



# NFL Combine 6 Week Prep Program

## Initial Evaluation

Pretest all combine evaluation drills

Interview athlete to learn of any physical impediments and pre-existing injuries and schedule interview with chiropractor or orthopedic specialist

Evaluate Athlete's strengths and weaknesses

Initial flexibility test and review with sports masseuse

Individual meeting with sport nutritionist - design eating plan, discuss Supplementation, meet chef to discuss meal plans

## Training Timeline

### Phase I

Conditioning, Mechanics, Strength Development, and Balance, Stability, and Flexibility Training

### Phase II

Speed Development, Strength Conditioning, Combine Drill Training

### Phase III

Overspeed Workouts, Strength Endurance Training, Position Specific Drills, Combine Drill Training

## Training Program

**6 total weeks of training for optimum results!**  
(Does not include time away for All Star or Bowl games)

### Speed Training

Dartfish video analysis and review of Running Mechanics

Improve Running Mechanics

Develop Speed and Acceleration Technique

Overspeed Workouts

### Position Specific Training

NFL experienced position coach to develop and strengthen specific position technique and skill

Specific position workouts with strength and conditioning specialist

### Strength, Flexibility & Agility

Comprehensive Strength & Endurance Training to develop and condition muscle mass

Flexibility drills, exercises and stretches

Plyometric Training sessions improve body control, lower leg strength and core stability

### Combine Specific Drills

Pro-Agility      Vertical Jump

L-Drill            40 yd Dash

Develop and strengthen combine specific drill technique

Record, analyze and review drill technique with film sessions

### Wonderlic Test Preparation

Comprehensive Wonderlic Test Preparation

Media Interview Training

Background Interview Preparation

Mock interviewing with NFL experienced coaches and players

## Final Evaluation

Review final evaluation

Prepare for NFL combine