

FIT SPEED

40-YARD DASH

1. Stance 2. First Step 3. First 10 Yards 4. Transition 5. The Finish

The 40-yard dash...simply, run fast: draft stock shoots up; run slow: it plummets. On-field application, though, is less straightforward. Many have begun to question if it even tests skills relevant to the sport of football.

WELL, WHAT DOES IT TAKE TO RUN A 40-YARD DASH?

1. Get off the line explosively
2. Accelerate aggressively
3. Gradually transition from horizontal to vertical projection, while continuing to build speed

HOW DOES THIS RELATE TO FOOTBALL?

Well, exploding off of the line is practically a necessity. Also, the ability to accelerate aggressively is of utmost importance to on-field performances. Lastly, effectively transitioning from horizontal to vertical projection, while building speed, will greatly assist an athlete's break-away ability in the open field. One must note, though, that all this happens linearly, unlike most game situations.

Acceleration ability is the most important aspect of football speed, and it's a huge part of the 40-yard dash. Many incorrectly think of the 40 as being two parts, half acceleration, half top speed, when it's actually a seamless, transitional,

accelerative event (from horizontal to vertical projection). If it is approached as two parts, an athlete will not excel; the athlete that runs the fastest 40-yard dash is the athlete that transitions the most efficiently. If an athlete projects horizontally for too long, their form implodes because they can no longer push forward; if they transition to vertical projection (maintenance) too early, they will end up decelerating, since they can only maintain peak velocity for 1-2 seconds, at best.

To be effective, a prospect must be able to seamlessly build speed in transition, and the 40-yard dash is a Combine staple because it assesses this ability within a distance that is applicable to football.

By understanding and implementing these concepts into training, an athlete can stand out in the NFL Combine and on the field.

At #FitSpeed, we will get you results that will show! Spots are filling quickly...DM us for more info! Step into your future!

Stay tuned...in-depth info on the 40 coming soon!

UNLOCK YOUR POTENTIAL