



INTERPRETING YOUR FOOTBALL COMBINE SCORE

More and more athletes are measuring their skills and abilities against their peers by competing in combines. Here are a few ways to put the results into action to maximize athletic ability.

The 40-yard dash is the number everyone wants to know. It was a test created in the 1960's by the Dallas Cowboys to determine who could best cover punts. The reality is that unless you are a defensive back, receiver, running back or tight end, you shouldn't be running 40 yards on any non-special teams play. What is important about the score in the 40 is that it provides a glimpse of an athlete's "flat out" speed.

The other combine tests do provide some great information about potential football skills.

- An athlete's 10 yard split time is a very important measure that indicates explosive speed and the ability to "get off the ball." The faster the time, the more likely an athlete will be able to create separation or close a gap – two of the most important speed attributes of a great football player.
- The Pro-Agility (5-10-5 Short Shuttle) is another very important test. This test reflects how well an athlete accelerates, decelerates and changes direction. All vital athletic movements and abilities for a great football player at each level.
- The vertical jump is one of the best indicators of raw explosive power. Explosive power is a critical attribute the best players all possess.
- Other tests of upper body strength provide results through the bench press and kneeling power-ball toss. The bench press tests strength and endurance. The kneeling power-ball throw indicates upper body explosive power. These upper body tests are most important for linemen, linebackers and running backs.

At Athletic Republic, we use an athlete's combine scores as a starting point for designing a customized training program that improves the key combine scores and more importantly translates to better performance on the field of play.