

PRACTICAL



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THE SYSTEM
INTEGRATING OLYMPIC LIFTING W STRENGTH POWER & SPEED




CSU FOOTBALL PERFORMANCE
RYAN DAVIS M.E.D, SCCC, CSCS

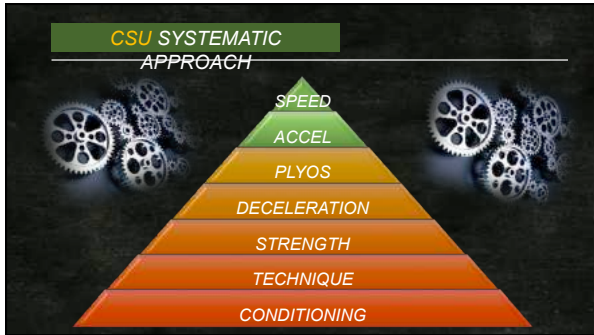
PROFESSIONAL BACKGROUND

- GRADUATE ASSISTANT (WEST FLORIDA UNIVERSITY)
- ALABAMA STRENGTH & CONDITIONING INTERN (UNIVERSITY OF ALABAMA)
- ASSISTANT STRENGTH & CONDITIONING COORDINATOR (UNIVERSITY OF LOUISVILLE)
- ASSISTANT STRENGTH & CONDITIONING COORDINATOR (UNIVERSITY OF ALABAMA)
- DIRECTOR OF ATHLETIC DEVELOPMENT (SAMFORD UNIVERSITY)
- HEAD ATHLETIC PERFORMANCE COACH (COLORADO STATE UNIVERSITY)

IT IS WHAT IT IS

- EXPLOSIVE POWER & HIGH VELOCITY.
- IMPROVE ATHLETIC RELATED SKILLS FOR ENHANCED PERFORMANCE.
- POSITIVE EFFECT ON JUMPING, STARTING STRENGTH, SPRINT ABILITY, ACCELERATION & DECELERATION.






HANG CLEAN

QUE IT!

CLEAN GRIP, SLIDE AND COVER, JUMP SHRUG, REPOSITION FEET/ HIPS, CATCH (ELBOWS HIGH, HANDS OPEN), STAND UP, WALK YOUR FEET IN, RELOAD.

- PHASE 1- TEACH TEACH TEACH.
- PHASE 2- OPTIMAL TECHNIQUE, INCREASE BAR SPEED WITHOUT COMPROMISING TECHNIQUE.
- PHASE 3- INCREASE INTENSITIES WITHOUT COMPROMISING TECHNIQUE, ACHIEVE HIGHER VELOCITY, TRAIN IN A SPECIFIC RANGE.




APPLICATION

POINTS OF EMPHASIS

- QUICK GROUND REACTION TIME
- BALANCE
- BODY CONTROL
- DECELERATION


HURDLE JUMPS



POWER CLEAN

QUE IT!
 CLEAN GRIP, SLIDE AND COVER, JUMP SHRUG, REPOSITION FEET/ HIPS, CATCH (ELBOWS HIGH, HANDS OPEN), STAND UP, WALK YOUR FEET IN, RELOAD.

- PHASE 1-TEACH TEACH TEACH.
- PHASE 2-OPTIMAL TECHNIQUE, INCREASE BAR SPEED WITHOUT COMPROMISING TECHNIQUE.
- PHASE 3- INCREASE INTENSITIES WITHOUT COMPROMISING TECHNIQUE, ACHIEVE HIGHER VELOCITY, TRAIN IN A SPECIFIC RANGE.




APPLICATION

POINTS OF EMPHASIS

- COMPROMISED POSITION
- EXTENSION
- POSTURE


KNEELING START



HANG SNATCH

QUE IT!
 SNATCH GRIP, SLIDE AND COVER, JUMP SHRUG, REPOSITION FEET/HIPS, CATCH (ARMS LOCKED, FEET HIT SIMULTANEOUSLY), STAND UP, WALK YOUR FEET IN, BAR TO CHEST ELBOWS OVER BAR, RELOAD.

- PHASE 1-TEACH TEACH TEACH.
- PHASE 2-OPTIMAL TECHNIQUE, INCREASE BAR SPEED WITHOUT COMPROMISING TECHNIQUE.
- PHASE 3- INCREASE INTENSITIES WITHOUT COMPROMISING TECHNIQUE, ACHIEVE HIGHER VELOCITY, TRAIN IN A SPECIFIC RANGE.




APPLICATION

POINTS OF EMPHASIS

- POSTURE
- ARM ACTION
- LEG ACTION

WICKET RUNS




SPLIT JERK

QUE IT!

DIP, DRIVE, FRONT FOOT, BACK FOOT, WALK THE BAR DOWN, RELOAD.

- **PHASE 1:** TEACH TEACH TEACH (BAR ONLY) ON CADENCE.
- **PHASE 2:** INCREASE INTENSITIES SLIGHTLY (95-135LBS) WITHOUT COMPROMISING TECHNIQUE, ON CADENCE.
- **PHASE 3:** INTENSITIES STAY THE SAME, REMOVE CADENCE FOR ATHLETE, COMPLETE WITHOUT COMPROMISING TECHNIQUE.




APPLICATION

POINTS OF EMPHASIS

- QUICK GROUND REACTION TIME
- FLIGHT TIME
- ARM ACTION
- LEG ACTION

BOUNDS



SQUAT
PROGRESSIONS
 GENERAL GOALS OF PROGRESSIONS


- IDENTIFY DEFICIENCIES.
- EMPHASIS ON STABILITY AND MOBILITY.
- BE BRILLIANT AT THE BASICS.

GOBLET SQUAT → FRONT SQUAT → BACK SQUAT → CHAIN BACK SQUAT

GOBLET SQUAT

WHY?
 ABSOLUTE FIRST PROGRESSION IN TEACHING THE SQUAT PATTERN. TEACHES POSITION AND POSTURE THROUGH MOVEMENT PATTERN AT A VERY LOW RISK.


- PHASE 1-TEACH TEACH TEACH (BAND AROUND KNEES) TEMPO & CAIDENCE.
- PHASE 2. INCREASE INTENSITIES SLIGHTLY WITHOUT COMPROMISING TECHNIQUE. ON CAIDENCE.
- PHASE 3- INTENSITIES STAY THE SAME. REMOVE CAIDENCE FOR ATHLETE. COMPLETE WITHOUT COMPROMISING TECHNIQUE.



FRONT SQUAT

WHY?
 PROGRESSION 2 OF SQUAT PATTERN. PROVIDES ABILITY FOR ATHLETE TO HAVE GREATER LOAD THROUGH THE SQUAT PATTERN WITHOUT COMPROMISING POSTURE OR POSITION THROUGH ROM.


- PHASE 1-TEACH TEACH TEACH.
- PHASE 2. INCREASE INTENSITIES WITHOUT COMPROMISING TECHNIQUE



BACK SQUAT

WHY?
 MUST BE PROFICIENT IN POSTURE & MECHANICS OF REGRESSIONS. PROVIDES ATHLETE WITH GREATEST LOAD ABILITY THROUGH ROM.


- PHASE 1: TEACH TEACH TEACH.
- PHASE 2: INCREASE INTENSITIES WITHOUT COMPROMISING TECHNIQUE.



BACK SQUAT CHAIN

WHY?
 LAST PROGRESSION OF SQUAT PATTERN. PROVIDES ATHLETE ACCOMODATING RESISTANCE. LESS RESISTANCE IN THE BOTTOM OF THE LIFT ALLOWS FOR MORE EXPLOSIVE INITIATION AND STRENGTH AT THE TOP.

- PHASE 1: TEACH TEACH TEACH.
- PHASE 2: INCREASE INTENSITIES SLIGHTLY WITHOUT COMPROMISING TECHNIQUE.




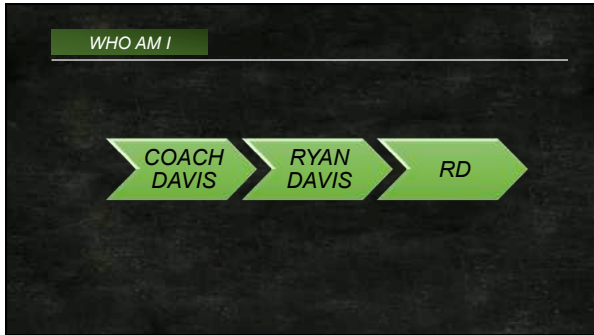
APPLICATION

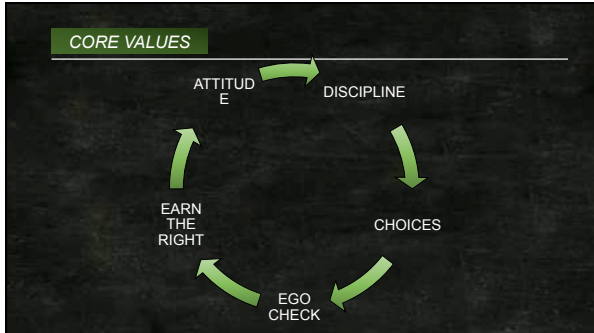
POINTS OF EMPHASIS

- POSTURE
- POWER LINE
- ARM ACTION
- LEG ACTION

CHAIN STARTS







ITS BIGGER THAN YOU
TRUST THE PROCESS