



"SLOW FEET DON'T EAT"

**COMBINE
TRAINING
2020**



THE SCIENCE OF TRAINING

EVERY ATHLETE must ask themselves, “have I done everything I can to prepare for the biggest day of my athletic career?” We make sure the answer to this question is Yes! There is no exception to hard work. COOPER will push you to new levels of training. Our rigorous protocol uses optimal levels of training frequency and timed recovery to ensure you get the most out of 8–10 short weeks.

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 maximize the learning process. Movement analysis software will help us to identify specific movements and skills each individual needs to improve.

STRENGTH DEVELOPMENT

Strength development will be focused on maximizing strength that will have a direct correlation to speed and movement development. In addition, some athletes programs may need to focus on building or losing mass in order to fit into the ideal parameters of there position.

POSITION SKILLS

Athletes need to learn how to look as sharp and explosive as possible in the combine position drills. These movements are as important as the performance testing numbers. These drills are not timed but are subjectively observed. Thus, we must focus on presenting perfect movement as you perform for coaches and scouts.

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 led by Dr. Cooper will deliver optimal coaching time to each athlete.

IT'S ALL ABOUT RESULTS

We have built our name and reputation on results. COOPER Performance 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.



DON JONES
DOLPHINS

4.31
40 YD
42.5"
VERTICAL



JARRED FAYSON
SAINTS

4.36
40 YD
39"
VERTICAL



JOSH BELLAMY
BEARS

4.38
40 YD
38"
VERTICAL

Typical **IMPROVEMENTS** you can expect to see

40 YARD SPRINT

2-4
tenths

5-10-5 SHUTTLE

4-8
tenths

3 CONE

5-10
tenths

VERTICAL

3-6
inches

BENCH

5-10
repetition



SPEED IN THE TRENCHES

*Large humans that can run fast and move well are hard to come by. That's why they are valuable commodities in the NFL. We pride ourselves on **MAXIMIZING THE TRAINING** that the larger athletes need like optimizing nutrition to create an ideal body composition of fat mass and muscle mass and gaining improvement where it is needed most for each athlete such as get off, acceleration or top end speed.*

40 YARD

MIKE LOVE, DL



260 LBS

5.1
SECONDS

4.7
SECONDS

ANTHONY CHICKILLO, DE/OLB



270 LBS

4.9
SECONDS

4.7
SECONDS

KENT TAYLOR, TE



240 LBS

4.88
SECONDS

4.59
SECONDS

JEREMY HALL, OL



330 LBS

5.78
SECONDS

5.53
SECONDS



After each training session, each athlete is ***GREATER*** with a recovery drink specifically designed for them.

NUTRITION

We determine the optimal body fat percentage and muscle mass goal that will result in the best performance measurements at the combine. This will enhance your power to mass ratio resulting in faster times as well as a more aesthetically pleasing athlete. We accomplish this by providing the food and supplementation for each athlete based upon their caloric goal and need. These chef prepared meals help the athlete recover faster and have more optimal training sessions. Larger athletes typically drop 6-8% points of body fat where as skill athletes drop 3-5%. These small drops in body fat can mean large increase in your 40 times and vertical jump.

Supplements are also an important part of accelerating the adaptation process. We customize each athletes supplement intake based on goals and needs. All supplements are NSF approved and of the highest quality.

Before & After



243 lbs
10% body fat



256 lbs
6% body fat

21^{LBS}
MUSCLE GAIN

9^{LBS}
FAT LOSS

COACHING

DR. JOSH COOPER

- Exercise Physiologist
- 20 years experience with combine training
- 100 + athletes prepared for the NFL
- Former Olympic strength coach
- Certified strength and conditioning coach
- Certified nutrition specialist

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. He is an expert on getting an athlete to his potential in quick order. He will optimize all aspects of your performance.



"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



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.

SAMPLE DAY 1

- 8:30 am Meal 1
- 9:30 am Acceleration, Starts
- 10:30 am Regeneration & Supplements
- 11 am Meal 2
- 11:30 am Rest
- 1 pm Meal 3
- 2:30 pm Explosive power, Lower lift
- 3:30 pm Position specific drills
- 4 pm Regeneration & Supplements
- 4:30 pm Meal 4
- 5 pm Massage
- 7:30 pm Meal 5
- 9:30 pm Meal 6 & Supplements
- 11 pm Lights out

SAMPLE DAY 2

- 9 am Meal 1
- 9:30 am Ldrill, 5,10,5 training
- 10:30 am Regeneration & Supplements
- 11 am Meal 2
- 11:30 am Rest
- 1:30 pm Meal 3
- 2:30 pm Upper lift 225 lb training
- 3:30 pm Position specific drills
- 4 pm Regeneration & Supplements
- 4:30 pm Meal 4
- 5 pm Yoga
- 7:30 pm Meal 5
- 9:30 pm Meal 5 & Supplements
- 11 pm Lights out



FLORIDA LIVING

- *Located 100 yds 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*





 **COOPER**
PERFORMANCE

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