

## **American Football Skill Positions**

### **Bioenergetic Sequencing in the Development of Sport Form**

Lecture Time: 90 minutes

#### **-Temporal Considerations**

##### **-Get Your Mind Right**

##### **-Bioenergetics**

----Power and Capacity of the Bioenergetic Mechanisms

----Indicator for the Power

----Indicator for the Capacity

##### **-Alactic System**

##### **-Glycolytic/Lactic System**

##### **-Aerobic System**

#### **-Heart Rate Training Intensities Reflective of Omega Wave Data**

##### **-Biodynamics**

----Biomechanics

----Kinematics

----Kinetics

##### **-Physical Preparation**

##### **-Sport Form**

##### **-General Physical Preparation**

----General Exercises

----GPP Selection Criteria

----Example GPP Exercises

----Medicine Ball Training

----Barbell/Dumbbell Training

----Strength/Power Training Parameters

----Jump Training

----Calisthenics/Gymnastics

----Sprints

----Extensive Runs/Drills

##### **-Specialized Preparatory Exercises**

----Quarterback

----Kick/Punt

----Skill Positions

##### **-Specialized Developmental Exercises**

----Quarterback

----Kick/Punt

----Running Back

----Receivers/Tight ends

----Defensive Backs

----Linebackers

##### **-Pre- Spring Ball Training Blocks**

##### **-General Preparatory Block**

##### **-Block A**

----Alactic Power via Specialize Preparatory and Specialized Developmental Exercises

----Speed Strength Training Exercises

----Primary Strength Training Exercises

----Auxiliary Strength Training

----Special Preparatory Oxidative Capacity

----General Oxidative Capacity

----Example Alactic Power and Extensive Training Sessions

##### **-Block B**

----Alactic Capacity Specialized Preparatory and Specialized Developmental Training

----Speed Strength Training

----Primary Strength Training

----Auxiliary Strength Training

----Special Preparatory Oxidative Capacity

----General Oxidative Capacity

----Block B Example Training Sessions

##### **-Summer Training**

----Post- Spring Ball Pre-Training Camp Training Outline

----Summer Training Graph

---Annual Block Sequence Chart  
**Q&A with Audience**