

# *LECTURE*



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University of Tennessee

Get After It  
Craig Fitzgerald

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Mission

- My Mission Is To Coach With Integrity And Serve My Athletes By Helping Them Maximize Their Potential.
- To Fulfill This Mission I Need To:

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Learn

- "Enter To Learn, Leave To Serve" LCHS
- Kaizen: Continuous Improvement
- Crew: Been Blessed
- Visit Other Performance Coaches
- Meet With Athletic Trainers
- Meet With Sport Coaches
- Listen To My Athletes, "Bring The Iron Back" WI
- Look At What Leaders In Other Fields Are Doing: Classic Rockers

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Serve

- Be Grateful, 99% Want Us To Coach/Help Them
- Be Humble, There Are A lot Of Damn Good Strength Coaches
- "He Coached Me", Bob Ward Referring To Randy White
- Leave No Stone Unturned
- It's About The Athletes, They Are The Reason Our Profession Exists

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KISS

- Hedgehog: Dig In One Spot To Get The Deepest
- Be An Inch Wide And A Mile Deep
- Do Fewer Things Better
- Program Prioritization
- The Never Ending Search Always Leads Me Back To Simplifying More
- "Patience + Persistence = Progress" Bill Starr
- "The Key To Any Successful Strength Program Is Simplicity" Bill Starr
- "When They Go Complicated... We Go Simple" Joe Colistra
- "No Secret Sauce, Win By Executing The Fundamentals" Mike Pettine, Sr
- "Execution Over Innovation" Bo
- "Wax On, Wax Off" Mr. Miyagi Training Daniel Son In The Fundamentals
- "Back In Black" ACDC

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Build Relationships

- Be A Great Supporter To My Athletes
- Be A Great Teammate To Everyone In The Building
- Be A Great Positive Energy Source
- Make The Weight Room The Energy Hub
- "The Team, The Team, The Team" Bo
- Everyone Is A Star In The Weight Room

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### Build Character

- Instill Core Principles In My Athletes That Will Last A Lifetime:
  - Discipline
  - Hard Work
  - Toughness
  - Intensity
  - Consistency
  - Organization
  - Commitment
  - Preparation

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### Training Goal: Build Dominators

- Maximize These 4 Training Pillars:
  - Warm Up
  - Speed
  - Strength
  - Conditioning

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### Warm Up

- Need Flex To Get In And Out Of Athletic Positions
- Keeps Athletes In Competition Making Plays For A Long Time
- No Mo = No Go: Speed, Strength, Conditioning Depend On Mo
- Put Mo First & Often In Program So It Gets "Done, Done, Done"
- Warm Up
  - Warm Up: Get Moving / Flowing
  - Mobility: Dynamic Range Of Motion
  - Mobility: Static/Limber During FB Coach Chat, Activity And Cool Down
- Extra Mobility: Anytime, Anywhere

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Speed

- The Holy Grail – Sought Exclusively, Found Collectively
- Getting To The Party First Is Vital In Athletics
- Get Mobile, Strong And In Condition, Lean To Get Fast
- Training: Simple, Unbridled, Aggressive, Explosive, Competitive
- Jump: Fire Up, 1L, 2L, Height, Distance / Throw: Full Body Throw
- Sprint: Drive Focused Forceful Acceleration: Starts, Hills, Sleds, Sand
- Cut: COD, Shift Gears, Ground Ripping Force: Shuttles, Reaction, Skill

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Strength

- “This Is America And We Like To Lift”
- Power Focused In Weight Room: Move Heavy Weights Fast Is Athletic
- Start Too Light To Master Tech And Prepare The Body For More Later
- Make Light Weight Feel Heavy > Make Heavy Weight Feel Light
- Primary Movements: Multi Joint, Full Body Engagement
  - Pull (Back): Power Clean, Power High Pull, Power Shrug
  - Squat (Leg): Back Squat, Lunge, Front Squat
  - Press (Shoulder): Bench Press, Incline Bench Press, Military Press
- Auxiliary Focus: Rehab And Muscle Development
  - LB Pull, UB Pull, Neck, Core
- Implement The Heavy, Light, Medium System To Keep Progressing
- Primary Movement Rep Range: < 25 Reps>, Ex. 5x5
- Auxiliary Movement Rep Range: < 40 Reps> Ex. 2x20

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Conditioning

- No Conditioning = No Chance... “Dead Man Walking”
- Cumulative Finisher Effect: WU > Speed > Strength > Conditioning
- Power Conditioning: Goal Is Not To Survive But Rather To Thrive
- Cycle Conditioning: Build Up & Progress, Start Low... End High
- Best: Fun, Varied, Exciting, Competitive.. “Hell Yeah” Beats “Hell No”
- Tools: Sprints, Shuttles, Hills, Stairs, Sleds, Sand, Team Competition
- Tests: Dominator x20, Half Gasser x16, Pat/Tex x20 T40Y/B50Y/J60Y

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KISS Training

- In Order Of Action
- Warm Up: Flow, Mobility, Stretch
- Speed: Jump, Sprint, Cut
- Strength
  - Primary: Pull / Squat / Press
  - Auxiliary: Rehab / Muscle
- Conditioning: Finisher
- Template Focus Depends On Training Cycle Goals
- Be Ready: Prepare To Win

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Key Experiences

- Walk On Maryland Football: Found My Calling
- CUA: Football Coach And Strength Coach: No \$, Great Relationships
- ASU Grad Assistant: New View
- Maryland Assistant Strength Coach: Apprenticeship
- Harvard: 41 Teams, Great Crew, Organization
- Carolina: Winning While Keeping It Real
- Penn State: With Warriors
- Texans: Helping Elite Athletes Maximize Their Potential
- Tennessee Vols: Back To Basics

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Reads

- The Strongest Shall Survive, And Anything By Bill Starr
- Keys To Progress By John McCallum
- The Purposeful Primitive By Marty Gallagher
- 5/3/1 Forever By Jim Wendler
- Every Day Is Game Day By Mark Verstegen
- The Seven Habits Of Highly Effective People By Stephen Covey
- Bo's Lasting Lessons By Bo Schembechler And John Bacon

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Thank You

- Email: [fitzpride@gmail.com](mailto:fitzpride@gmail.com)
- Training Pics (My Son Mac: age 9): Jump, Throw, Sprint, Cut, Pull, Squat, Press, Sled

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Jump



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Throw



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Sprint



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Squat



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Press



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Conditioning: Sled



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