



Building a College Ready Body

By Coach Green



Building a stronger, more muscular physique, in addition to developing faster and quicker athletic movements, should be primary goals for all high school student-athletes who aspire to play football on the collegiate level. Dependent on the position, specific needs such as size, strength, power, and reaction are often as important as footwork, skills, speed, and technique. Developing a college ready body requires a multi-faceted training plan which includes consistent work in the weight room, on the field, on the track, and at the nutrition table.

In the weight room athletes need a program that includes the correct amount of total body development, in conjunction with their power lifting, olympic lifts, and functional strength training. Clearly, an athlete's age and current level of development play critical roles as to when an athlete should start a specific exercise, or wait until they have physically matured to safely perform the heaviest compound movements.

On the field, skill development including plyometrics, footwork drills, multi-directional movements, and position specific training are all necessary for improving athletic performances. Often overlooked is the importance of track workouts, for speed is a key component which separates great athletes from good athletes. In addition, conditioning and endurance training provide athletes with the cardiovascular capacity to give 100% effort during every play, and for the entire game.

The weight room, the track, and the field, are all necessary training components for building a college ready body, but it simply will not happen without including a properly designed sports nutrition program, one that not only takes into account an athlete's specific caloric needs, but also the correct implementation of meal timing and macro-nutrient combinations for accelerated physical development, elite athletic performances, muscular recuperation, and total body recovery. Managing hydration and the heat index is mandatory as well.

A teenage athlete can build an exceptional athletic body safely, without the use of performance enhancing drugs or stimulants. It requires knowledge, a consistent work ethic, a smart training plan, and work with the right professionals. Over the past three decades, I have been asked this question many times, "How many workouts does it take to become a college football athlete?" The magic number is 1000, or an average of 250 workouts per year, for four years. Talented student-athletes should work consistently on their physical development as well as their athleticism and skills, if college athletics is truly on their radar.

It is always important to remember that college is about being a student first, and an athlete second. Therefore consider these facts, the challenges and odds: Only 3% of all high school football athletes move on to play on the collegiate level. Of those who do, only 1 in 9 play for a big Division One program. Once in college, only 1 out of every 100 college football athletes will play on the professional level. That said, keep your collegiate football dreams alive and work hard, really hard, but always make sure to consider whether your final college decision will provide you with an exceptional education while fulfilling your passion for football.



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