

Fundamentals of Football

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1. Effective Speed

Whether it is getting your first step on a defensive lineman, closing the gap on a receiver, or running through defender, effective speed is vital for a football player. There are many different situations that an athlete can be placed where speed becomes the determining factor of their success. By training for these situations, a player can become more versatile and dominant at their positions. 5yd sprints, lateral movements, back pedaling, and 20 yd sprints should be used at all positions and depending on the situations that the athlete would be placed in a game should determine that frequency and training for each one.

2. Effective Strength and Power

Strength and Power are the most obvious attributes of a football player and once again, depending on position will determine types of strength and power are needed. An offensive lineman will need the ability to push and press much more than a defensive back, yet, that same defensive back will need the power to jump for an inbound pass or explode through a tackle. Regardless of the position, there is a need for explosive power and overall strength out on the football field. Basic lifts such as squats, dead lifts, and bench-press are vital to overall strength. Movements such as a clean or a snatch are very effective in training explosive power along with jump training.

3. Proper Nutrition

This is normally the most neglected area for a football player. Have the proper nutrition is vital to maximize your workouts, see the gains you have been working hard for, and to keep you at optimum playing ability during practice and games. Proper nutrition is also important in recovery after those games. Over all, an football player must have the right amount of proteins, fats, and carbohydrates and they should be receiving these nutrients in the most vitamin rich sources they can find such as raw or lightly cooked fruits and vegetables, and unprocessed meats. Athletes should stay away from high calorie, low nutrient foods like candy, sodas, chips, and processed food.

4. Proper Flexibility

Proper flexibility is vital for the football player. It increases range of motion, prevents injury and increases speed by allowing muscles to be less hindered during movement. Proper stretching before and after activity can help increase range of motion and flexibility. Weakness and/or tightness should be addressed by specific stretches and movements. Without addressing these issues, an athlete can be at risk of injury and lack of performance.

5. Mental Discipline

The discipline we get from play sports, especially football, is the greatest part of being an athlete. Following instruction, forcing yourself to achieve perfection, and becoming mentally tougher prepares you for life's challenges. By pushing yourself and the teammates around you to become the best you can possibly be is an invaluable asset for the future. Making sure we finish that last set of squats, adding a couple pounds to the bench press and finishing out every sprint will define who you are. The attitudes we forge in the weightroom will follow us out on the football field, and continue with us the rest of our lives.