



DAILY COMPETITION

*'Who I got
today?'*

**3 THINGS WE ARE GOING TO
ACCOMPLISH EVERYDAY IN THE 60
MINUTES WE GET w/ OUR ATHLETES:**

- 1. ENHANCE STRENGTH/ATHLETICISM**
- 2. ACCOUNTABILITY**
- 3. *COMPETITION & TOUGHNESS***

**‘Everyone is working on #1. The edge is #2
and #3. This PowerPoint will explain how we
work on COMPETITION and TOUGHNESS
EVERY DAY!**

DAILY COMPETITION!!

A BIG-12 football coach told me they compete EVERY DAY in off-season.

"You mean even on the lifting stations?",
I asked him.

"YES-our guys go 1 v 1 everyday." was his response.

We have tweaked and adjusted what works best for us at the high school level. This has been a great addition to our offseason. I will explain how we are using it at North Forney.



DAILY COMPETITION!!

- **We used to do ‘Olympics’ or some type of competition once a week Dec – Feb.**
- **We also had them wrestle for 10-20 seconds to see who showers first at the end of workout (we are a morning workout program)**
- **Now they are competing at almost every station and we get daily winners!**



PAIR THEM UP – DAILY ORGANIZATION

- Our coaches will pair our guys up (we discuss who should go against who) every two days.
- Our ‘goons’ are divided into 4 groups:
 - ‘Bigs’ (OL/DL types)
 - ‘Mediums’ (TE/RB/LB types)
 - ‘Smalls’ (WR/DB types)
 - ‘F-Troop’ (guys who are not skilled yet & need to go against each other only).
 - This is a general division of athletes. It is based on body type, ability, athleticism and not position.
- We have 6 battalions in our offseason, but we do not pair our guys up battalion v. battalion.
WE PAIR THEM UP BODY TYPE v. BODY TYPE.
The athletes in the picture are in same platoon (green shirts) but are competing head to head.



PAIR THEM UP – ATHLETES WILL COMPETE 2 DAYS IN A ROW

- In the weight room, we CORE lift one day and an EXPLOSION lift the next. This makes it easy for us to pair guys up to compete vs. each other 2 days in a row. Each of the two days there will be different events/competitions.



COMPETITION IN THE WEIGHT ROOM

- CORE WEIGHTS

SQUAT – CLEANS
BENCH / INCLINE

- AUXILIARY WEIGHTS

MILITARY – HIGH PULLS
(it is 'wide open' on what lifts
you choose to do)

LIFTING COMPETITION

How do we compete in squat or bench?

We aren't 'maxing each day'?

Last station is to failure...most reps wins

We are lifting for 10 minutes on our major lifts – squat / clean

Last three minutes each athlete will lift 85% of max to FAILURE.

On the 'regular' lifting stations (5-6 minutes) our athletes will go to failure on the last set also.

Athletes do not let each other 'cheat'...they want to WIN



COMBATIVES / WRESTLING

One of our coaches is a former head wrestling coach so we can teach our guys basic wrestling techniques.

***If the drills are safe it does not matter what type of combatives you choose to do.**

Find a way to keep score! (Use YouTube)





COMPETITION STATIONS (other than weight room)

- AGILITY – anything you can do as a race
'L' drill / 5-10-5 / cone drills, etc.
- TRACK – 200s / 400s (anything you want
to do as a race)
- BARS (parallel / dip)

200's

The runner who improves his time the most wins. (marked on front of shirt)

Example: Athlete with a best time in the 200 is 25 runs vs. an athlete with a best time of 28

Joe (25) runs a....25

John (28) runs a27

John wins!





BARS

NUMBER OF REPS:
PULL – UPS and DIPS

TIMED RACES:
ACROSS THE PARALLEL BARS
ACROSS THE MONKEY BARS



When we blow the whistle to end each station, we have the guys who **WON that competition remain standing.**

Coaches will check to make sure they agree w/ who is standing.



When the workout is over WINNERS get their shirt marked and go shower (those who went undefeated go first) Each battalion gets a point for each victory.

EXAMPLE OF A 2-DAY COMPETITION

“John vs. Robert”

DAY 1 - ‘CORE’ – Station #1

**SQUAT (10 min) – sets of 10 at 65%...
last 3 minutes each lifter will put 85% of max on bar and GO TO FAILURE (til he can’t do anymore)**

John – 85% of his squat is 270 lbs.

John completes 7 successful reps of 270 lbs.

Robert – 85% of his squat is 290 lbs. *Robert struggles and only completes 5 reps of his failure weight.* **John wins!**

John is leading 1-0 after one event.

EXAMPLE OF A 2-DAY COMPETITION

“John vs. Robert”

DAY 1 - ‘CORE’ – Station #2

WRESTLING (10 min)

John and Robert go through several 30-second wrestling challenges that have a winner and a loser each time.

(basically 30 seconds compete / 30 seconds rest...it is tough)

The athletes competed 9 times in the 10 min w/ **Robert winning 6 of them.** *Robert wins the wrestling station.*

John and Robert are tied 1-1 after two events

EXAMPLE OF A 2-DAY COMPETITION

“John vs. Robert”

DAY 1 - ‘CORE’ – Station #3

BENCH or INCLINE (6 min)

Both guys will lift sets of 10 at 65% of their max on this workout. With 2 minutes left each of them will GO TO FAILURE w/ 85% of their bench max.

Robert 9 reps @ 200 lbs. John 8 reps @ 190

Robert wins!

Robert now leads 2-1 after three events

EXAMPLE OF A 2-DAY COMPETITION

“John vs. Robert”

DAY 1 - ‘CORE’ – Station #4

AGILITY – 5/10/5 Pro Shuttle (6 min. station)

Each time Robert and John compete the score is tallied.

*Robert wins 3 shuttles....John wins 4x. John wins the station
Robert and John are now tied 2-2 after four events.*

EXAMPLE OF A 2-DAY COMPETITION

“John vs. Robert”

DAY 1 - ‘CORE’ – Station #5

BARS

Robert and John compete on several competitions: reps of pullups, dips, timed trips from one end of the bars to the other, etc.

After each competition a coach is declaring a winner for that activity.

In the end, Robert defeats John 6 to 4 in the 10 competitions on the bar station.

EXAMPLE OF A 2-DAY COMPETITION

“John vs. Robert”

**ROBERT IS THE OVERALL
WINNER FOR THIS DAY**

3 – 2

EXAMPLE OF A 2-DAY COMPETITION

“John vs. Robert”

DAY 2 will be organizationally the same but will have different competitions. Instead of squat they will do power cleans – instead of shuttle they will run on the track, etc.

At the end of day 2 we will discuss as a team who won each day (1 and 2) and who was the overall winner. IF the slight chance they are STILL tied we can have them do an intense combative w/ the entire team watching or let them go again on the next day (day 3).

FINAL COACHING POINTS ON ORGANIZATION

After each station we blow the whistle and have the winner of that station remain standing and the loser 'hit a knee'. I say, "coaches, do you agree w/ the winners of your station?"

This system will only work if coaches running the stations are working as hard as the players. They must always be monitoring for correct technique on lifting stations. Example of squat – "not low enough, get down there. You are cheating your competitor."

IN CONCLUSION

It is a game-changer for our guys to know if they WON or LOST each day. They cannot just 'go thru the motions' or put in on cruise control in the weight room. They have another player trying to defeat them at every station!

Our coaches love the daily competition. They realize it is making us better because it has made our workouts shift from just individual improvement most days to improvement through winning.

We all have to tweak things to make them our own. If you use this system and create a way you believe is an improvement please share with me! I want to grow also!