

# HUSKER POWER



“The University of Nebraska’s Athletic Department has an unprecedented history of supporting its student-athletes. Nebraska is committed to providing the best facilities, equipment and atmosphere conducive to training the football player.”

James Dobson, Head Football Strength Coach



## BUILDING THE COMPLETE FOOTBALL PLAYER

The University of Nebraska football strength and conditioning staff is committed to helping each student-athlete reach his physical potential through a comprehensive approach to developing the complete football player. Through individual assessment and program design, it is our objective to increase the athletic performance of each individual athlete while reducing the risk of injury.

### STRENGTH STAFF

The football strength and conditioning staff consists of four full-time coaches whose sole purpose is to train the football student-athlete. The student-athlete has a 4-5 year window to reach his potential both physically and as a football player. To do so requires the daily individual attention and interaction with the strength and conditioning staff to ensure each athlete is on the path to success.

We are committed to training the complete football player, aiming to ensure that each athlete reaches his potential. It is our job to create an atmosphere that will promote an increase in both mental and physical performance while reducing the risk of injury. Individual program design is essential in order to completely develop an athlete. Every athlete is different; every athlete has his own genetic profile, medical history and training history. We will evaluate each athlete when he comes to the University of Nebraska. It all starts with an initial physical assessment that includes evaluating the areas of strength, performance and function. When the data is collected and interpreted, a program will be designed to address the individual demands of the athlete.



Head football strength coach, James Dobson

### COMPONENTS OF A SOUND TRAINING PROGRAM Resistance Training

The resistance training programs are individually designed and are focused on ground-based, three-dimensional, multi-joint movements. Ground-based exercises are done with the athlete's feet on the ground. Performing exercises with the feet on the ground mimics the athletic movements performed in the game of football.

Three-dimensional movements are performed in all three planes of movement: side to side, up and down, and forward and backward. To accomplish this, the athlete must use free weights. Free weights will develop not only the primary muscles, but the stabilizing muscles as well.

Multi-joint exercises require the body to simultaneously move multiple joints in a coordinated effort in order to produce athletic movements.

Explosive training is essential for the game of football. The body's ability to apply force quickly will determine the athlete's success on the field. Explosive training takes the strength an athlete has and improves his ability to deliver that strength forcefully and rapidly.

### Conditioning

It is important to condition like a football player. Football is a game that consists of short bursts of activity followed by a rest. It is important to follow this pattern when performing conditioning drills. Position-specific conditioning also needs to be addressed.

### Speed Training

The game of football is dominated by acceleration and agility and will be a focal point during speed training. Acceleration is the ability to get to top speed in the smallest amount of time possible. Acceleration is critical to the success of the football player. Agility is the ability to change direction without losing speed.

### Flexibility

Flexibility plays an important role in the athlete's ability to increase his performance and reduce the risk of injury. Flexibility is worked on before and after every training session.

### The Injured Athlete

We have constant communication with the Sports Medicine Staff in order to plan a successful training program to get the athlete promptly and safely back to competition.