

4.28 40 Football Speed Coach Manual



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*****There are no refunds after purchases are made*****

Warrior's Creed

We are warriors. We fear no man, but God. We intend to deny ourselves for the good of the team. We commit to winning our individual battles on and off the field

Philosophy – Coach Lamour believes that the strength and speed programs serves as a means to increase athletic performance and decrease risk of injury. We focus on exercises that effect more than one muscle group, foster athleticism, and develop an increase in force production. Our program believes that the body is a living organism, which is constantly changing and evolving. The changes in the state of the body are monitored during the workout to ensure that recovery and progression are used to increase the sport performance of the athlete.

I. Focus on the Posterior Chain

The engine that creates a faster athlete are the muscles that you can't see in the mirror. These muscles include the abdominals, glutes, hamstrings, spinal erectors, and hip flexor muscles. We have found that athletes that increase the strength of these muscles have a great foundation to develop speed. Our program has decided that the squat gives us the best benefit because it can be taught fairly quickly, as well as, loaded with progressive amounts of weight.

II. Warm- Up

Our approach to the warm-up is to make sure that the athlete's body is prepared for movement by increasing their core temperature, increasing mobility of the joints, and increase recruitment of the muscle fibers. We progress from movements that are slow like static stretching to faster movements to allow the body a chance to prepare to move and decrease the likelihood of injury. Football is a sport that requires a tremendous amount of power from the posterior chain, so we make sure that the glute muscles are firing to decrease the risk of hamstring injuries. Also, the upper body is activated through arm swing movements and pressing movements to ensure that the sprinting form is not inhibited in anyway.

III. Nutrition

We give nutritional advice that will increase performance, promote health, and reach goals. The program believes the athlete should have the optimal amount of protein daily to promote muscle repair and recovery. All athletes should increase their intake of complex carbohydrates to provide a steady flow of energy throughout the day. Good fats should also be included in a sound nutritional program to ensure proper hormone production, health, and fat loss. We do not encourage supplements as a replacement for meals, but as an aid to a plan that includes whole foods. We promote never going more than 2 to 3 hours without food. Water should be taken at a formula of $\frac{1}{2}$ the body weight of each athlete in ounces on a daily basis.

IV. Speed Training

Speed is developed in our training by increasing maximal strength of each athlete and the acceleration of movement. We derive this theory through the formula for Force. ***Force is equal to Mass x Acceleration***. Maximal Strength is developed by progressively increasing the weight or intensity of the lift on a weekly basis. We favor low rep ranges when increasing the weight of the lift, but rarely do we attempt lifts at a 1 Rep Max. Our program is interested in developing fast, explosive athletes, and not powerlifters or bodybuilders. Acceleration is developed in our program by using plyometrics, medicine balls, and sprinting. Our only concern when developing acceleration is moving our bodies or objects with the greatest amount of speed as possible. We also believe that using proper sprint mechanics can help an athlete who has developed a great strength foundation. Our drills reinforce proper body alignment, optimal sprint angles, and enforce maximal sprint intensity to teach the body to move explosively continuously.

V. Flexibility

Increasing the range of motion of certain connective tissue is very important in football players. The correct amount of flexibility in the hip flexors can affect the ability of the athlete to extend their hips, which is very critical in sprinting or jumping movements. My vertical jump increased from 39" to 42" in 2 minutes by learning how to stretch my hip flexors. Flexibility is very individual because someone with anterior pelvic tilt would not want to stretch their hamstrings. Although, an athlete with posterior pelvic tilt would want to stretch their hamstrings. We believe that stretching after practice is ideal because the increase in core temperature makes the ability to stretch the muscle much easier. A heated rubber band is easier to pull apart in comparison to a cold rubber band. Flexibility must be trained with the same detail that is given to strength training in order to receive the optimal benefits.

V. Conditioning

Conditioning is very sport specific and the energy demands of football are different from other sports. Football is an alactic sport meaning most of the energy is supplied by the creatine phosphate system. The problem is this energy system does not last more than 8 seconds. This is okay because most football plays do not last longer than 5 seconds. And there are on average 50 seconds of rest during plays. Our program takes these energy demands into consideration by limiting our speed training to 2-8 second maximal sprints followed by full recoveries based on the distance covered. The conditioning level of each athlete is different, so we try to build a good aerobic base in conjunction with our speed training. Bike training days at heart rates of 120-130 are prescribed to increase the ability of the body to recover quickly. The demands of the positions are different as well meaning that a DL should not speed train or condition in the same manner as a DB. The distances of the run would vary because a DB will have to run further distances to adapt to the longer distances that they will run on the field. Football is not a sport that is played in the lactic acid zone or runs of great intensity with durations greater than 20 seconds and short rest periods. This type of training will lead to injury, decreased performance, and recovery due to Delayed Onset Muscle Soreness.

VI. Character Builds Champions Program

We are a firm believer that character is something that is very important to the athlete's success in life, family, and work. Character is defined as ***the aggregate of features and traits that form the individual nature of some person or thing***. It is who you are. I am a follower of Jesus Christ and my character should represent who I follow. We believe in fostering an environment that will create athletes that are mentally tough, hard working, make good decisions, and mentors for future athletes. Our program is a step by step program that creates accountability, improves goal setting tactics, and encourages church attendance. We want every athlete to leave a better person than they came, so that we can create better fathers, husbands, and dads for our community.

4.28 Manual Nutritional Guidelines

Below is a list of the best protein sources:

- Whole Eggs
- Egg whites
- Skim Milk
- Fat free or low fat cheese
- Fat free or low fat cottage cheese
- Chicken
- Turkey
- Canned tuna
- Lean ground beef
- Steak
- Almonds
- Almond Butter
- Natural Peanut Butter
- Lean Pork Chop
- Halibut
- Buffalo meat
- Ostrich meat
- Venison
- Lamb
- Veal
- Salmon
- Tuna
- Swordfish
- Lobster
- Shrimp
- Crab
- All natural, sugar free protein powder

Below is a list of the best carb sources:

- Oatmeal
- Whole wheat bread
- White potatoes
- Quinoa
- Sweet potatoes
- Brown rice
- Hot oat bran cereal
- Apples
- Oranges
- Pears
- Plums
- Peaches

Melon
Blueberries
Blackberries
Strawberries
Raspberries
Peppers
Tempeh
Seitan
Green Beans
Spinach

Good Fats

Avocado
Fish oil
Flax oil
Olives
Olive oil
Mixed nuts
Soybean oil
Sunflower oil
Walnut oil

Example of a Nutritious Meal Plan

Meal 1

4 whole Omega-3 eggs(Protein) + 2 Tbs of onions(Veg.)+ 2 tbs of mushrooms(Veg.) + 2 tbs peppers(Veg.) + 1 slice of tomatoes(Veg.) cooked in small dose of virgin olive oil or cooking spray
1 Medium Banana (Fruit)

1/2 cup unsweetened oatmeal(Carbs) w/ 1 cup skim milk(Protein)+ 1 cup blueberries(Fruit) + 1 oz walnuts/14 halves-(Fat) +

Nocturnal Muscle Pulse(Protein) + 1 cup strawberries (Fruit)+ 1 TBS olive oil (Fat) + 1 1/2 Cup Cottage Cheese (Protein)

□ 5 Slices of turkey bacon (Protein) + 4 slices of toasted wheat bread (Carbs)+ 1 cup mixed berries (Fruit) + Almonds 1oz./22kernels (Fat)

Meal 2 – post workout

1 scoop protein powder(Protein) + 2 bananas(Fruit)

*2 slice of wheat bread(Carbs) + 2 tbs natural peanut butter(fat) + 2 bananas(Fruit)

2 cups fat free chocolate milk(Carbs/Protein)

Meal 3

4 oz grilled chicken breast + 1 1/2 baked medium sweet potato with 1/2 oz toasted walnuts + 2 cup steamed broccoli

4 oz grilled tuna steak + 1 cup wild rice+ 2 cup steamed carrots

4 oz turkey breast + 1 Cup Brown Rice+ 1 cup mixed steamed vegetables

Large salad with mixed vegetables topped with 4 oz canned or fresh salmon + drizzle of olive oil 1 tbsp and 1 tbsp balsamic vinegar

Meal 4

4 oz lean steak + 1 1/2 cup steamed carrots + 1 Cup Wild rice

Large salad with mixed vegetables topped with + 4 oz turkey breast + + 1/2 tbsp of olive oil and 1tbsp balsamic vinegar + 1 cup of cottage cheese

4 oz red snapper + 1 cup steamed broccoli + 1 baked potato

4 oz ground turkey + 1 cup steamed spinach + 1 cup of brown

Pre-Bed Snack

1 cup fat free cottage cheese +
1 oz walnuts(14 halves)

1 cup vanilla yogurt + 1 oz almonds(14halves)

1 Cup Cottage Cheese + 1 oz almonds(14 halves)

8 oz protein drink + 2 fish oil capsules

* You can substitute any of these foods with any foods in the same category on the Nutritional Guideline to give you variety.

Snack Options

* Should be used in between meals about 2 to 3 times a day

Mixed Nuts (trail mix) – put together a blend of nuts (include pine nuts, hazel nuts, cashews, pecans, almonds, walnuts etc.),

Apples

String Cheese

Apple or banana with almond butter

Cottage cheese mixed with yogurt, berries, and walnuts or pecans

A couple hard boiled eggs with carrot and celery sticks and hummus

A piece of whole grain or sprouted grain toast with nut butter and berries

Fresh sliced pineapple with a handful of macadamia nuts

Cottage cheese with cinnamon, apple slices, and walnuts (mmm, mmm good)

Whole Wheat Bread

Natural Peanut Butter

Honey

Whole wheat crackers

Whole Wheat Bagel

Whole Wheat English Muffin

Pepper Turkey

Clif Bar Cranberry Apple Cherry

Whole Grain Waffles

Low Fat Yogurt

Chunk Light Tuna

Nature Valley Granola Bar, Cinnamon

Edamame

Apricot jam

Go Lean Kashi Cereal

Fast Food Cheat Sheet

Fast Foods	Protein	Carbs	Fat
McDonalds			
Hamburger	12	35	10
Cheeseburger	15	36	14
Chicken McGrill (no mayo)	26	46	7
Chicken Caesar Salad (no dressing)	17	3	2.5
Burger King			
Whopper Jr. (no mayo)	20	32	16
Hamburger	19	30	16
Cheeseburger	22	31	19
BK Broiler (no mayo)	29	51	8
Wendy's			
Jr. Hamburger	15	34	10
Jr. Cheeseburger	17	34	15
Grilled Chicken	34	36	8
Chicken Salad	22	10	8
Large Chili	23	32	10

- **Don't include fries when you order. A better option is a fruit cup, salad, etc...**
- **Drink water, stay away from calorie laced drink like sodas**

Mental Focus Training

1) Write down ten great things about yourself. Recite them every morning and before bed.

2) Recite that you can do all things through Christs which strengthens you daily 5 times.

3) Cut out a picture of what you want to look like and hang it on your mirror to look at it daily.

4) Carry your goals in your wallet until we reach the goals.

5) Tell someone about your goal that will hold you accountable.

6) Find someone that has the same goals and make them your partner

7) Buy a book of someone who is where you want to be and read it.

8) Make it your goal to only hang around those that are supportive of your goals until you accomplish your goals.

9) Find a reason that is bigger than for yourself to keep you motivated.

10) Visualize you reaching your goal daily

4.28 Manual Exercise Database

The Big 3 Exercises

Squat, Bench, & Hang Clean

Arms

Lower Body Power

Box Jump
Vertical Jump
Broad Jump
Standing Knee Tucks
Side Hops
SL Side Hops
SL Jumps
Kneeling Squat Jump

Upper Body Power

Med Ball Kneeling Ball Toss
Med Ball Downward Slams
Med Ball Wall Slams
Plyo Push Ups

Lower Body Single Leg Variations

DB or Barbell Split Squat
DB or Barbell Reverse Lunges
Bodyweight Single Leg Squat
DB Bulgarian Split Squat

Back Exercises

Pull Ups
Chin Ups
Cable Row
1 Arm DB Row

Shoulders

DB Clean
Plate Raise
Face Pull
Scarecrows
Band Pull Aparts
Rear Delt Flyes

Dips

DB Curls

Barbell Curls

DB Hammer Curls

Tricep Pushdown

Band Tricep Pushdown

Posterior Chain

Pull Throughs

Stability Ball Leg Curl

Band Good Mornings

Leg Curls

Barbell Good Mornings

Romanian Deadlifts

Warm-Up Routine

Hip Flexor Stretch

Sleeper Stretch

Hip Extension

Fire Hydrant

Hip Circles Forward

Hip Circles Backward

Forward Skip

Side Skip

Carioca

Backward Skip

Jumping Jacks

Shoulder Pre-hab

Cuban Press

WL

Lateral Raise

Rear Delt Flyes

Partner Stretch

Straight Leg Hamstring

Internal Rot. Glute

External Rotation Bent

External/Internal Strt.

VMO Stretch

Calves

Barbell or DB Shrugs

Abs - Planks, Side Planks, Pike, Ab Rollout, Hanging Leg Raise, Standing AB Crunch, Cable Woodchop,

Post-Season Block 1		
Monday	Wednesday	Friday
1A) Hang Clean 4x5	1A) Back	1A) Hang Clean 4x5
2A) Squat 3x6	1B) Shoulders	2A) Squat 3x6
2B) Lower Body Power 3x4	2A) Back	2B) Lower Body Power 3x4
3A) Bench Press 3x6	2B) Shoulders	3A) Bench Press 3x6
3B) Upper Body Power 3x4	3A) Arms	3B) Upper Body Power 3x4
4A) Back 3x10	3B) Abs	4A) Back 3x10
4B) Posterior Chain 3x10		4B) Posterior Chain 3x10
5A) Abs 3x8		5A) Abs 3x8

Post-Season Block 2		
Monday	Wednesday	Friday
1A) Hang Clean 5x3	1A) Squat 5x3	1A) Hang Clean 5x3
2A) Squat 5x3	2A) Bench Press 4x4	2A) Squat 5x3
2B) Lower Body Power 4x4	3A) Back	2B) Lower Body Power 4x4
3A) Bench Press 4x4	3B) Shoulders	3A) Bench Press 4x4
3B) Upper Body Power 4x4	4A) Arms	3B) Upper Body Power 4x4
4A) Back 3x12	4B) Posterior Chain 3x12	4A) Back 3x12
4B) Posterior Chain 3x12		4B) Posterior Chain 3x12
5A) Abs 4x8		5A) Abs 4x8

Post-Season Block 3		
Monday	Wednesday	Friday
1A) Hang Clean 6x2		1A) Hang Clean 6x2
2A) Squat 6x3		2A) Squat 6x3

3A) Bench Press 6x3 4A) Back 4B) Abs		3A) Bench Press 6x3 4A) Back 4B) Abs
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Post-Season Block 4		
Monday	Wednesday	Friday
1A) Hang Clean 5x3 2A) Squat 3x5 2B) Lower Body Power 5x4 3A) Bench Press 3x5 3B) Upper Body Power 5x4	1A) Back 3x12 1B) Lower Body Power 3x3 2A) Shoulders 3x12 2B) Upper Body Power 3x3 3A) Arms 3x12 3B) Abs 3x12	1A) Hang Clean 5x3 2A) Squat 3x5 2B) Lower Body Power 5x4 3A) Bench Press 3x5 3B) Upper Body Power 5x4
5A) Abs 3x5		5A) Abs 3x5

In Season Lifting Block 1	
Monday	Wednesday
1A) Hang Clean 4x6 2A) Squat 3x8 2B) Lower Body Power 3x2 3A) Posterior Chain 3x12 3B) Abs 2x12	1A) Bench Press 3x6 1B) Upper Body Power 3x2 2A) Back 3x8 2B) Shoulders 3x8 3A) Arms 3x8 3B) Abs 2x12

In Season Lifting Block 2	
Monday	Wednesday
1A) Hang Clean 4x6 2A) Squat 3x8 2B) Lower Body Power 3x2 3A) Posterior Chain 3x12 3B) Abs 2x12	1A) Bench Press 3x6 1B) Upper Body Power 3x2 2A) Back 3x10 2B) Shoulders 3x10 3A) Arms 3x10 3B) Abs 2x12

In Season Lifting Block 3	
Monday	Wednesday
1A) Hang Clean 4x 6	1A) Bench Press 3x6
2A) Squat 3x8	1B) Upper Body Power 3x2
2B) Lower Body Power 3x2	2A) Back 3x12
3A) Posterior Chain 3x12	2B) Shoulders 3x12
3B) Abs 2x12	3A) Arms 3x12
	3B) Abs 2x12

In Season Lifting Block 4	
Monday	Wednesday
1A) Hang Clean 4x 6	1A) Bench Press 3x6
2A) Squat 3x8	1B) Upper Body Power 3x2
2B) Lower Body Power 3x2	2A) Back 3x15
3A) Posterior Chain 3x12	2B) Shoulders 3x15
3B) Abs 2x12	3A) Arms 3x15
	3B) Abs 2x12

Speed Training

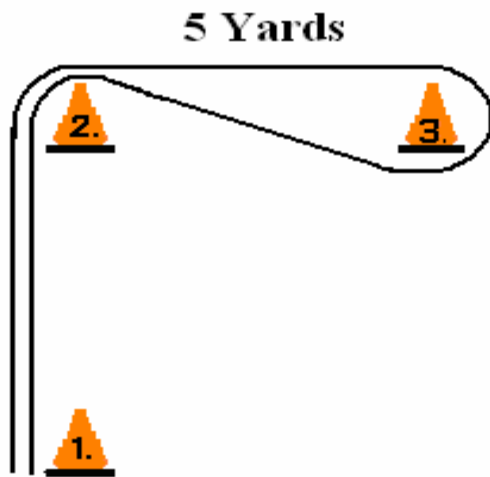
Post-Season Block 1		
Monday	Wednesday	Friday
Big - 10 Yard Sprints x 6 Reps 100% Rest: 1 min. Little - 10 Yard Sprints x 6 Reps 100% Rest: 1 min.		Big - 10 Yard Sprints x 6 Reps 100% Rest: 1 min. Little - 10 Yard Sprints x 6 Reps 100% Rest: 1 min.
Big - OL, DL, Little - WR, DB, RB, K, QB, LB, TE		

***Big add 1 rep per week
 ***Little add 5 yards and 1 rep per week

Post-Season Block 2		
Monday	Wednesday	Friday
Big - Agility x 6 Reps 100% Rest: 2 min. Little - Agility x 6 Reps 100% Rest: 2 min.		Big - Agility x 6 Reps 100% Rest: 2 min. Little - Agility x 6 Reps 100% Rest: 2 min.
Big - OL, DL, Little - WR, DB, RB, K, QB, LB, TE		

***Big add 1 rep per week
 ***Little add 5 yards and 1 rep per week

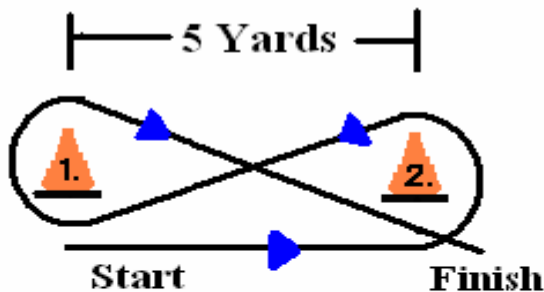
Agility 1



Finish Start

Directions: Start at cone 1.
Sprint around cone 2 to cone 3.
Sprint around cone 3, back
around cone 2 and finishing at
cone 1.

Agility 2



Directions: Start at cone 1
then sprint to and around
cone 2, and then back to
and around cone 1, ending
at cone 2.

Post-Season Block 3		
Monday	Wednesday	Friday
Big - 15 Yards x 6 Reps 100% Rest: 2 min.	Big - 15 Yards x 6 Reps 100% Rest: 2 min.	Big - 15 Yards x 6 Reps 100% Rest: 2 min.
Little - 30 yards x 6 Reps 100% Rest: 2 min.	Little - 30 yards x 6 Reps 100% Rest: 2 min.	Little - 30 yards x 6 Reps 100% Rest: 2 min.
Big - OL, DL, Little - WR, DB, RB, K, QB, LB, TE		
***Big add 1 rep per week		
***Little add 5 yards and 1 rep per week		

Post-Season Block 4		
Monday	Wednesday	Friday
Big - 15 yards x 6 w/ 50 Sec Rest Rest 2 Min. & 15 Yards x 6 w 45 Rest	Big - Agility 2 x 8 Reps 100%	Big - 15 yards x 6 w/ 50 Sec Rest Rest 2 Min. & 15 Yards x 6 w 45 Rest
Little - 30 yards X 6 w/ 40 Sec Rest Rest 2Min. & 30 yards x 6 w/ 35 Sec Rest	Rest: 2 min. Little - Agility 2 x 8 Reps 100% Rest: 2 min.	Little - 30 yards X 6 w/ 40 Sec Rest Rest 2Min. & 30 yards x 6 w/ 35 Sec Rest
Big - OL, DL, Little - WR, DB, RB, K, QB, LB, TE		

*** All exercises are demonstrated on www.xlathlete.com courtesy of Cal Dietz