



JESSE **ACKERMAN**

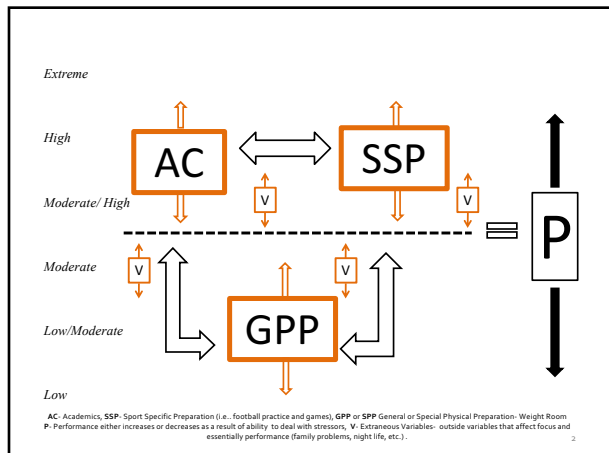
ATLANTA FALCONS

“Systems vs. Programs”

Facebook: @jesse.ackerman.79

Systems vs. Programs

Jesse Ackerman
 Head Strength & Conditioning Coach
 Atlanta Falcons



• System

- Infinite
- Holistic

• Program

- Finite
- Limited in scope

Common Elements of Successful Systems

Factors limiting strength production

- Trainability
- Neuromuscular Efficiency
- Biomechanical Efficiency
- Psychological Factors
- Pain and Fear of Pain
- Injury and Fear of Injury
- Fatigue

Identifying the limiting factors in sprinting & hurdling

- Anthropometric Potential
- Strength Potential
- Endurance Potential
- Flexibility Potential
- Mental Potential
- Mechanics Potential
- Conditioning Potential
- Developmental Level

Siff, M.C. - Factors Limiting Strength Production. In: Supertraining: 6th ed. Denver, CO: 2004: 12-17.

Mann, R.V. Identifying The Limiting Factors In Sprinting In Hurdling. In: The Mechanics of Sprinting and Hurdling. 2013 ed. Las Vegas, NV: 2013: 2-17.

EGO IS THE GREATEST LIMITING FACTOR!!

WHITE BOARD

- Functional Intensity Scale
 - Comparable to TMax vs. CMax
- P.A.S.M.
 - MULTI-FACTORIAL
 - LIMITATIONS
- Training System
 - METHODS
 - OPTIMAL DOSE vs. MAXIMAL DOSE
