



Building a Winning Strength and Conditioning Program

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VIRGINIA TECH



Slides available for download:
<http://bit.ly/GentryCVSP>

STRENGTH AND CONDITIONING

What do I like about our profession?

It's REAL.

Very Low BS Quotient

Production verses Promotion

- ▶ Lift the weight or not.
- ▶ Run the time or not.
- ▶ Make the jump or not.
- ▶ The weight weighs the same in Blacksburg as it does in Columbus.

Mike Gentry

33 Years as a Head Div.1-A Strength and Conditioning Coach

5 Years at East Carolina University

28 Years at Virginia Tech

VT Football Record 1993-2014 (207-75) -- 22 Years-- 6th Nationally

Named National S&C Coach of the Year in 2004 by AFM- Magazine

The gift of training History's Strongest Football Player, Terry Long

East Carolina Univ. Offensive Guard- Great story with a tragic end.

Honor of Coaching in the 1999 National Championship Game

Coaching in 23 consecutive Bowl games

Twice Elected by S&C Coaches to CSCCA Board of Directors

Co-Authored Two Books on S&C for Football

[A Chance to Win](#) and [The Ultimate Guide to Physical Training for Football](#)

VT Football Record

1993-2014 (207-75) -- 22 Years

1. Ohio State
2. Boise State
3. Florida State
4. Florida
5. Nebraska
6. **Virginia Tech**
7. Oregon
8. Texas
9. Oklahoma
10. Louisiana State

BILL STARR'S 5X5 TRAINING



THE LEGENDARY FOOTBALL COACH'S ROUTINE

The book cover features a blue and white illustration of a football player in a helmet and uniform, running with the ball. Below the player, a muscular man is shown in a starting position for a barbell lift. The text is arranged as follows:

THE STRONGEST SHALL SURVIVE by bill STARR

STRENGTH TRAINING FOR FOOTBALL

My Career Role Models

Training--Coaching--Leadership

Johnny Parker

Ed Emory

Bill Starr

Frank Beamer

Dr. Mike Stone

Mike Woisic

Boyd Epley

Zig Ziglar

Louie Simmons

Norman Vincent Peale

Phil Elmassion

Lee Shorter

Who are Your Role Models?
Thank Them.

Develop Your Professional Circle

(Respected, Trusted, Friends, Go to Guys)

My Circle of Professional Friends

Dr. Tony Caterisano - Furman

Al Johnson - ETSU

Kevin Yoxall - Rice

Joey Batson - Clemson

Jeff Connors - ECU

Dave Lawson - Univ. Tenn.

Chris Doyle – Iowa

Bill Gillespie - Liberty

Late John Stucky – University of Tennessee

Brad Roll - Miami

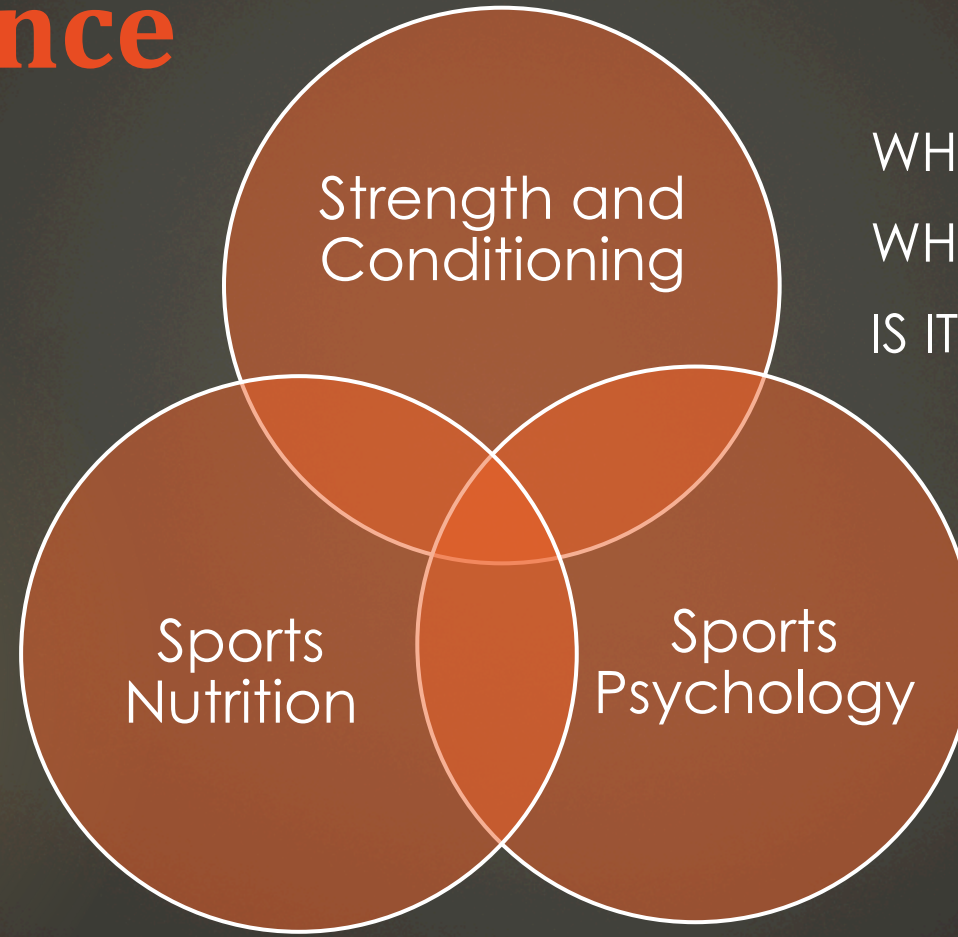
John Sisk – Georgia Tech

Rob Glass - Oklahoma State

(Go Visit, Share Info, Pull for them)

Virginia Tech

Athletic Performance Model



WHY?

WHERE DID THIS COME FROM?

IS IT IMPORTANT?



Strength and Conditioning



Sports Nutrition

Sports Psychology



The Big Time

**“The Big Time is
Wherever You Are.”**

Ellis Johnson





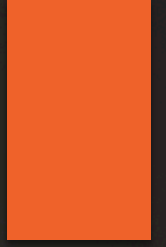
**WANT TO WIN
GAMES?**



**Make your average players
better than their average players.**

How?

**What is the Most Important
Component of your Strength and
Conditioning Program?**



What is the Most Important Component of your Strength and Conditioning Program?

YOU

Commitment. Demonstrate it daily.

Credibility. Plan the Work. Work the Plan.

Attitude. Connect and Care.

Nothing is Special,
if You Don't Make it Special.

Somebody has to set and hold the
standard. You.



You Must Develop Pride in the Unit.

Proven Military Principle.



Create the *Myth*,
then work like Hell make it real.

People want to be part of
something that's special.

Your job is to make it special.

Setting the Table for Success.



- ▶ **Define Expectations.** Set the Boundaries. Be Consistent.
- ▶ **Program the Training.** Safe, Teaching Progression, Efficient.
- ▶ **Build the Environment.** The Facility.
- ▶ **Recognize Success.** Participation and Achievement.

Core Training Philosophy

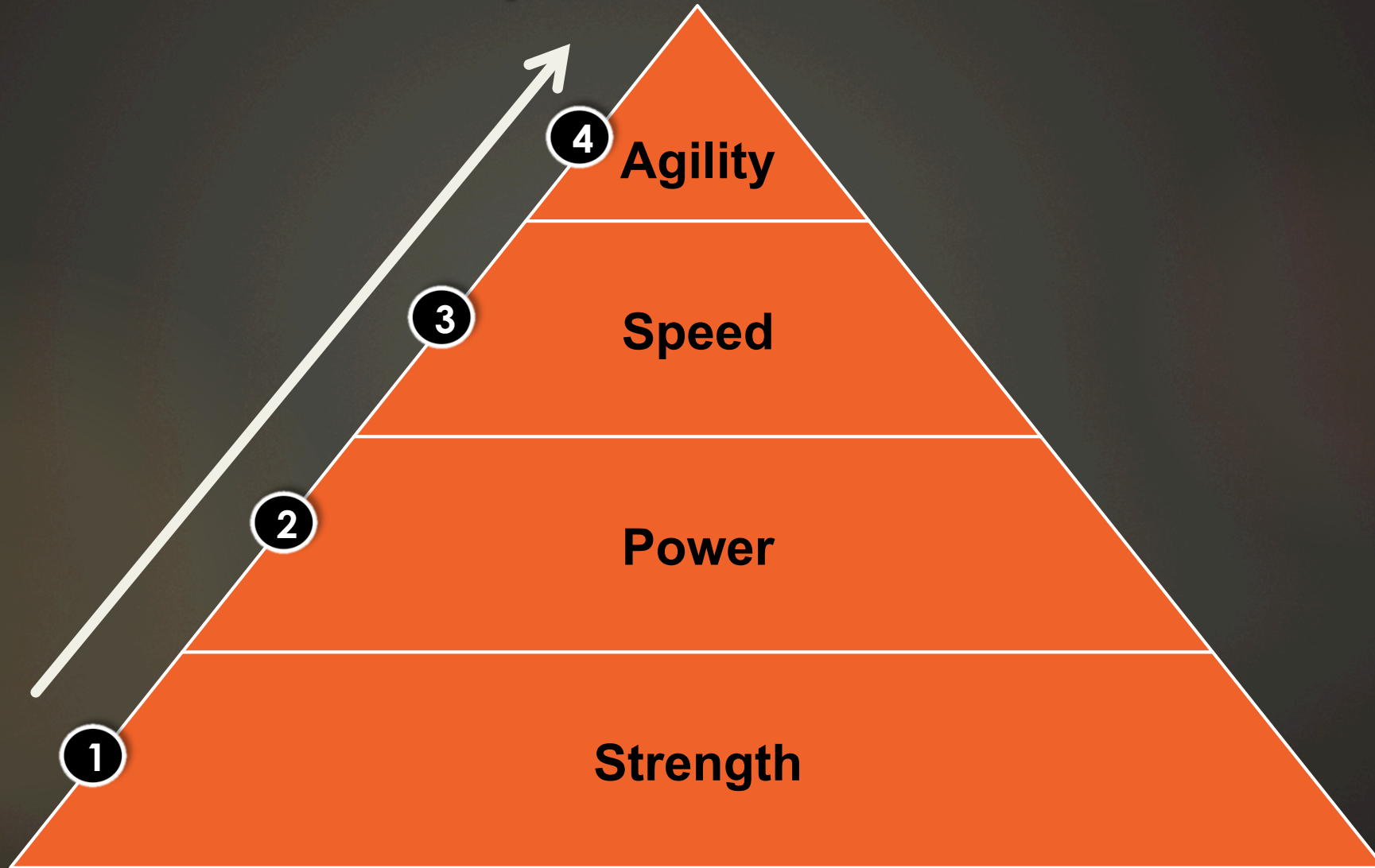
Simple Works.

“It’s usually not whether the program works or not that determines success, but whether the athlete works or not.”

***Legendary S&C Coach,
Buddy Morris***



Hierarchy of Athletic Success



Off- Season Training Philosophy

The more prepared you are the less problems you'll have.

1. Train athletes together, more as a team
2. Match the Training Plan, load, frequency to the right time of the Year
3. Foundational – **GET STRONGER**-Focus on the Hips and Legs First
4. Primarily Ground Based Training
5. Some Training should be done with Velocity
6. Focus of Speed Training - Acceleration
7. Focus of Agility-Reactive
8. Take All Stresses into Consideration- 7 On 7's, Walk Thru's, etc.
9. Conditioning- Planned and Appropriate
10. Evaluate the Athlete's Progress-Recognize and Reward Achievement

Off Season Training Format

- ▶ **Core Exercises** - Power Clean, Push Jerk, Squat Variation, Press Variation
- ▶ **Programming**
 - ▶ Western Undulating Periodization, Change the assistance exercises every 2-3 weeks.
 - ▶ Workout Time 1:15-1:30
 - ▶ Three or Four Days a Week of Resistance Training
 - ▶ Something Explosive High Velocity each workout.

Daily Training Format

- ▶ Dynamic Warm Up
- ▶ Foot Speed Development
- ▶ Abdominal and Core Development
- ▶ Quick Talk-Directives
- ▶ Speed, Agility Training* (especially skill/speed positions)
- ▶ Explosive High Velocity Exercises
- ▶ Lower Body Core Strength Exercises
- ▶ Upper Body Core Strength Exercises
- ▶ Assistance Exercises
- ▶ Conditioning or Resistance Running, Agility* (especially LOS /Big Skill/Speed Pos.)
- ▶ Recovery- Roller, Cold Tubs, Stretching, etc.



Summer Training Video

JUNE 2015

What do I Remember?

Starting and Fighting from the Bottom (2 Win Seasons)

Special People –Coaches, Players, Assistants

Special Seasons and Games (Wins and Losses)

The Training –The Winters/ The Summers

What do I Remember?

Pulling Against the Elephant

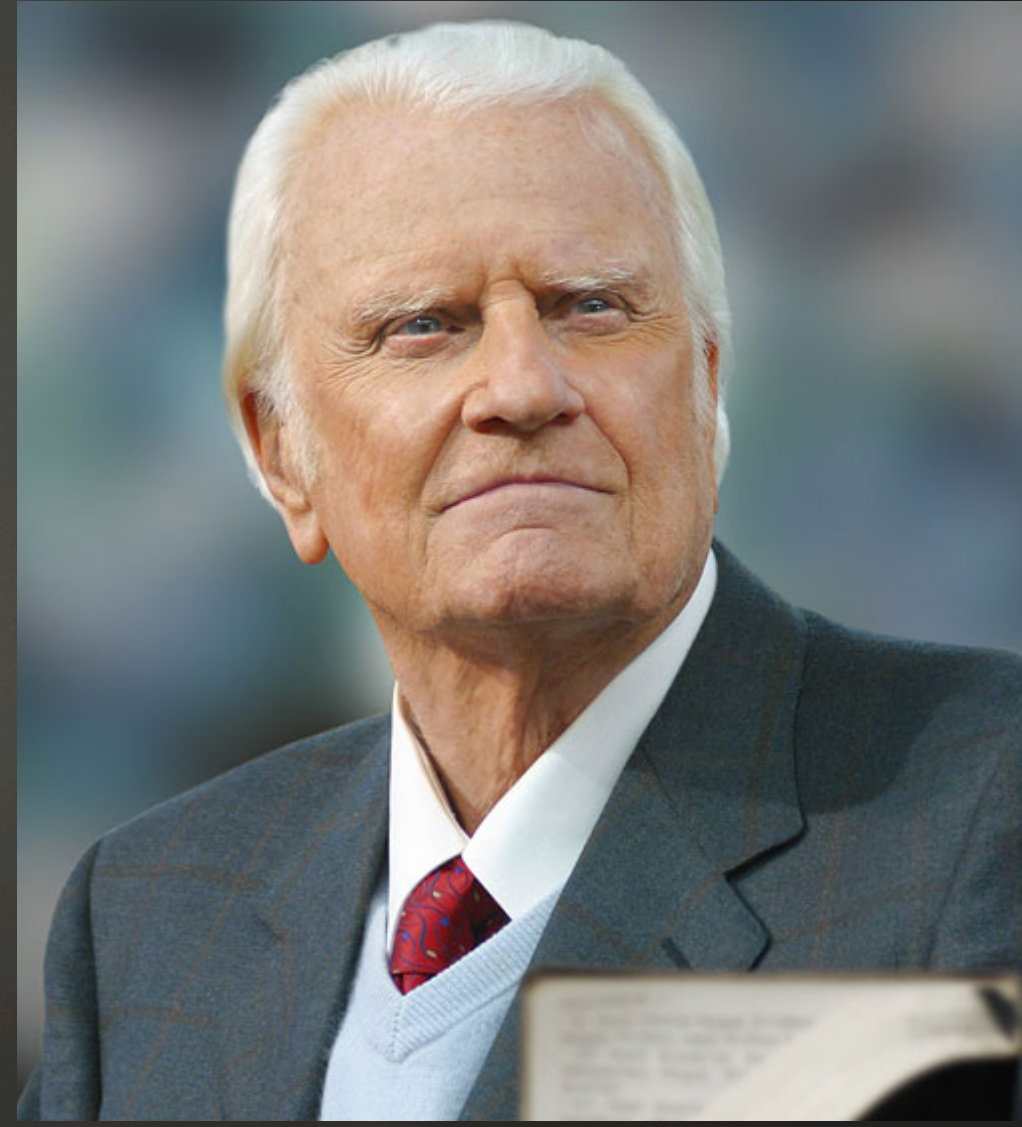


A Coaching Life of Significance



**“A coach will influence
more people in a year
than most people will
in a lifetime.”**


Billy Graham



Principles

- Be coachable
- Set Goals
- Work Hard
- Team First
- Care about each other
- Respect each other
- All In - Go All Out
- Do your best
- Never Quit Mentality





The “it” factor in building a winning Program is found in getting a group of individuals to buy in and believe that if they work hard enough, then they can be successful.

That they are part of something bigger than themselves. Something worthy of sacrifice.

When this ethos is established and is successful, it will be passed down from the older players to the younger ones. It becomes the expectation and somewhat self-perpetuating.

This positive change of culture is the goal.

What is a Coaching Life of Significance?

When the principles that you've taught, lived and led, resonate and are accepted and embraced by your players, you will have made **a significant positive change in their lives.**

You've helped them be more self reliant, you've bridged the theoretical and the practical. You've helped them be successful. **They will pass these principles on. Everyone wins.**

This is what matters. It's so much bigger than the wins and losses.



Thank You!

STAY STRONG. GOD BLESS.