

Bellevue West Thunderbird Football



Strength and Conditioning

Michael Huffman

michael.huffman@bpsne.net

Our Mission

To provide athletes the means by which they can train consistently and sensibly over designated periods of time, in a safe, clean, and professional environment. Our goal is to improve athletic performance by focusing on improvements in strength, speed, explosion, agility, reaction, and flexibility. Our ultimate vision is to see Bellevue West High student-athletes as the biggest, fastest, and strongest competitors in Nebraska!!!

"Hard work beats talent when talent doesn't work hard!"

The Program

The program will consist of four organized workout sessions a week that take place over the course of the year. The calendar is broken into eight-week sessions except for the in-season session that continues the duration of the football season. There will be an in-season session, winter session, spring session, and a summer session. The program will take place on Monday, Tuesday, Thursday, and Friday during the summer and Monday-Thursday during the school year. In the event that the school week is shortened, the program will run each day that school is in session.

Monday	Tuesday	Thursday	Friday
Lower Body-Upper Body Pull	Upper Body-Lower Body Pull	Lower Body-Upper Body Pull	Upper Body-Lower Body Pull
Speed and Agilities	Body Weight Plyometric	Speed and Agilities	Plyometric Box's

Daily Schedule-School- In Session

3:40-3:42	Dynamic Warm-Up
3:42-3:55	Speed and Agilities or Plyometric Jumps
3:55-4:35	Strength Training
4:35-4:40	Flexibility

Speed and Agility Training

Choose a variety of training techniques to provide the student-athletes with the best possible activities to increase their overall speed and agility. Drills will focus on explosive starts, running technique, and change of direction. Depending on the number of student-athletes in session, coaches, and space available, choose three to four total drills and rotate the athletes through the stations.

Plyometric Training

Choose a variety of training techniques to provide the student-athletes with the best possible activities to increase their athletic ability. Plyometric training has been proven to increase both explosion and jumping ability. Depending on the number of student-athletes in session, coaches, and space available, choose three to four total drills and rotate the athletes through the stations.

Static Stretch

To retain full range of motion in our student-athletes, a full body static stretch should be completed at the conclusion of our workouts. This will insure our student-athletes ability to continue being effective in multiple sport settings and eventually pursuing a healthy adult lifestyle.

Player Development

Off-Season Training



All football players will be expected to attend training sessions during the off-season if they are not out for a NSAA sponsored sport. Multiple sport participation will be encouraged but football players in other sports will be asked to lift before school to insure completion of our strength and conditioning program. Football players are made in the off-season, they perform during the season.

There will be a number of opportunities provided for our young men to become better athletes and to grow closer together as a team. While school is in session, focus will be on becoming bigger, faster, and stronger by participation in our strength and conditioning program. Assistant coaches will be asked to hold bi-weekly meetings with their respective position groups to continue to work on the mental aspects of the game of football and to build stronger relationships with their position players.

The summer is critical to our success as a football team. A leadership team will be assembled and worked with throughout the summer teaching our young men how to become leaders by example and vocal leaders. Our strength and conditioning program will run four days a week and include opportunities for our young men to become better at the fundamentals of football. Skill players will be asked to compete in local 7 on 7 leagues throughout the summer to fine-tune our passing offense and defense. A university sponsored team camp will be attended by our returning lettermen and potential contributors and provide our coaches and players a platform to grow and evolve as a team. As the summer draws to an end, we will host the Thunderbird Team Camp where all 9th-12th-grade football players and coaches will come together and work on final preparations for the upcoming season.

I have provided a sample calendar for the month of June 2013. Both players and parents would receive a copy of the summer calendar well in advance so they can make necessary plans to maximize their son's participation in our program.

“The time will come when the fall will ask what you were doing all summer!”