

GreenAthleticsUSA.com

Building Bigger, Stronger and Faster, Athletic Athletes in Great Condition

Sport Specific Weight Training

Weight training for sports performance is not only about getting bigger, stronger, and more powerful, it's about injury prevention, improving movements - agility and balance, staying anabolic, and increasing each athlete's ability to physically compete at the highest level, for the entire game. Without proper weight training, the physical wear and tear an athlete faces from participating in sports can manifest itself in minor injuries, and in some circumstances season ending injuries. In addition to ongoing muscular development and improve athleticism, a properly designed weight training program improves tendon and ligament strength, flexibility, bone density, and glycogen uptake within the muscles, all necessary components for the development of young athletes.

Building muscle, developing power, speed, and explosiveness, plus improving agility, reaction time, and balance for elite athletic performances are best developed with a weight training program that works synergistically with a track and field program. Why? First, because athletes who participate in track and field workouts are less likely to become muscle bound, and second because the better the cardiovascular fitness of an athlete, the faster their body can dissipated lactic acid within the working muscle. This transcends into better on field performance especially when limited rest is available. The speed, limited rest between exercises, and intensity of my weight lifting and track and field workouts develop faster recovery intervals for athletes during games and practice. My sport and position specific weight training programs include:

Total Body Development

for Muscle Growth, Injury Prevention, and Core

Dynamic Stretching and Warm-up

Pyramid Principle Lifting Protocol

Isolation and Compound Movements

Core Work and Stabilization Exercises

Power Lifting and Mass Building

for Strength, Power, and Weight Gains

Heavy Weight Lifting Exercises

Free Bar Compound Movements

Dead Lifts, Squats, Clings, Snatch, Bench

Progressive Overload Training Routine

Functional Weight Training

for Explosion, Balance, Reaction, and Agility

Injury Prevention and Flexibility Exercises

Weighted Vest and Heavy Ball Stability Training

Vertical, Horizontal, and Lateral - Agility Exercises

Ramp and Hill, Power and Explosion Training

When a high school athlete fails to incorporate all three disciplines into their weight training routine, they limit themselves from reaching their “genetic and athletic” potential, as well as their ability to compete at the highest level against the very best competition. Furthermore, all three disciplines are necessary to prepare a teenage athlete’s body for the advanced training they will experience at the collegiate level.

Keep in mind that all weight training programs are not created equal. Some are designed for bodybuilding or power lifting only. Others for army boot camps or agility courses, and so forth. Knowledgeable strength coaches have learned that while some of the old school techniques are still very good, the best weight training programs for sports are progressive with additional exercises that directly result in better athleticism and on field skill sets. It’s not just about overpowering your opponent at all positions. Case and point - a quicker and more explosive athlete will out maneuver a bigger but slower athlete, at the skilled positions. That being said, there’s no way a 220 pound defensive end is going to be able to over-power a 280 pound offensive tackle of equal strength and footwork, on a running play - mass wins out.

I am not a proponent of large group, heavy weight lifting workouts for high school athletes because they often contain the following conditions: 1) limited position specific training; 2) failure to address each athlete's current level of strength properly; 3) lack of adequate supervision to monitor improper lifting techniques which are prevalent with young athletes; and 4) the development of muscle imbalances or becoming muscle bound from improperly designed routines. If a trained professional is not spotting a young athlete during heavy weight lifting, injuries are more likely to occur. High school athletes spotting other high school athletes on a heavy set, free bar, compound exercise such as a squat is asking for trouble. An athlete lifting heavy weights by themselves is even more dangerous, and can result in a very serious injury. Remember, improper lifting techniques or incorrect exercises for a specific sport or position will limit an athlete's development, and can create long term ailments such as a chronically sore lower back or shoulder pain.

Working with your High School Weight Lifting Program

No two high schools do it the same! And that holds true for high school coaches. High school coaches are often limited in their time and by regulations, therefore making it impossible to give year round personal instruction and attention to each athlete. Coaches can also be bias to their sport of choice which is understandable, but this can create training conflicts especially for the multi-sport athlete.

Each athlete should conduct their weight lifting at school by following a smart and practical game plan specific to their needs, sport, and position. They should do what is safe and parallels their current level of development and fitness. They should check their ego at the door and recognize that out lifting another athlete for a one rep max is for power lifters and for their college profile stats only. Furthermore, using a one rep max to back track and figure out their higher rep routine is old school and can create injuries.

When it comes time to have a great one rep max, there is an eight week power lifting routine that will get you there, but not until you have built the structural foundation to handle the load without creating an injury. Want to really impress a college coach while in high school? Tell them you can bench 225 lbs. and squat 405 lbs. for 20 reps each per set!

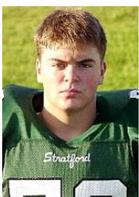
Consistency is the Key

Weight training for physical development, power, and strength, is similar to running when it comes to staying in shape. If an athlete stops, or doesn't do weight training consistently, they will lose muscle, size, strength, and power. Muscle atrophy can occur in as little as seven days, therefore the need to maintain a consistent strength training program during the actual playing season. On the high school varsity level, weight lifting is often sustained at many schools, at least

to some extent, dependent on the sport and coaching preference. On the sub varsity levels, weight lifting is often very limited, or non-existent in season.

Elite high school and college bound athletes do not allow themselves to get in poor shape! Obviously great skills training is necessary to become a great player, but skills training alone does not make a great athlete and is not a replacement for strength, power, agility, and speed training.

Pictured below are some of Coach Green’s high school athletes including their weight lifting and personal stats their senior year in high school:



Frost	Herbanek	Knust	Hutchins	Mercurio	Moro
Texas A&M	MIT	Texas Tech	Houston	TCU	Dallas Baptist
Stratford	Foster	Stratford	Bellaire	Bellaire	Katy Taylor
All State	All Area	All District	All District	All American	All State
Off. Tackle	Tight End	Def. End	3 rd Basemen	1 st Basemen	Catcher
585 lb. squat	460 lb. squat	545 lb. squat	405 lb. squat	385 lb. squat	385 lb. squat
385 lb. bench	315 lb. bench	345 lb. bench	315 lb. bench	305 lb. bench	310 lb. bench
6’6” 305 lbs.	6’1” 220 lbs.	6’2” 245 lbs.	6’2” 215 lbs.	6’4” 230 lbs.	6’2” 215 lbs.

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