

American Football Skill Positions: Physical Preparation During Skills Camps and the Competition Calendar

- Considerations
- Why Consider
- Preparedness vs Readiness
- Functional Reserves
- Hierarchy of Functional Reserves
- Structure of Football
- Game Bioenergetic Considerations
- Tactical Philosophical Structure
- Positional Structure
- Physical Preparation History
- Trainability/Temperament
- Temperaments
- Weekly Opportunities
- Time of a Session
- Practice Schedule Architecture
- Competition Calendar
- Sport Form
- Objectives
- Exercise Classifications
- Retention
- Developmental
- Support Preventative Corrective
- Corrective
- Rehabilitation
- Stimulate
- Modalities
- Managing the Training Load
- Warmup Notes
- Training Examples
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