring
 - Ankle Mobility
 - Leg Swings (Ankle/Hip)
 - 5-8 Minutes (25 sec/5 Rotate)

PROGRAMMING AND INJURY REDUCTION



- Core/Activation Menu
 - Anti Rotation/Flexion/Extension.
 - i.e. Landmines, Carries, Rollouts, Stabilization Series
 - Hip Stability/Activation
 - i.e. Monster Walks, Big Dogs, Glute Bridge
- A major culprit of many of our low back problems is that we substitute lumbar extension for hip extension.
- Therefore we need to be able to learn to move from the hips and not from the lumbar spine

UNIVERSITY OF NORTH DAKOTA				
FIGHTING SIOUX FOOTBALL				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIELD RULE: 30 MIN (10:00 AM) STRETCHING CIRCUIT: 10 MIN	FIELD RULE: 30 MIN (10:00 AM) STRETCHING CIRCUIT: 10 MIN	FIELD RULE: 30 MIN (10:00 AM) STRETCHING CIRCUIT: 10 MIN	FIELD RULE: 30 MIN (10:00 AM) STRETCHING CIRCUIT: 10 MIN	FIELD RULE: 30 MIN (10:00 AM) STRETCHING CIRCUIT: 10 MIN
MOBILITY CIRCUIT 1 MIN 5 MIN BALL BRIDGE 5 MIN BALL INTERNAL ROTATION 5 MIN WALL SIDE 5 MIN LUNGE 5 MIN KNEE HUG 5 MIN GOBLET 5 MIN TOUCH - HAMSTRING ANKLE MOBILITY 5 MIN LEG SWING	COE/ACTIVATION/ARM CP 5 MIN 5 MIN 5 MIN 5 MIN 5 MIN 5 MIN 5 MIN 5 MIN	OFF	MOBILITY CIRCUIT 1 MIN 5 MIN BALL BRIDGE 5 MIN BALL INTERNAL ROTATION 5 MIN WALL SIDE 5 MIN LUNGE 5 MIN KNEE HUG 5 MIN GOBLET 5 MIN TOUCH - HAMSTRING ANKLE MOBILITY 5 MIN LEG SWING	COE/ACTIVATION/ARM CP 5 MIN 5 MIN 5 MIN 5 MIN 5 MIN 5 MIN 5 MIN
LIST	LIST	LIST	LIST	LIST

Active Search - Shoulder Lunge - Sidekick Flip - Dip Extension - Off Search - Snow Snow in Search - 10 & 10 Run Rock

Fighting Sioux Strength and Conditioning

PHASE II **FIGHTING SIOUX FOOTBALL** WINTER 2011

PHASE II			
DATE	PERIOD	COACH	REMARKS
12/13/10	1	J. BROWN	...
12/13/10	2	J. BROWN	...
12/13/10	3	J. BROWN	...
12/13/10	4	J. BROWN	...
12/13/10	5	J. BROWN	...
12/13/10	6	J. BROWN	...
12/13/10	7	J. BROWN	...
12/13/10	8	J. BROWN	...
12/13/10	9	J. BROWN	...
12/13/10	10	J. BROWN	...
12/13/10	11	J. BROWN	...
12/13/10	12	J. BROWN	...
12/13/10	13	J. BROWN	...
12/13/10	14	J. BROWN	...
12/13/10	15	J. BROWN	...
12/13/10	16	J. BROWN	...
12/13/10	17	J. BROWN	...
12/13/10	18	J. BROWN	...
12/13/10	19	J. BROWN	...
12/13/10	20	J. BROWN	...
12/13/10	21	J. BROWN	...
12/13/10	22	J. BROWN	...
12/13/10	23	J. BROWN	...
12/13/10	24	J. BROWN	...
12/13/10	25	J. BROWN	...
12/13/10	26	J. BROWN	...
12/13/10	27	J. BROWN	...
12/13/10	28	J. BROWN	...
12/13/10	29	J. BROWN	...
12/13/10	30	J. BROWN	...

Fighting Sioux Strength and Conditioning

LEVEL OF IMPORTANCE

- We utilize the tools of corrective exercise.
- What's More Important?
 - Technical proficiency in the "Core" lifts.
 - Prehab/Corrective based program.
 - Huge Bang for Buck with a properly performed Oly Lift/Squat.
 - Ankle Mobility/Hip Mobility/T-Spine Ext./Shoulder Mob/Stab.
- Good movement is good movement!!
- If it's important....Do it everyday!

LEVEL OF IMPORTANCE

- Is this Good Movement?





