



**AUTHOR**

**SCOTT KELLAR,  
CSCS**

**BUILDING  
OUTSTANDING  
STUDENT-ATHLETES**

# **HIGH SCHOOL FOOTBALL COMBINE PREP MANUAL ©**

**YOUR COMPLETE TRAINING MANUAL CONTAINING:**

**8 WEEK STRENGTH / POWER PROGRAM**

**DAILY CALANDER OF TRAINING**

**SPEED DEVELOPMENT PROGRAM**

**POSITION SPECIFIC DRILLS**

**COMPLETE EXCERCISE DESCRIPTIONS**

**AND MORE...**

**"TO ACHIEVE GREATNESS...YOU MUST BE WILLING TO  
REPEATEDLY PUSH BEYOND YOUR COMFORT LEVEL"**

**ATTITUDE – CHARACTER – EFFORT**

# H.S.COMBINE / 7 ON 7 TRAINING MANUAL CONTENT

## Introduction

Why Combine Testing is Important

## Training Attitude

“Have a Backbone - Not a Wishbone”

## Combine Tests & How to Prepare

All Testing Protocol (described)

## THE PLAN

### Dynamic Warm-Up

General Warm-Up - Fast Feet Drills

Hurdle Mobility

Dynamic Flexibility

Movement Mobility

### Dynamic Warm-Up Examples

Linear Speed Development / Conditioning

Multi-Directional Development / Conditioning

### Strength Programs

8 week strength (4 Day Split Routines)

Exercise pictorial and description

Daily program explanation

## Acceleration Training & Mechanics

Acceleration Technical Drill Program

Linear Speed training program

## Multi-Directional Mechanics & Agility Drill Training

Multi-Directional Training Program

Agility position specific drill training

Ladder Drills - progressions

Hurdle Drills - progressions

Cone Drills - progressions

## Energy System Development

Linear speed

Agility drills - customized times and recovery per position

## THE AUTHOR



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# EXAMPLE CALANDAR PROGRAM

*Most people dream about success...  
The great ones wake up and work hard!*

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WEEK	OBJECTIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH	4 Day Split	4 Day Split		4 Day Split	4 Day Split	
	TESTING						
	ESD (CONDITIONING) LINEAR SPEED	40 Yard Timed Tempo Runs Workout #2 ESD section			Acceleration Specific Wall punch - 3 x :10 Horizon. bound- 3x20 Sled or tire runs - 3x20 Sprint - 3 x 30 4 sets-Rest	Tempo Ladders  OL/DL - workout #3 SK/BSKL - workout #4  ESD section	
	ESD (CONDITIONING) AGILITY POSITION SPECIFIC		3 Agility Drills 6-8 reps. Ea. drill :30 recovery b/t reps. 2 minute b/t drills				
	TECHNICAL COMBINE DRILL TRAINING PRO AGILITY (5\10\5) L-DRILL		Pro Agility Start mechanics  Start to 1st 5 w/ touch 5 to 10 yard to finish L-Drill Run drill all out 6-8 reps. Timed		Pro Agility 5 x 5 drill x 6-8 reps.  1st 5 - 10 w/touch 6-8x 4-5 timed runs L-Drill Figure 8's - 3-4 ea. Dir. Starts - start to finish		

NOTES:

Record all times

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# EXAMPLE STRENGTH EX. DESC.

## TUESDAY - WEEK 5-8

\*Every exercise contains pictures of execution and movement description.

### FRONT SQUAT



Maintain a clean grip with elbows in front of the shoulders and through the bar in the "catch" position. Let the bar rest across the top of the shoulders.

Feet should be hip width and feet straight ahead.



Simultaneously flex at the hip, knee and ankle. Keep the chest spread and back flat. Descend until you reach parallel (middle of hip and knee line up).

The torso and shin angle should be parallel at the bottom position.

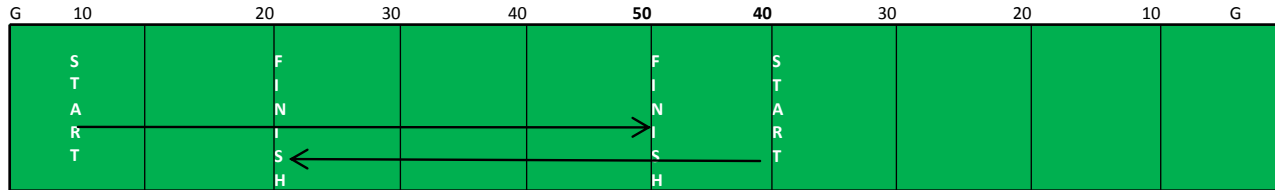


Return to starting position and repeat.



# EXAMPLE - LINEAR SPEED WORKOUT

## 40 YARD TIMED TEMPO RUNS



### WORKOUT #1

2 SETS X 4 REPS. X 40 YARDS  
 1 X 4 X 40 W / :35 REST B/T REPS.  
 REST 2:00  
 1 X 4 X 40 W / :35 REST B/T REPS.

### WORKOUT #2

2 SETS X 5 REPS. X 40 YARDS  
 1 X 5 X 40 W / :35 REST B/T REPS.  
 REST 2:00  
 1 X 5 X 40 W / :35 REST B/T REPS.

### WORKOUT #3

3 SETS X 4 REPS. X 40 YARDS  
 1 X 4 X 40 W / :35 REST B/T REPS.  
 REST 2:00  
 1 X 4 X 40 W / :35 REST B/T REPS.  
 REST 2:00  
 1 X 4 X 40 W / :35 REST B/T REPS.

### WORKOUT #4

3 SETS X 5 REPS. X 40 YARDS  
 1 X 5 X 40 W / :35 REST B/T REPS.  
 REST 2:00  
 1 X 5 X 40 W / :35 REST B/T REPS.  
 REST 2:00  
 1 X 5 X 40 W / :35 REST B/T REPS.

### WORKOUT #5

3 SETS X 6 REPS. X 40 YARDS  
 1 X 4 X 40 W / :30 REST B/T REPS.  
 REST 2:00  
 1 X 4 X 40 W / :30 REST B/T REPS.  
 REST 2:00  
 1 X 4 X 40 W / :30 REST B/T REPS.

### WORKOUT #6

4 SETS X 5 REPS. X 40 YARDS  
 1 X 4 X 40 W / :30 REST B/T REPS.  
 REST 2:00  
 1 X 4 X 40 W / :30 REST B/T REPS.  
 REST 2:00  
 1 X 4 X 40 W / :30 REST B/T REPS.

## 40 TIMES

Average  
 Conference Camps  
 State Champions

OL / DT	BIG SKILL				SKILL	
6.2	6.7	5.7	6.2	5.3	5.8	
6	6.5	5.5	6	5.1	5.6	
5.8	6.2	5.2	5.6	4.9	5.2	



# EXAMPLE - AGILITY SPECIFIC DRILL PROGRESSION

## Drill #5- Staggered W-Drill (with or without hurdles)

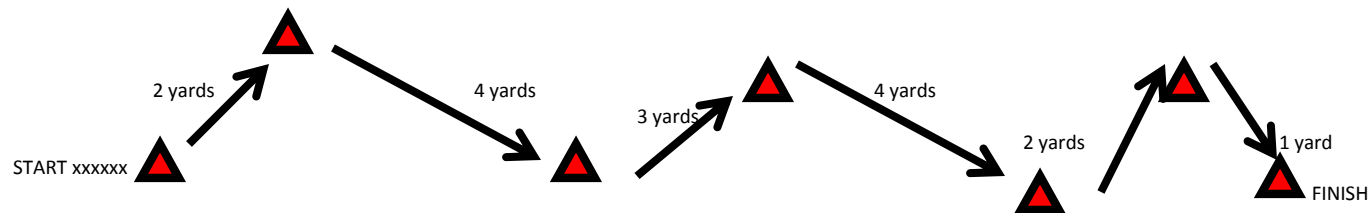
The Staggered W-Drill is a great drill especially for your running backs and receivers. However, all positions can benefit. I do suggest using this drill during any position specific drill time you have with your backs and receivers. This is also a great metabolic conditioner.

### Drill Set-Up

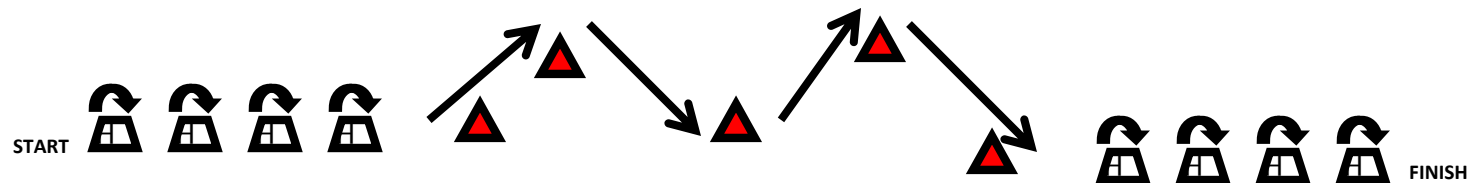
Set-up 6-8 cones or discs in a staggered "W" formation (if using hurdles - place 4 hurdles at the start and finish)

### Drill Execution

The athlete stands facing the first cone. On the coaches command, sprint to the first cone. Drop the hips and drive hard to the next cone. Continue to lower center of gravity with each turn and explosively drive to the next cone until finished. A ball can be placed in the athletes hands in order to switch arms through the drill.



### STAGGERED W-DRILL WITH HURDLES



**Recommended volume:**  
2 sets x 6-8 minutes ea.  
Rest 90 sec. b/t sets.  
Rest 25-35 sec. b/t reps.  
OR  
6-8 reps. W / :25-:35 rest.



# ABOUT THE AUTHOR - SCOTT KELLAR, CSCS

Education: Graduate, Northern Illinois University

Certifications: Certified Strength & Conditioning Specialist - NSCA (National Strength & Conditioning Association).

## Honors & Achievements

- \*Northern Illinois University - graduate
- \*4 year letter winner - Football - NIU
- \*All-American (HM) - Football - NIU
- \*2<sup>nd</sup> in Career QB sack - football - NIU
- \* 2<sup>nd</sup> Career Tackles-For-Loss - Football - NIU
- \*Drafted in the 5<sup>th</sup> round of the NFL draft - 1986 - Indianapolis Colts (3 years).
- \*1986 - Lead the NFL for defensive tackles in average tackles per game as a rookie with the Colts.
- \*Played for Green Bay packers and Minnesota Vikings - 1989.
- \*Inducted into the Northern Illinois University Athletic Hall of Fame - 1993.
- \*Awarder Male Athlete of the Year - 1985 - Northern Illinois University.
- \*Mid-American Conference Player of the Year - Nominee - NIU - 1985.
- \*Head Strength & Conditioning Coordinator - (21 years)
  - College of DuPage
  - Western Kentucky University
  - Bowling Green State University
  - University of Houston
  - Velocity Sports Performance
  - Xcel Performance & Fitness



# ABOUT THE AUTHOR -CONT.

\*Director of Performance & Facility Director - Xcel Performance & Fitness - 2009 - Present

\*Executive Director of Performance - Velocity Sports Performance Houston - 2003 - 2009

-Directed all High School Football Combine Prep and NFL Combine Prep program design, implementation and management.

-Established all training and testing protocol (individual team, combine prep and group training).

--Authored "The Complete Yearly Training Cycle" - A Reference Manual for Strength, Conditioning and Performance Training for High School Football Coaches".

-Authored the "High School Football Combine / 7 on 7 Prep Training Manual".

-Authored the "Quarterback Healthy Shoulder Training Manual".

-Consultation for program development and program management instruction.

\*Division I / Junior College / High School Football Coach (12 years)

-National Champion - Runner-Up - Football - College of DuPage - 1995

-Coached 5 active NFL football players.

-Coached 17 All-American football players - College of DuPage.

-Coached in 7 consecutive bowl games - College of DuPage

\*Head Men's & Women's Track Coach - College of DuPage - 1998 - 2000

-National Championship - 2000 (Women)

-Coached 37 All-American athletes.

PROFESSIONAL FOOTBALL PLAYER - NATIONAL FOOTBALL LEAGUE

1986-1988 - INDIANAPOLIS COLTS - 5<sup>TH</sup> ROUND DRAFT PICK



# NFL & COLLEGIATE CLIENTS

Paul Spicer - Jacksonville Jaguars  
Robert Ferguson - Minnesota Vikings  
Mark Roman - Green Bay packers  
Marlon McCree - San Diego Chargers  
Hanik Milligan - San Diego Chargers  
Quincy Morgan - Dallas Cowboys  
Joe Clay - Baltimore Ravens  
Steve Cucci - Atlanta Falcons  
Adrian Gonzalez - Washington Redskins  
Terry Holley - Seattle Seahawks  
Marcus Jasmin - Detroit Lions  
Byron Jones - Atlanta Falcons  
Keith Joseph - New Orleans Saints  
Mike Montgomery - Green Bay packers

Rashard Washington - New York Jets  
Brandon Middleton - Dallas Cowboys / St. Louis Rams  
Allen Rueber - Arizona Cardinals  
Keith Willis - Green Bay Packers  
Chris Collins - Tampa Bay Buccaneers  
Randy Jordan - San Diego Chargers  
Gabriel Helms - Kansas City Chiefs  
Jemelle Cage - Washington Redskins  
Rex hadnot - Cleveland Browns  
Marcus Tubbs - Seattle Seahawks  
Jonathon Combs - Washington Redskins  
Stanford Routt - Oakland Raiders  
Claude Terrell - St. Louis Rams  
Steve McKinney - Houston Texans  
Aaron Bailey - Indianapolis Colts  
Rashad Butler - Houston Texans

