

# MAP FOR “PHYSICAL DEVELOPMENT”

When it comes to a CD RAM reaching his potential as a player, we strive for two qualities above all others: **competitiveness** and **toughness**. This map is geared toward instilling both of these qualities in large measure.

## **1. Attend all workouts in the off-season with a great attitude**

It all starts with the decision to show up! You can't hope to reach your potential as a player unless you first make the choice to be present. Make it part of your daily routine. If you don't, you are likely to miss a workout or more each week when “something comes up.” We have had MANY players who made it such a part of their daily routine that they get really disappointed if a workout is cancelled due to weather. Become one of these players!

Of course, just simply being there is not enough. You must arrive to each workout with a great attitude and desire to work hard and get better. It's also very important to be coachable. We have an outstanding group of coaches at each workout who guide the players through a workout program that is proven to produce great results. In fact, we typically have at least seven coaches at each workout which run Mondays through Fridays in the offseason. On some occasions we have upwards of eleven coaches at a workout!

Being there every day with a great attitude will also enhance your experience in a very important way: building positive relationships with teammates and coaches. When it's all said and done, the memories forged with teammates and coaches may very well be the most lasting thing you take with you.

## **2. Improve in the core lifts**

There is a reason we test in the bench, squat, and clean. These lifts translate to the game of football. Football is a game in which strength matters. When you boil it down, so much of this game involves collisions and moving/tackling other humans or avoiding being moved and tackled by them. Not only does a great bench, squat, and clean help you with these things physically, but it also helps psychologically. When you can put up a big number in these lifts, you will take the field with a much greater degree of self-confidence in your ability to “be physical” when called upon. How you see yourself is a huge factor in high school football. If you have success in the core lifts, it will go a long way in seeing yourself as someone that will “win the battle”. If we have a large number of individuals who perform well in the core lifts, we will see ourselves collectively as a team that will “win the battle”.

On our website, we have some advice and guidance when it comes to the core lifts. You can find this at [www.cdramclub.com](http://www.cdramclub.com) and then click on “Speed's Place”. And then under “Speed's Place Resources” you will see some documents related to the core lifts.

## **3. Improve in your weight**

Football is a sport where it helps to have size! Since it's a game that involves a series of collisions, it certainly helps if you have some size when you are engaged in those collisions. We can't control our height, but we absolutely can impact our weight. This can be done by following our program both in the

weight room and through diet. Of course, our focus is not always to put weight on but in some cases to lose body fat and gain lean muscle mass. This can vary by position and an individual's needs. No matter what position you play, though, it will help greatly if you set realistic and appropriate weight goals and work hard toward those goals.

#### **4. Improve in your speed and agility**

You are not “stuck” with your speed. You can most certainly improve your speed and agility significantly throughout your high school career. There are many key elements when it comes to improving your speed. Strength is the easiest thing to improve that can provide the biggest impact on speed. It is very simple: when a person is stronger he is able to generate more force against the ground with each stride thus increasing speed. Flexibility, explosion, quickness, endurance, balance, and coordination – among others – are also factors that we address to help increase speed. Our off-season program is dedicated to helping players improve their speed and agility through all of these elements. Over the years, the players who have committed to this program have seen great results. A brief overview of our approach to speed development can be found on our website. Click on “Speed’s Place” and then go to “Speed’s Place Resources” then click on “Muscle Fibers”.

#### **5. Improve in your flexibility**

Flexibility is important for a few reasons. First, it can help with injury prevention. Second, it is a contributing factor in improving speed. Third, it is helpful in mastering so many of the skills that are necessary at so many positions on the field. Fourth, if you do have ambitions of playing at the next level, college coaches are often turned off by a “stiff” player. Fair or unfair, they see flexibility as part of overall athleticism.

#### **6. Attend all practices throughout the season**

Once the first mandatory practice begins in August, it is vital to be at each and every practice if at all possible. The coaching staff works hard to organize each practice in a way that maximizes skill development, understanding, and teamwork. We also have roughly a dozen coaches on the field for all JV/Varsity practices which creates an extremely favorable coach-to-player ratio. In addition to the work on the field, we also incorporate weight room and film sessions as well.

We know there can be reasons why you may have to miss practice. But this is what we believe: if a player is truly committed, he will only miss for something very significant. And if it's significant, he will most certainly know about it in advance. This is why we require players to tell us ahead of time if ever they miss practice. When your parents know that it's very important to you that you be at practice, they will often schedule appointments and “family events” around the practice schedule.

#### **7. Improve in the skills, knowledge and understanding at your position**

A player who truly dedicates himself to our workout program will improve his size, strength, speed, agility, flexibility, and conditioning and will be putting himself in a much greater position to succeed. However, if you don't also commit yourself to gaining a strong grasp of the knowledge and skills necessary to succeed at your position, it won't matter how big, strong, and fast you are. Players in our program must not only know their job but also the many details associated with their job. We also want players' understanding to go beyond their own assignment and learn the “bigger picture” of how their job and the other players' jobs fit together. To aid in this, each position group in our program has a

position coach we call a Unit Leader. Each Unit Leader spends time with his players throughout the entire calendar year to develop skill and knowledge in all players in his “unit”.

We also have a state-of-the-art video system through HUDL. We film our practices and games and put them on HUDL for players to view. Not only will players have the opportunity to watch film with their coaches, but they are also encouraged to watch HUDL on their own. In many cases, coaches will make notations for players to see on HUDL when they do watch on their own. Watching film can be a valuable tool in developing greater knowledge and understanding.

Overall, we spend a great deal of time and resources in the area of skill and knowledge enhancement because we believe it is what truly unlocks a player’s physical potential.

## **8. Improve in your level of conditioning**

“Fatigue makes cowards of us all”. This is a quote from Vince Lombardi and we believe it to be true. Not only does it help in the 4th quarter of a game, but it can make a difference in the entire game. It also dramatically affects the quality of our practices. We conduct fast-paced and up-tempo practices which demand that you go fast in all that you do even in transitions. Conditioning is also a matter of safety. When you are tired, you can be more prone to injuries. We take great pride in having a very high level of conditioning on our teams at Central Dauphin throughout the years. If you follow our program with great commitment, you will be a well-conditioned athlete. Obviously, it will further enhance your conditioning if you do some of these things on your own as well in the offseason.

## **9. Be consistent with proper nutrition and hydration**

So much research now exists related to the importance of proper nutrition and hydration when it comes to training for a football season. It is also something that can lead to positive life-long habits. Unlike the work that’s done in our weight room, you are largely on your own when it comes to your diet. That being said, it will make a huge difference in the improvements you are able to make in the weight room itself, and please know that IT WILL SHOW!

## **10. Sleep right**

This is another area in which a great deal of research exists related to the effect of poor sleep habits on physical and mental performance for players that are in season and in training. Unfortunately, some players each year do not take this part of their training seriously enough. The factors that are most common are social media, video games, music, and television. It is so easy to fall into this trap. We know that much of your day is accounted for in school or in sports, so it’s tempting to stay up late as a way to enjoy these other things. Avoid that temptation. You may think it doesn’t affect you or that you can handle it. But it will catch up to you in your quest to be your best. It’s simple: you won’t reach your potential if you consistently don’t get the appropriate amount of sleep. Even though we can’t be there at your house when you have to make these important choices, don’t ever forget or underestimate the importance of sleep.