

**NFL DRAFT PREPARATION &  
NFL VETERAN OFF-SEASON TRAINING**





## **WELCOME TO COOPER SPORTS PERFORMANCE NFL COMBINE CAMP!**

We would first like to congratulate you on making it this far in your athletic career and would like to thank you for considering Cooper Sports Performance as your facility of choice as you prepare for the biggest day of your career! We hope you choose to dedicate your time and training with us, as much as we look forward to dedicating our time to preparing you as best as possible!

Our combine program offers an elite level of training to support all of your athletic needs. From developing combine-specific speed and strength, to massage therapy and recovery modalities, as well as personalized nutritional and supplement plans, we have everything covered for you at Cooper Sports Performance. We aim to provide you with all the coaching expertise, professional resources, and training tools necessary for you to perform at your best at the NFL combine.

Our eight-week combine program is designed to have you peak and perform at your absolute best. Our Coaching Staff have created a schedule for you to train with other combine athletes 2-3 times per day, with speed and position specific skill training in the morning, and strength and power training in the evenings.

We guarantee you will be performing at your physical best in front of the NFL's coaching and front office staff after completing the Cooper Combine Program. Once again, congratulations on your athletic success so far, and we look forward to having you in Tampa!

Dr. Josh Cooper



Dr. Cooper is a foremost expert in speed development. His techniques in speed development are some of the most innovative and effective in the country. He has been helping college athletes get faster and reach the next level for over a decade, as well as helping NFL veterans maintain and perform at the highest level.

"Training football players is my passion. This will be the most intense and demanding training you have ever done. It will maximize your performance on what will be one of the most important days of your career." –Dr. Cooper

## THE TRAINING



If you're an NFL Draft hopeful or an NFL veteran we will get you in the best shape of your life this off-season. Cooper is known for developing some of the best athletes in the country, as well as, keeping athletes healthy and on the field for long productive careers.

### COACHING

Coaching will be the most important aspect of your training. Our coaches are the best in the business. You will be coached in small groups during speed and position work to maximize the learning process. Our Staff of speed and strength coaches have over 30 years of combined experience.

### TECHNOLOGY

Speed through science: Learn your optimal joint angles, stride length, foot contact times and many other key elements to speed development. Technology is a tool we use to help us maximize the learning process. Programs like Dartfish, a movement analysis software, will help us to identify specific movements and skills each individual needs to work on.

## THE RESULTS

We are all about results! We have built our name and reputation on results. This is where fast athletes come to get faster and great athletes go to the next level. Historically we have taken some of the fastest athletes in college and NFL and in 8 short weeks we are able to take them to new levels of adaptation. We often surpass scout projected 40 times by over a tenth of a second.

If you have been a college football player for the past 4 years you have been preparing for football games. Over the next 8-10 weeks you will shift your focus and become a professional in the tests shown below. These are some of the gains we typically see and have come to expect.

### TYPICAL IMPROVEMENTS

40 Yard sprint: -.10-.20 sec.

Bench: + 2-4 reps

VJ: 3-5"

BJ: 6-12"

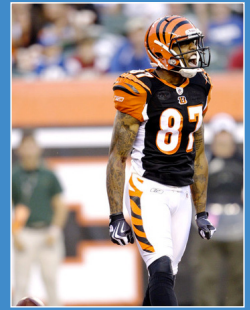
20-Shuttle: -.30-.50 sec.

3-cone: -.25-.40 sec.

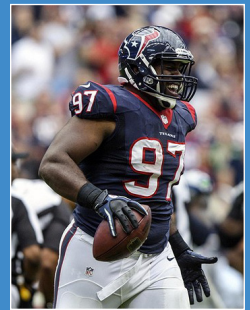


Jarred Fayson, Saints  
4.36 40yd. 39" Vertical

## OUR ATHLETES



Andre Caldwell  
Broncos, Bengals



Terrell McClain, Cowboys



Anthony Allen, Ravens



Colin McCarthy, Titans



Joe Klopfenstein, Rams



Josh Bellamy, Chargers, 4.38 40yd. 38" Vertical

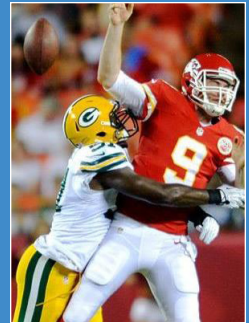
The chart below shows the average scores from the combine. These scores are from the top 20 players over the last 5 years. How will you stack up?

## NFL COMBINE AVERAGE SCORES

POS	HT	WT	Arm	Hand	Bench	40	VJ	BJ	20-shuttle	3-cone
QB	6-2	223.1	32¼	9	17.8	4.87	31	9-2	4.34	7.09
WR	6-0¾	202.3	32	9	15.4	4.55	35	10-0	4.25	6.92
RB	5-10	213.3	31¼	9¼	20.5	4.59	34½	9-9	4.28	7.00
FB	6-0	242.6	32	9½	24.1	4.80	33½	9.6	4.39	7.19
TE	6-4	251.6	33	9	21.5	4.77	33½	9-8	4.37	7.08
OC	6-3¼	303.3	32	9½	27.3	5.30	27	8-4	4.66	7.70
OG	6-4	314	33½	9	26.2	5.36	27	8-3	4.85	7.84
OT	6-5¼	314.7	34	10	25.3	5.32	27	8.5	4.80	7.80
DE	6-3	266.3	33½	9	25.6	4.88	32½	9-5	4.46	7.26
DT	6-27	304.8	33½	9	28.3	5.13	29	8-9	4.66	7.64
ILB	6-1¼	241.5	32	9½	22.7	4.80	33	9.7	4.31	7.10
OLB	6-1	238.1	31½	9	22.7	4.74	33½	9-9	4.34	7.12
CB	5-11	193.2	31½	9	15.5	4.55	35	10-1	4.17	6.90
S	6-0¼	208.9	31¼	9	18.1	4.62	34¼	10-0	4.24	7.00



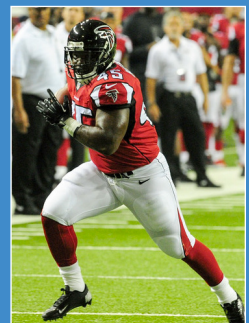
Todd Yoder, Redskins



Nate Palmer, Green Bay



Kion Wilson, Steelers



Maurice Hagens, Falcons



Steven Garcia, CFL



NFL Veterans Anthony Allen, Andre Caldwell and Colin McCarthy with Rookies OJ Murdock, Jarred Fayson and Coach Cooper after an off-season workout.



2012 Draft Prep athletes getting ready to start a Speed session.

# THE FACILITY

Our 15,000 sq. ft. facility boasts some of the most advanced training tools in the country and expert coaches to support you along the way! Here are some of the highlights of Cooper Sports Performance:



- 50 yards of turf to develop proper acceleration, top end speed, and change of direction mechanics



- Fully equipped Olympic-Style weight room including two Vertimax platforms

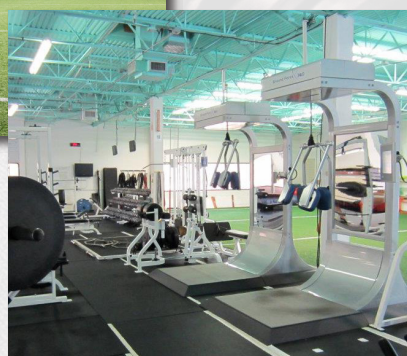
- Two Ground Force 360's - the leader in core rotational training

- Massage therapy, Physical Therapy and cold tubs to aid in your daily recovery

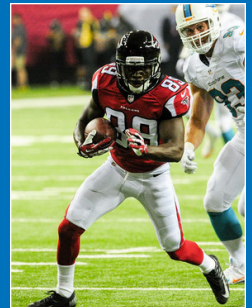
- Sport Psychology Staff and the Neurotracker mental training system

- Professional NSCA certified Strength and Conditioning and Speed Staff

- Over 30 years of combine coaching experience



Mike Smith, Bucs



Bernard Reedy, Falcons



Don Jones, Patriots



Earl Okine, Texans



Chevron Walker  
Hamilton Tiger-Cats

# FLORIDA LIVING

## SCHEDULE

You may have up to 14 training sessions in one week. To allow for greater recovery and performance, we have everything planned and calculated for you, including training sessions, meals, timing of supplements, and sleep schedules. This allows us to control for all factors so we can optimize training volume, and hormonal levels through sleep and nutrition.



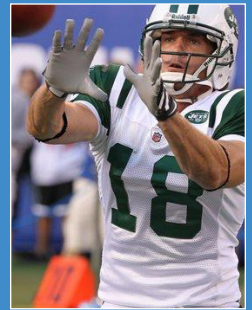
Don Jones, Dolphins  
4.31 40yd. 42.5" Vertical

### SAMPLE DAY 1

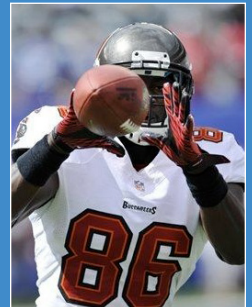
830am	Meal 1
930am	Acceleration, Starts
1030am	Regeneration and supplements
11am	Meal 2
1130am	Rest
1pm	Meal 3
230pm	Explosive power, Lower lift
330pm	Position specific drills
4pm	Regeneration and supplements
430pm	Meal 3
5pm	Massage
730pm	Meal 4
930pm	Meal 5 and supplements
11pm	Lights out

### SAMPLE DAY 2

9am	Meal 1
930am	Ldrill, 5,10,5 training
1030am	Regeneration and supplements
11am	Meal 2
1130am	Rest
130pm	Meal 3
230pm	Upper lift 225lb training
330pm	Position specific drills
4pm	Regeneration and supplements
430pm	Meal 3
5pm	Yoga
730pm	Meal 4
930pm	Meal 5 and supplements
11pm	Lights out



Logan Payne, Jets



Danny Noble, Bucs



Greg Hickman, Lions



Eric Page, Bucs



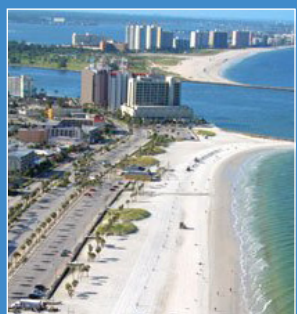
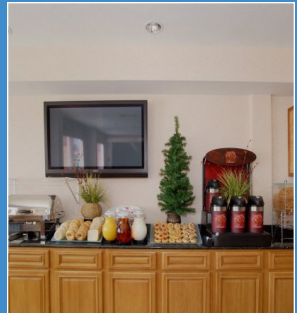
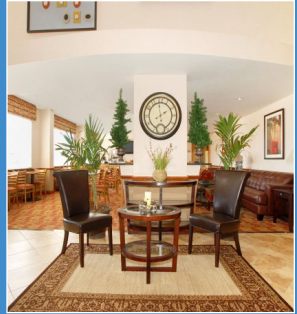
Ohrian Johnson,  
Houston Texans/  
Toronto Argonauts

# HOUSING

## LOCATED 100YDS FROM THE GYM

Free Morning Breakfast full of hot and delicious options, including eggs, sausage, yogurt, fresh fruit, cereal and your choice of hot waffle flavors!

- If you're leaving early, a Your Suite Success™ Grab & Go bag is available for the two hours prior to breakfast.
- Free wireless high-speed Internet access
- Free shuttle to and from Gym
- Outdoor pool and hot tub
- Exercise room
- Business center, a public computer with Internet access and copy and fax services
- Small Kitchen
- Flat-screen Television
- Sleeper sofa in a separate sitting area
- Desk and AC and USB outlet
- Cable television



# POSITION SKILLS TRAINING

Position drills are an opportunity for you to demonstrate your movement in football specific drills. This is a very important part of the evaluation process. You will spend 4 days per week perfecting these drills while our expert coaches analyze and critique your technique. We have developed an elite staff of former NFL coaches and players that will help prepare you to showcase your football talents.

## HOWARD TIPPETT

### Director of our Position Training

- NFL Coach 20 years
- Coached with the 2000 Superbowl Champions, Rams
- 7 different Playoff teams, Rams, Lions, Bucs

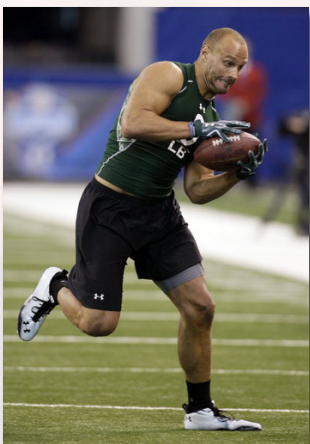
### Top players prepared for NFL Combine

- Luke Kuechly, Rookie NFL MVP defense, Panthers
- Manti Te'o, Chargers,
- Bobby Wagner, Seahawks
- Mark Herzlich, Giants

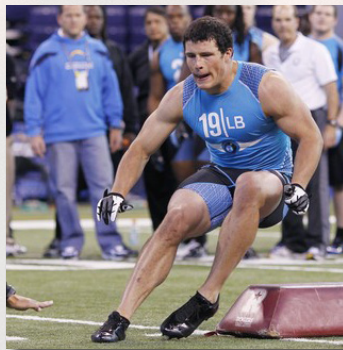
### Top players coached in NFL

- Chris Spielman, Lions, Pro Bowler
- Hugh Green, Bucs Heisman runner up
- Richard Wood, Bucs
- Kevin Green, Rams, Pro Bowler
- Pat Swilling, Lions Pro Bowler
- Scott Brantley, Bucs

## COACH TIPPETT'S COMBINE ATHLETES



Mark Herzlich



Luke Kuechly



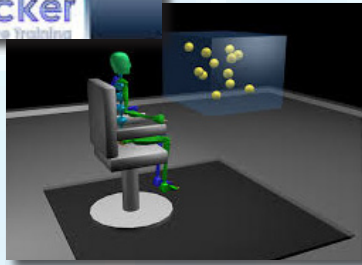
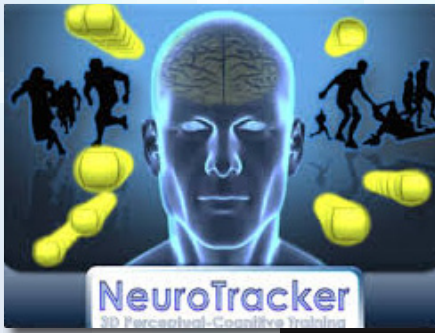
Bobby Wagner



Manti Te'o



## MENTAL EDGE



Our mental conditioning coach will work with you to maximize all aspects of performance. Athletes will be working on the **NeuroTracker** daily. The **NeuroTracker** is an elite training tool that uses 3D multi-object tracking technology to assist athletes in focus and concentration, decision-making, management under pressure, and quickly moving forward when competition errors occur. The **NeuroTracker** was a new addition to the NFL combine in 2013 and Cooper is one of three facilities in the country that has it. Furthermore, you will have weekly sessions with our sports psychologist to work on individual goals

### COMMON PSYCHOLOGICAL SKILLS OUR SPORTS PSYCHOLOGIST WILL WORK ON:

- Finding "The Zone"
- Attention and Concentration control (focusing)
- Goal Setting
- Imagery, visualization, and mental practice
- Self-talk
- Handling performance setbacks and errors
- Self-Confidence and motivation
- Pre-competition preparation
- Anxiety, arousal, and energy management
- Injury recovery and return to competition
- Time management, and off field management
- Team Building
- Wonderlic
- Team interviews.



### VINCENT LODATO, LCSW, CC-AASP Director of Sport Psychology

Mental Conditioning coach Vincent A. Lodato, LCSW, CC-AASP a licensed a clinician and therapist who holds a Master's degree in Clinical Social Work from Florida State University and a Certificate in Sport and Fitness Psychology from California State University-Dominguez Hills. He is a Certified Consultant with the Association for Applied Sport Psychology, the highest level of certification and expertise recognized by the U.S. Olympic Committee and internationally.

He is a professional member of the Association for Applied Sport Psychology (AASP) and is involved with their Youth Sports Special Interest Group.

He has been in private clinical and sport practice for over 23 years. Working in professional sports and in private practice locally.

Please contact us for any additional information.



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