

WIDESIDE

The Official Newsletter of Football Alberta



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Spring Edition, 96th Issue

Spring 2016

U18 Team Alberta Selected



Team Alberta U18 for 2016 was chosen this past weekend. They will represent the Province at the Football Canada Cup in Winnipeg this July which is a National Championship for the top U18 high school football players in the nation...[see more on page 3](#)



27th Annual Senior Bowl

12:00 pm (Noon) Monday May 23rd, 2016

Commonwealth Stadium, Edmonton

Tickets \$10/each available at the gate



NORTH All-Star Team

All players listed alphabetically by position

Quarterback

Brendan Guy (Paul Kane, St. Albert)
Alexander Noel (St. Joseph's, Grande Prairie)

Runningbacks

Brande Burzuk (Hunting Hills, Red Deer)
Donovan Campeau (St. Paul)
Conner Mickel, (McNally, Edmonton)
Epharh Oyama (Salisbury, Sherwood Park)
Taylor Rempel (St. Joseph's, Grande Prairie)
Logan Sadowsky (Spruce Grove)

Receivers

Tanner Buchanan (Paul Kane, St. Albert)
Harrison Cabel (Leduc)
Jaedon Carroll (Bellerose, St. Albert)
Garret Kryzanowski (Holy Rosary, Lloydminster)
Dylan Thompson (McNally, Edmonton)
Zachary Woodman (St. Joseph's, Grande Prairie)

Offensive Line

Alexander April (Spruce Grove)
Kenan Dedic (Harry Ainlay, Edmonton)
Travis Derksen (Hunting Hills, Red Deer)
Zach Dreger (Paul Kane, St. Albert)
Matthew Flatla (Bellerose, St. Albert)
Curtis Petkau (Cold Lake)
Michael Rae (McNally)
Aaron Wales (St. Joseph's, Grande Prairie)

Kicker/Punter

Rosario Cammarata (Paul Kane, St. Albert)

Defensive Line

George Ferguson (Spruce Grove)
Logan Fields (Ardrossan)
Matthew Heinrichs (Bellerose, St. Albert)
Colt Maddock (Hunting Hills, Red Deer)
Christopher Simonson (Bev Facey, Sherwood Park)
Julian Pawlychka (Paul Kane, St. Albert)

Linebacker

Ben Davidge (Ross Sheppard, Edmonton)
Jack Jones (McNally, Edmonton)
Zachary Mann (St. Joseph's, Grande Prairie)
Justice Momoka (Fort Saskatchewan)
Aiden Senft (St. Joseph's, Grande Prairie)
Jett Slemko (Bev Facey, Sherwood Park)

Defensive Backs

Isaiah Brown (Bev Facey, Sherwood Park)
Jacob Godina (Bev Facey, Sherwood Park)
Kaden Hall (Hunting Hills, Red Deer)
Jordan Kalchuk (Jasper Place, Edmonton)
Colton MacNeil (Harry Ainlay, Edmonton)
Tyson Mastrodimos (Sexsmith)
Jordan Wilson (Salisbury, Sherwood Park)

SOUTH All-Star Team

All players listed alphabetically by position

Quarterback

Trey Kellogg (Foothills, Okotoks)
Mike Lees (Bert Church, Airdrie)
Brendan Wilhelm (Robert Thirsk, Calgary)

Runningbacks

Ted Kubongo (Notre Dame, Calgary)
Avery McCuaig (Notre Dame, Calgary)
Alessandro Molnar (Rundle College, Calgary)
Landon Rose (Foothills, Calgary)

Receivers

Kelton Bailey (Henry Wise Wood, Calgary)
Spencer Jeanes (Robert Thirsk, Calgary)
Brandon MacIsaac (St. Francis, Calgary)
Cullen Murray (Robert Thirsk, Calgary)
Eric Nuss (Cochrane)
Evan Perrault (Cochrane)
Shea Priest (Centennial, Calgary)
Marko Vukovic (Bishop O'Byrne, Calgary)

Offensive Line

Dawson Drewniak (Henry Wise Wood, Calgary)
Kirkland Lawrence (Medicine Hat)
Peter Nicastro (St. Francis, Calgary)
Michael Palumbo (Notre Dame, Calgary)
Tyshon Rosas (Notre Dame, Calgary)
Micheal Scott (Cochrane)
Daniel Townsend (Notre Dame, Calgary)

Kicker/Punter

Lee Fielden (Willow Creek, Claresholm)

Defensive Line

Brayden Broderon (Willow Creek, Claresholm)
Ryerson Cretney (William Aberhart, Calgary)
Liam Hamlyn (Foothills, Calgary)
Mitchell Koop (Centennial, Calgary)
Mason Paleck (Notre Dame, Calgary)
Justin Sambu (Cochrane)

Linebacker

Austin Daisy (St. Francis, Calgary)
Brendan Doubell (Henry Wise Wood, Calgary)
Jonathan Leggett (Holy Trinity Academy, Okotoks)
Gavin Millard (Foothills, Okotoks)
Cameron Monds (Notre Dame, Calgary)
Brock van der Hoek (St. Francis, Calgary)

Defensive Backs

Nolan Akins (Crescent Heights, Calgary)
Marc Chamberland (St. Francis, Calgary)
Tashinga Chikonyora (Medicine Hat)
Daylon Creason (Foothills, Okotoks)
Ronnie Hopkins (Henry Wise Wood, Calgary)
Brendan Lowry (Foothills, Okotoks)
Dustin Magee (Foothills, Okotoks)
Chris Thelasco (Notre Dame, Calgary)

Team Alberta 2016 Roster

After four Talent ID Camps held over two April weekends in **Raymond, Calgary, Edmonton, and Lacombe** which totaled over **430 participants** that narrowed them down to **140 finalists** followed by the **Final Selection Camp on May 13-15**, The following is a list of players who have made Team Alberta U18 for 2016. They will now represent the Province at the Football Canada Cup in Winnipeg this July which is a National Championship for the top U18 high school football players in the nation. The players selected to this camp come from Grade 10 & 11. Alberta is still the most successful program at the Football Canada Cup with six National Championships dating back to 1995 and we wish this team all the success in upholding our proud tradition.

Here is the roster for Team Alberta 2016 listed by position and alphabetically with their school.

Quarterbacks

Tae Gordon (Cochrane)
Tommy Yanchuk (Holy Rosary, Lloydminster)

Runningbacks

Alex Gayle (Jasper Place, Edmonton)
Jonathan Rosery (Harry Ainlay, Edmonton)
Tadi Siwira (Harry Ainlay, Edmonton)
Tanner Sudo (L.C.I., Lethbridge)
Keaton Zaychkowsky (Paul Kane, St. Albert)

Receivers

Alex Groshak (St. Francis, Calgary)
Tyrese Hamilton (H.J. Cody, Sylvan Lake)
Tanner Holt (Bev Facey, Sherwood Park)
Prince Kivia (Henry Wise Wood, Calgary)
David Mueller (Lacombe)
Mason Tulloch (Henry Wise Wood, Calgary)

Offensive Line

Logan Bandy (St. Francis, Calgary)
James Duffey (Bev Facey, Sherwood Park)
Austin Gordon (St. Joseph's, Grande Prairie)
Brett Hague (Bev Facey, Sherwood Park)
Tristan Rice (Centennial, Calgary)
Marshall Tunke (Grande Prairie)
Tyler Duguid (Harry Ainlay, Edmonton)

Defensive Line

Alex Fedchun (Ernest Manning, Calgary)
Matthew Misiewicz (Notre Dame, Calgary)
Tyreece Rockwell (Bev Facey, Sherwood Park)
Lwal Uguak (Harry Ainlay, Edmonton)

Linebacker

Devin Derouin (Henry Wise Wood, Calgary)
Joseph Dutton (St. Francis, Calgary)
Harley Harwood (George McDougall, Airdrie)
Edward Kim (Hunting Hills, Red Deer)
Cole Lindberg (Ardrossan)
Daniel Teitz (Springbank)

Defensive Backs

Jacob Biggs (St. Francis, Calgary)
Jack Burns (Henry Wise Wood, Calgary)
Payton LaGrange (Notre Dame, Red Deer)
Brayden Laurie (Henry Wise Wood, Calgary)
Maxwell Ooko (Bishop O'Byrne, Calgary)
Joshiah Schakel (Bev Facey, Sherwood Park)
Cole Torrance (Henry Wise Wood, Calgary)
Beko Wande (Notre Dame, Red Deer)



Football Alberta Coaching Awards for 2015 Season

Football Alberta annually recognizes outstanding coaches who have made a commitment to their team(s) and/or the sport of Football in our Province. Winners of the 2015 Coach of the Year Awards were selected from among many nominees and will be presented with their awards in Edmonton in association with the 2016 Senior Bowl.

Harold Ferguson Official of the Year Award Dennis Fitzgerald - Grande Prairie

Dennis Fitzgerald has almost 40 years of contribution to the sport of football as an on-field official. Starting in Edmonton, Dennis moved to Grande Prairie in the early 1990's and immediately became a mainstay not only on the field but as an educator and promotor of officiating in the Mighty Peace region. He officiates wherever needed doing game from Pee-Wee to Senior Men's. He also annually runs several Level I and II clinics during the off-season giving the Peace Region a reliable source of trained officials. For his long term continuing efforts to make football better through officiating it is our honor to present Dennis Fitzgerald with the Harold Ferguson Official of the Year Award for 2015.

Novice Coach of the Year Travis Gorski - Strathmore High School Spartans

A former Team Alberta player giving back is making a difference in Strathmore. Travis Gorski has been the head coach of the Strathmore H.S. Spartans for three years now and his efforts are being rewarded with an improved record and attitude for football in the school. Inheriting a team that was struggling Travis's Spartans failed to win a game his first year in 2013 but have steadily improved from a commitment level of 13 kids that year to 38 last year and a spot in the Rangeland Conference playoffs. A good young coach with a great work ethic and a bright future, the 2015 Novice Coach of the Year is Travis Gorski.

Atom / Pee-wee Coach of the Year Shane Kessel - Okotoks Pee-Wee Eagles

For the second year in a row Shane Kessel is the Atom/Pee-Wee Coach of the Year. Last year it was all about the Provincial Championship where this year it was all about building a competitive team from a rookie laden roster. Shane took his Eagles from a winless start to the Calgary Division II Final Game with mostly inexperienced players. Described as a classic example to his players of dignity, sportsmanship and respect, Shane Kessel is the 2015 Atom/Pee-Wee Coach of the Year.

Bantam Coach of the Year James Devine - Edmonton Chargers

The Chargers Bantam team in 2015 had a regular season record of 7-0 and put up impressive numbers such as 312 points for and a paltry 91 against. James Devine, who has over 23 years of involvement with the Chargers organization and is the only coach in their organization who has coached all four levels of Charger football, then took the team to victories over Leduc in the CDMFA Final and Raymond and the Calgary Cowboys in Provincials to claim their third Provincial Tier I Title. For this, James Devine is the 2015 Bantam Coach of the Year.

High School Tier IV Coach of the Year Dave McKinnon - Ardrossan Bisons

The head coach of the most consistently good Tier IV team in the Province, Dave McKinnon is recognized this year for another stellar year at the helm of the Bisons. After a strong showing in Metro Edmonton Division II, Dave lead his Bisons to three straight wins in Provincials, which included a 21-0 upset over #1 ranked Sexsmith in the semi-final, capping it off with a 30-21 victory over Willow Creek from Claresholm in the Alberta Bowl to claim the Bisons fifth Tier IV Provincial Championship. Dave McKinnon is the Tier IV Coach of the Year for 2015.

High School Tier III Coach of the Year Vince Orioux - Holy Rosary Raiders (Lloydminster)

It's been quite a couple of years for Vince Orioux and the Holy Rosary Raiders. In 2014 they scaled the heights of the Tier IV level of play winning their first Provincial Championship over Willow Creek. This year with a bump in population the Raiders found themselves at the Tier III level. Undaunted they blasted through the Wheatland league, repeating as Champions, and won two hard fought Provincial Games before bowing to the powerful Cochrane Cobras in the Alberta Bowl Tier III Championship Game. Not the finish they wanted but still a very impressive year at a higher level of play and for that Vince Orioux is the Tier III Coach of the Year.

Laurie Robertson High School Tier II Coach of the Year Darren Olson - Foothills Falcons (Okotoks)

It was a banner year for the Foothills Falcons as the most prolific Tier II Championship team since 2000 added its fifth Provincial Tier II Title to its trophy case in 2016. After a stellar regular season the Falcons were upset in the Big Rock League Final by Rundle College. That didn't slow them however as they blasted their way through Provincials with one of the most impressive showings in recent memory winning their three games by an average score of 54-10. For that, their head coach Darren Olson is the Tier II Coach of the Year.

NEED RESOURCE MATERIALS FOR THE COACHING SEASON?

If you missed out on coaching clinics or if you want to better your skills, visit the Resource Materials section on the Football Alberta website <http://footballalberta.ab.ca/web/resources/> for a complete list of materials available through the office.

The latest version of the Tackle Football Rulebook is expected to be released the end of May 2016.

Football Alberta Coaching Awards cont'd.

Frank Morris Tier I Coach of the Year Tyler Park - St. Francis Browns (Calgary)

After climbing and defeating the mountain that was the three-time Provincial Tier I Champion Notre Dame Pride not once but three times in 2016 to secure the St. Francis Browns their fifth Provincial Tier I Title since 1995, Tyler Park is the Tier I coach of the year for 2016. The Browns program is annually one of the best in Canada and the tradition of excellence stretches back to the 1950's. This year was no exception and their clashes with their northwest Calgary neighbors, the Notre Dame Pride, were some of the finest football people have seen in years. For this amazing season we recognize Tyler Park of the St. Francis Browns.

Gary Hobson Volunteer of the Year Award Co-winner Dave Harty - Calgary Bantam Stampede (Edmonton)

In addition to his coaching duties which saw Dave Harty take his Calgary Bantam Stampede all the way to the Calgary Bantam Final before bowing to the Calgary Cowboys, Coach Harty was and has been very involved in off-field activities that have helped grow the sport of football in his hometown. Dave was instrumental in the installation of AED defibrillators at each of the fields at Shouldice Park. As well, Dave spearheaded the Pink Sock Initiative in support of the Canadian Cancer Society which saw Calgary Bantam teams wear pink socks in their sixth and seventh games of the year. A member of the Calgary Police Service, Dave is described as a man of character who does an excellent job of teaching life skills through football. For all of his contributions to the game Dave Harty is recognized as the co-winner of the 2016 Gary Hobson Volunteer of the Year Award.

Gary Hobson Volunteer of the Year Award Co-winner Gwen Chadsey - Southern AB Minor FB Association

A long serving member of the Southern Alberta Minor Football Association Board of Directors, Gwen Chadsey, has served in many roles in support of football. Starting in 1993 as a Director with SAMFA, Gwen has also served in the capacity of Treasurer and Equipment Manager since 1995 and All-Star Game Coordinator since 2010. She has also been heavily involved with the off-field activities for both the Lethbridge Bantam Stampede and the L.C.I. Rams High School team and was instrumental on the committee that started Atom football in the Lethbridge area in 1995. Lauded as a very organized person who keeps things fun, Gwen Chadsey can always be relied upon to get things done and for that she is the co-winner of the 2016 Gary Hobson Volunteer of the Year Award.

The Norman Kimball Award Rob McNab and Bruce O'Neil - Cochrane H.S.

This dynamic duo has been together since 1991 and together have produced arguably the finest small school football program in Canada. Since they combined forces they have won an amazing 11 Provincial Championships in 13 final appearances which has included three of the past four Alberta Bowl Tier III Championships. Last season was particularly sweet as they opened the season with a win over the previously #2 ranked high school team in Canada, South Delta, BC 40-7 then punctuated the year with a 55-0 shutout of Holy Rosary in the Alberta Bowl. The Cobras currently sit on an amazing 23 consecutive year streak of qualifying for Provincials out of the Rockyview League. Many testimonials to the class and character of these two gentlemen have come in over the years but their on-field exploits are mind boggling and for that it is Football Alberta's honor to present the Norm Kimball Coach of the Year Awards to Rob McNab and Bruce O'Neil.



VAN LOON, Kenneth Edward
July 10, 1944 - March 18, 2016

Following a long and valiant battle, Kenneth Edward Van Loon passed away on March 18, 2016 in Red Deer, Alberta, surrounded by his friends and family. Ken is survived by his daughters; Leah (Neil) and Heide (Stefan), his son, Roger (Deanne), and his longtime partner, Anne Cowick. Also mourning his passing are his grandchildren; Zuzu, Gabriel, Emily, Sarah and Kayden. Ken was an Alberta boy through and through, and a loyal team mate and friend to many. He had a great passion for teaching and football. A member of the 1967 Vanier Cup winning Golden Bears and a teacher and coach throughout his long career, Ken, who many simply referred to as "Coach" taught many lessons and touched many lives. Ken was the recipient of a kidney transplant more than 20 years ago and in lieu of flowers, he asked that we all consider signing our organ donation cards.

Life Membership / Hall of Fame Award Ken Van Loon - Central Alberta Football (presented posthumously)

Following a long and valiant battle, Kenneth Edward Van Loon passed away on March 18, 2016 in Red Deer, Alberta, surrounded by his friends and family. Ken was an Alberta boy through and through, and a loyal team mate and friend to many. He had a great passion for teaching and football. A member of the 1967 Vanier Cup winning Golden Bears and a teacher and coach throughout his long career, Ken, who many simply referred to as "Coach" taught many lessons and touched many lives. Ken has been a long serving Football Official and has mentored many officials in Central Alberta. Ken was involved in the start of three minor football programs in Central Alberta. He has been the commissioner of the Central Alberta Bantam League in the central zone. Ken has been a great friend to Football in Alberta. His enthusiasm and expertise will be missed. Ken was the recipient of a kidney transplant more than 20 years ago and in his memory his family requested that we all consider signing your respective donor cards.



Football Alberta Scholarship Program—Deadline June 10th

Applications are being accepted from athletes in Alberta Tackle Football High School programs...provided their school Football teams are confirmed paid members of Football Alberta in the year of the application. The applicant must be a graduating Grade 12 player having played tackle high school football within the Alberta Schools Athletic Association (ASAA) system.

The recipient must be registered for full time attendance (as stipulated by the institution) at an accredited Alberta post-secondary institution all year or both semesters. The program of study must be a minimum two (2) years in duration. The Applicant must be participating on a post-secondary Alberta football team of their choice during the year of application.

WHAT IS AVAILABLE? (8 Scholarships are available for the 2016/ 2017 year) x \$2,000.00 each = \$16,000.00

- Six (6) scholarships, including the Brock Jacobs Scholarship in honor of the passing of Football Alberta's Calgary minor board member, plus one (1) additional in Edmonton and one (1) in Calgary are available thanks to Calgary Stampeders and the Edmonton Eskimos 50/50 support program. There are 5 Scholarship/Award regions with each demographically equal region having the capability of receiving one award winner each year (see below). Regions will be Northern Alberta, Edmonton, Central Alberta, Calgary and Southern Alberta based on approximately the same number of teams in each region.
- There must be a minimum of five applicants in a region/zone in order to be awarded a scholarship.
- If a region does not meet the minimum threshold of five applicants, then applicants from that region will be pooled with region that has the next lowest number of applicants.
- If there is a vacant zone, it will be awarded to an applicant from the region with the highest number of applicants.
- If there are two or more regions that have less than the five required applicants, those regions would be combined to create a suitable number of applicants eligible for one scholarship.

For more information and for the application form, visit: <http://footballalberta.ab.ca/web/grants/scholarships.php>

Upcoming NCCP Clinics

NCCP Safe Contact/Comp Intro at Position- Okotoks, May 27th-28th, 2016

Safe Contact on Friday, May 27th, Comp Intro at Position (RB and LB) on Saturday, May 28th.

Location: Holy Trinity High School

See form below for more details...

[Okotoks Safe Contact Comp Intro RegForm](#)

NCCP Safe Contact Clinic - Calgary, June 17th, 2016

Safe Contact on Friday, June 17, 5:45 pm - 9:00 pm

Location: Notre Dame High School

See form below for more details...

[Calgary June 17 Safe Contact RegForm](#)



Football Alberta 2016 Membership & Insurance

Football AB membership and insurance is valid January 1, 2016 to December 31, 2016.

Note: ALL minor teams must take out insurance. See [our website](#) for more details.

PLAN #1 - TEAM AND PLAYER INSURANCE:

Includes \$5 Million Liability & Accident Insurance for the following rates:

(Team Fee + Mandatory Insurance for all Minor teams)

These fees are in effect when payment is made on time.

- After the fee deadline, Late Fees will apply.

- Minor Late Fees: After Sept. 30th, add \$125 (12-man, 10-man) and \$65 (6-man)

- High School/Other Late Fees: After Oct. 7th, Add \$125 (12-man & 9-man) and \$65 (6-man)

	FEES (Includes GST)	LATE FEES
Atom, PeeWee, Midget Bantam	Team fee of \$157.50 + \$28.00 per person Team fee of \$236.25 + \$28.00 per person	\$125.00 per team \$125.00 per team
Minor: (6-man tackle)	Team fee of \$ 78.75 + \$28.00 per person	\$ 65.00 per team
High School: 9 & 12-man	Team fee of \$262.50 + \$28.00 per person	\$125.00 per team
High School: 6-man	Team fee of \$ 78.75 + \$28.00 per person	\$ 65.00 per team
Junior/University	Team fee of \$262.50 + \$28.00 per person	\$125.00 per team
Senior Men/Female	\$28.00 per person	\$ 65.00 per team
Flag/Touch	\$ 9.00 per person	

PLAN #2 - TEAM MEMBERSHIP ONLY - NO INSURANCE

(Team Fee + Optional Insurance if required)

High School, Six Man High School, Junior, University

	FEES (Includes GST)	LATE FEES: After Oct. 7
High School: 9 & 12-man	Team fee of \$262.50	\$125.00
High School: 6-man	Team fee of \$ 78.75	\$ 65.00
Junior/University	Team fee of \$262.50	\$125.00

League Coordinators and Team Managers

Membership and insurance runs on the calendar year (January 1 to December 31). It is easiest for league/team administrators to register players at the start of the year for gym nights in January and February and then continue to register players as they join the team. It is extremely important for the welfare of the players and team personnel that insurance is valid (and thus paid for) as soon as you enter your winter/spring roster. Please note that the insurance policy provides both accident and liability coverage. Coverage is required for players playing one day, one week or all season.

For further information on Membership Details as well as a new registration policy for Capital District Minor Football Association (CDMFA) teams, go to <http://footballalberta.ab.ca/web/membership/>



Thank you to the Edmonton Eskimos
and the Calgary Stampede
For their Continued Support of the
Senior Bowl Program



What makes a football player powerful?

By: Andrew Joseph, CSCS

We often hear the announcers say during a game that a player possesses so much power and explosiveness as they hit the hole between the tackles or crushes the defender with a devastating block. What makes these players so powerful? What is power to begin with?

A football player's ability to produce high power outputs is one of the key factors in determining their success, specifically in running fast, jumping, overhead throwing, and tackling.

Some of these players have this natural ability, while others have to work harder for their lack of. Players who are born with more *Type IIA and Type IIB* muscle fiber have the ability to exert higher levels of power than players who are composed of Type I muscle fibers. These *Type II* fibers enable the player to increase the speed of their movements on the field and weight-room. *Type I* muscle fibers are slow oxidative in nature used for endurance activities and light resistance.

Now before you go tell your players that they're all Type I muscle fiber guys and they run home cursing their family's genetic make-up, there are training methods to increase *Type IIA and Type IIB* muscle fibers. During this article I will breakdown the components of power and provide you with two training methods to enhance the power in your football players.

First and foremost, it is important to have a clear definition and understanding of the term power: **Power** (W) = strength x speed. *Explosiveness, reactions, and quickness* are also terms that have been linked to the term *power*, because all refer to the player's ability to overcome inertia of the body or outside object.

You may be saying power=strength x speed, so what? Get to the point! How do we get our players powerful as quick as possible, with the least chance of injury?

Two Training methods to increase power for youth football players

Plyometrics

It has been widely accepted by coaches and athletes as an effective method for improving overall power and sport performance. This concept places specific muscles under pre-stretch by working eccentrically (lengthening the muscle) to concentrically (shortening the muscle) in order to accommodate the reflexive component. Movements vary depending what section of the body you are isolating, and may consist of and not limited to jumping, skipping, bounding, throwing, and trunk rotation.

What Makes A Football Player Powerful? (cont)

Examples

A) Chest push with Two Stance Release



Starting position: Assume a two point stance depending on your position. Hold it close to the body round chest level.

Action sequence: Maintain posture with shoulder forward, chest low and out, and head up. Draw you're the foot underneath the body to assure you don't overstride. As the take the first step, roll your hips forward to extend the trunk as you explosively release the ball outward. You can also perform the release with a backward (such as in football pass blocking) rather than forward.

B) Medicine Ball Scoop



Starting position: Assume a semi squat stance. Place the ball below the waist, grasping it on either side. Extend your arms, hold your head up and back straight.

Action sequence: Scoop the ball upward, attempting to elevate the body and send the ball for max height upward (exercise goal). As you land, ready the body to catch the ball on its return down and in front of you. Upon catching the ball, do a countermovement jump and scoop the ball back up and over in the return sequence of the toss.

Olympic lifting

Olympic lifts have been used as a means to develop power for years. These lifts attempt to simulate explosive movement (triple extension of ankle, knee, and hip), which are found in football specific tasks like: blocking, tackling, running, and jumping.

What Makes A Football Player Powerful? (cont)

Phases of the snatch/clean in Olympic lifting

- A) First pull
- B) Transition
- C) Second pull
- D) Turnover
- E) Catch

The downfall of using Olympic lifts for football (power clean and snatch) is their extremely complex to execute and teach. Perfecting technique in Olympic lifts requires a huge investment of time, risk of injury and considerable coaching. All these factors take away from football skill development in other areas.

You may be saying “So what do we do?” Olympic lifts work and their already a part of our programming. However, you may also be thinking your player’s technique is horrible and unsafe, and see obvious errors in their technique but don’t know how to correct them.

In the end, I believe all coaches want their football players to have power that translates on the field with minimal injuries. To get the best bang for your buck during your weight room periods, implement Olympic lift variations. It’s the best of both worlds, reduces the complexity of the exercise while still getting that explosive element.

Examples

Hang shrugs



Starting position: Stand with barbell with overhand grip slightly wider than shoulder width. Bend knees and hips so barbell at knee height; shoulders over bar with back arched. Arms are straight with elbows pointed along bar.

Action sequence: Explode by forcefully shrugging your shoulder girdle and fully extending the hip, knee, and ankle.

Return: Bend hip and slightly bend knees and return bar to thigh.

What Makes A Football Player Powerful? (cont)

Hang pulls



Starting position: Similar to the hang shrug, stand with barbell with overhand grip slightly wider than shoulder width. Bend knees and hips so barbell at knee height; shoulders over bar with back arched. Arms are straight with elbows pointed along bar.

Action sequence: Explode by forcefully shrugging your shoulder girdle and fully extending the hip, knee, and ankle. Pulling the barbell upward with arms, allowing elbows to flex out to sides. Pull bar upward as high as possible, keeping bar close to body.

Return: Bend hip and slightly bend knees and return bar to thigh.

Key factors to consider:

- A) Minimizing the risk of injury
- B) Simplify exercise technique while still developing power
- C) Reducing instruction time and error correction, while increasing your player's success and confidence in performing the exercise.

Then you have it two practical power producing training methods that can be used in your weightroom and on the field. Implement these two methods in your football strength and conditioning program, and have opposing coaches say "What's making that team so powerful?"

Reference:

Radcliffe, J. C., & Farentinos, R. C. (1999). *High-Powered Plyometrics*. Champaign, IL: Human Kinetics.