

POWER

ACCELERATION

BALANCE

CONTROL

NFL TRAINING

POWER MATTERS BECAUSE YOU NEED TO PRODUCE FORCE FAST, WHETHER YOU ARE EXPLODING OFF THE LINE, TACKLING, CUTTING, OR DRIVING THROUGH CONTACT. ACCELERATION MATTERS BECAUSE THE FIRST FEW STEPS OFTEN DECIDE THE REP, NOT WHO IS STRONGEST IN A SLOW, CONTROLLED GYM LIFT. BALANCE AND CONTROL MATTER BECAUSE FOOTBALL IS CHAOTIC, AND IF YOU CANNOT STAY STABLE, ABSORB FORCE, AND KEEP YOUR BODY ORGANIZED WHILE CHANGING DIRECTION OR TAKING CONTACT, YOUR STRENGTH DOES NOT TRANSFER CLEANLY TO THE FIELD. REAL PERFORMANCE COMES FROM BEING ABLE TO CREATE FORCE QUICKLY, DIRECT IT EFFICIENTLY, AND STAY IN COMMAND OF YOUR BODY UNDER SPEED, PRESSURE, AND INSTABILITY. THAT IS WHY NFL-LEVEL STRENGTH TRAINING HAS TO BUILD NOT JUST RAW FORCE, BUT FORCE YOU CAN ACTUALLY USE.

PROOF



POWER = FORCE × VELOCITY

POWER

Power is the ability to produce force quickly.

That matters because strength alone only tells you how much force you can produce.

A very strong person is not automatically powerful. They may be able to move a lot of weight, but slowly. A powerful person can generate meaningful force fast.

WHY IT MATTERS

Power is one of the most useful athletic qualities because real life doesn't usually give you 5 seconds to grind through a rep.

You need power to:

- sprint
- jump
- cut
- throw
- punch
- change direction
- catch yourself when you slip
- move your body explosively under fatigue
- express strength in a useful timeframe

Power matters because it is closely tied to function, reactivity, and athleticism.

If strength is your engine size, power is how fast that engine responds.



HOW TO TRAIN FOR POWER

POWER PRINCIPLES

MOVE WITH INTENT

Even if the load is moderate, the intent should be aggressive.

On explosive lifts, jumps, throws, swings, or dynamic reps, the goal is not just to complete the rep.

The goal is to move it fast.

LOW REPS

Power dies when fatigue rises.

Good ranges are usually:

- 1 to 5 reps per set for jumps, throws, Olympic lift variations
- 2 to 6 reps for speed-strength barbell work

Once the reps slow down, the set is usually over.

MORE REST

Power work is neural.

If you are breathing hard and rushing sets, quality drops.

Use roughly:

- 60 to 90 seconds for lower-output explosive drills
- 2 to 3 minutes for heavier explosive barbell work
- sometimes longer if the goal is true max-quality output

EARLY IN THE SESSION

Explosive work should usually happen:

1. after warm-up
2. before heavy strength work
3. before fatigue-heavy accessories or conditioning

If you leave it until the end, you are training tired movement, not quality power.



WHAT TO INCORPORATE

TRAINING FOR POWER

THE RELATIONSHIP BETWEEN STRENGTH AND POWER

Strength is the foundation of power.

But power is not just strength.

If you are weak, your power ceiling is low because you do not have much force to work with.

If you are strong but slow, your power expression is limited because you cannot access that force quickly.

JUMPS & HOPS

- Box Jumps
- Broad Jumps
- Vertical Jumps
- Pogo Jumps
- Split Squat Jumps
- Bounds

MEDBALL THROWS

- Chest Pass
- Scoop Toss
- Overhead Throw
- Rotational Throw
- Shot Put Style Throw

OLYMPIC LIFT VARIATIONS

- Power Clean
- Hang Power Clean
- Clean Pull
- High Pull
- Power Snatch
- Snatch Pull

