



Strength Training for Football

It is that time of the year, most young football players are scouring the internet for a place to train. The dream; a bigger, stronger, better athlete.

Drop by the local Y and you will see the young up and comers under the bench, squat rack and clean platform working their way up to their peak strength over the next few months.

But what you don't see as often as we should, are the exercises that strengthen the WEAK LINKS in the football players' chain. Groups like the core, low back, rotator cuff and groin.

After running a CFL training room for 7 years, I have seen it all. Though there are some injuries that aren't preventable; many, many of them are.

Common ones? You guessed it...groin, rotator cuff, core and low back.

Injuries are a pain...and more than that, they can prevent YOU from playing, AND as often as not, can be prevented by following a few basic guidelines:

- 1- Warm-up sufficiently: Begin every session with a 20 minute cardio warm up. Start slowly and work your way up to 75% of your heart rate max for the last 5 minutes.
- 2- If you are a young athlete, under 20; start each workout with a full body stretch. Each stretch should be held twice, for 20 seconds each- breathing easily.
- 3- Insure your program is not just series of random movements; a properly balanced program that includes stabilization programming and a heavy aerobic foundation will not only help you on the field, but in the weight room as well.
- 4- Cool down; I mean REALLY cool down- if your joints are sore, ice bags are your friend; or even better- pro training rooms have an ice tub for a reason; the cold water helps "push out" all lactic acid from the muscles that you have worked and will cut down on your soreness.

Injuries during the season often arise from improper or insufficient training during the off-season. With January over, your 2012 season in the weight room, track and treadmill should have already started.

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Elite Nation...Strength Within, Pride Throughout