

# Mustang Strength and Speed:

Athletic Programing for a Small  
School



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## Who Am I?

- Matthew Peter
- 5-12 PE/Strength
- Assistant Football
- Co-Head Track
- 8 Years Teaching
- Former College Football and Track Athlete
- Former Terrible Strength Athlete
- Not a Certified CSCS
- Not a Great Reader
- Learned from Watching and Doing

# #ThisismyStanton



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# What We Have Built @ SCS

- Successful athletic development program that develops students from elementary to high school
    - 5-12 Development
  - An athletic program that works together to develop the best well-rounded students
    - Summer calendar
    - Coaches working together
    - Not only skills but well rounded people
      - Community service
      - Community involvement
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*Developing Small School Athletes in the Weightroom and Beyond*

# Mustang Strength and Speed

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# What Makes a Small School a Small School?

- Athletes are always in-season
  - Sports share the same athletes
  - Coaches double and triple up on sports
  - Enrollment numbers
  - Limited space
  - Few teachers and coaches running the program
    - For me it's 1
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# What We Are?

- Athletic development in the weightroom
    - Checks a lot of boxes
  - Feed the Cats
  - Triphasic
  - High - Low
  - Unilateral
  - What is the easiest to teach ... least likely to cause injury ... most bang for the buck
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**Let's Dive In!**

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# Have a Plan but Don't be too Rigid

- There must be a system in place to progress athletes
  - But that system has to adapt to several different factors
    - Games
    - Erratic missing of weights/classes
    - Athletes being tired or beat up
    - Changing athletic seasons
    - Etc...
  - This is why I do not like percentages or Western periodization
    - Workouts are too sporadic
  - You must be able to adjust on the fly
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# High - Low Model

- Have an overall idea of where you are at within your system at the current moment
    - What phase - season - time or year etc...
  - Write workouts that fit into those parameters and then be ready to adjust
  - I only write workouts 2-4 weeks at a time
    - This allows me the freedom to adjust workouts for our situation
  - Know the purpose of every workout and fit it into the athletes' world
    - High-Low
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# High Days - Stress Days That Drives Performance - Joey Guarascio

<https://twitter.com/CoachPeter68/status/1501702076425986049>

**Taxing the CNS to drive performance and force adaptation**

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# High Days

- Sprint

- <https://twitter.com/CoachPeter68/status/1491820758590439426>
- Flying Tens - Max Vel & Acceleration
- Record Rank Publish
- Wickets
  - <https://twitter.com/CoachPeter68/status/1536359275223822336>

- Jump

- Vertical
  - <https://twitter.com/CoachPeter68/status/1489688111781224450>
- Broad
  - <https://twitter.com/CoachPeter68/status/1509626529340399617>
- RRP

- COD

- 8 Vector
    - <https://twitter.com/CoachPeter68/status/1534546621907836929>
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# High Days

## Lower Body Lifts: YouTube Jordan Bo Nieuwsma

<https://www.youtube.com/channel/UCYfwPuzm4RkKizoTD-TGLwA>

- Explosive Lifts - Hang Cleans - DB Snatch - DB Jerk - Landmine Jerk - Weighted Jumps
  - Unilateral LB Push - Reverse Lunge - Split Squat - RFE SS
  - Bilateral LB Push - Hexbar DL - Squats - Front Squats - Hatfield Squats
  - Reactive Exercises - Depth Jumps - KB Swings - Rebounds
  - Hip Extension - RDL - SL RDL - Hip Bridge - Glute Bridge
  - Knee Flexion - GHR - Leg curl
  - Knee Extension - TKE - Skater Squat - Leg Extension
  - Ankle - Calves and Tibs
  - Hip Adduction / Abduction
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# Sample High Day - Summer

## Gym:

Neural Warm Up  
RPR  
Speed Drills  
Wickets  
Max Velocity Sprints

## Weightroom:

1A Hatfield Squats 3x3  
2A Suitcase March 3xD&B  
3A Broad Jump 3x1  
  
1B Kickstand RDL 3x5EA  
2B Band Leg Extension 2x10EA  
3B Slider Leg Curl 2x10  
  
F1 Calf Raise 3x10  
F2 Weighted Wall Sit x1 min  
F3 Wall Tib ISO x 1 min

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# Low Days - Low Neural Stress Activity That Builds Capacity or Endurance - Joey Guarascio

Upper Body Lifts : **YouTube Jordan Bo Nieuwsma**

<https://www.youtube.com/channel/UCYfwPuzm4RkKizoTD-TGLwA>

- Horizontal Press - Bench - SA Bench - Pushups
  - Vertical Press - Military Press - SA DB Press - Viking Press - Z Press
  - Horizontal Pull - DB Supported Row - DB Bent Over Row - BB Bent Over Row
  - Vertical Pull - Chins - Pull-ups
  - Elbow - Biceps and Triceps
  - Shoulder - Y-T-C-E-R - Band Exercises
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# Sample Low Day

Neural Warm Up

1A Chins Isos 3 x 10 SEC

2A MB HK Overhead Throw 3 x 2 EA

3A Chain Bench 4 x 4

1B Z Press Isos 3 x 10 SEC

2B Db Bondarchuck Press 3 x 6

3B DB Supported Row 4 x 5

F1 Band External and Internal Rotations

F2 Biceps and Triceps

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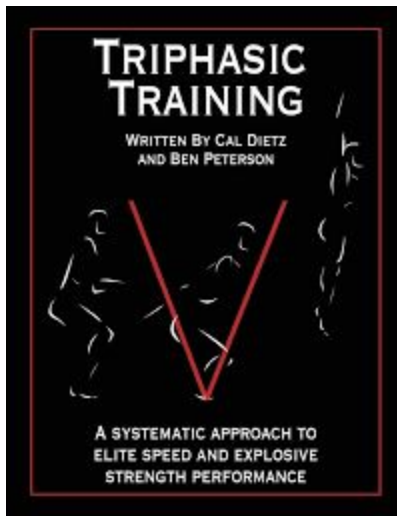
# High - Low

- Have an idea of where this workout fits into the grand scheme
  - Won't have to worry about kids missing workouts
  - I feel this is the best model that fits our situation and can help a smaller school program
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# How Do You Progress Your Athletes Without Percentages?

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# Triphasic Training

- Started using Triphasic Training in 2021
    - Tried to use it in 2020 but had no idea what I was doing
  - Has become my go-to way to progress my athletes within a cycle
  - Don't follow the book to a "T"
  - Several different modalities within the book
  - Main three for us:
    - Eccentric
    - Isometric
    - Concentric
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# Eccentrics

- Off-Season Lifting
    - Very difficult
  - 2-3 Weeks
  - Emphasizing the eccentric portion of the movements
  - Ideally we want to “overload” the eccentric movement
    - Using exercises that can be “cheated” on the concentric
      - 1-Down-2-Up
      - Hand Support Up
      - Jumping on Chins
      - Removing the Weight on Push-Ups
    - [Push-Ups](#)
    - [Split Squats](#)
    - [Split Squat 2](#)
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# Isometrics

- Can be done year round
  - Can be done as finishers during other phases
- Possibly the lowest hanging fruit in S&C
  - Builds tendon strength
- 2-6 weeks
- Emphasizing holding positions
  - Can be used to screen athletes' weak areas
  - Can be used to teach younger athletes
    - Junior high athletes hold a split squat for 1 min
  - Can be used as PAP or prep for big movements
  - I have used it to teach mind muscle connections
  - Can be used to strengthen “sticking points”



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# Isometrics Continued

- Isometrics can be performed in many different ways
    - Shorter to longer hold times
      - Ex. We go heavier for 10 seconds and do some longer Isos up to 1-2 min
    - Different joint angles
    - Different loads
  - We typically do longer Isos as finishers during other phases
    - 30 seconds - 2 minutes
  - Heavier Isos within our isometric block
    - 10 - 10 - 10+ seconds
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# Concentric

- Heavier Lifts / Peaking / In-Season
  - 2-6 weeks
  - We always include some form of normal tempo or concentric work into every phase
  - Concentric, like isometric, can look very different depending on the workout
    - Can perform normal concentric lifting during seasons or as a GPP
    - Can perform “pure concentric” during a peaking cycle
    - Can use concentric as you chance to “max out”
    - Can use VBT or Bands etc. to emphasize power output
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# How I Program Tempos

- Try to hit every movement pattern twice per week
    - One will be the tempo work for that week depending on the phase we are in
    - The other will be a opposing movement depending on the phase
      - If we are in isometric phase, the other movement day will be concentric
      - If the phase we are in is eccentric, then we can perform an isometric or concentric
      - Most often that other day will be “supplementary” or a “groove”
    - Ex. On Tuesday, we will perform DB Supported Row Isos and on Thursday, we will have DB bent over row for 3x8EA
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# Speed Training

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# Speed Training

- You need some form of speed training
    - Sprinting is excellent lower body and core exercise
    - Sprinting mimics/trains a lot of sport movements
      - Ex. Single leg takedown
  - Speed is one of our KPI's
    - Flying Ten - Broad Jump - Vertical Jump
      - Hexbar Deadlift - Bench - Hang Clean
    - Can see the affect of your training on the athletes
  - Speed grows slow
    - Speed training takes time
    - Raise the floor and ceiling
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# Feed the Cats



***FEED THE CATS***

- Feed the Cats
    - Many articles and videos
      - Tony Holler [CoachTube TH](#)
      - Brad Dixon [FTC Football](#)
    - Don't burn the steak
      - Want to be fresh year round
    - Speed reserve
      - Raise max velocity
      - Still faster when tired
    - Sprinting makes you jump higher and jumping makes you sprint faster
    - Most consistent form of training for us in last 3 years
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# Let's Talk About the Flying Ten

- The easiest way to measure max velocity
  - Can be done in a gym or a hallway
  - All you need is a timing system
    - Have used Brower and FreeLap
- “Most” kids love the ability to track and measure their speed
- Great way to keep hitting top speed throughout the year
- Can consistently track data
  - Can see if your athletes are getting faster
- Great way to gauge how fresh or worn down your athletes are



***FEED THE CATS***

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# The Flying Ten



***FEED THE CATS***

- Does running a fast flying ten mean they are your best athlete?
    - No
  - Can you compare flying ten times with other schools?
    - No
      - New timing system was faster than old
  - Will your fastest flying ten runners be your fastest athlete in your sport
    - Not always
      - Not a good predictor of the 100 meter dash
      - A lot of other factors
        - Effort
        - Skills
  - Is it good for you strength program and should you run them?
    - Absolutely
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# How and When We Run

## Flying Ten

- We will run 3 flying tens on our high days - 2 times per week
    - Yes , even on game days
  - Start high days in the gym
    - Can run 20 athletes 3 times around 10 minutes
  - After they run, the athletes transition into their lifts in the weightroom
  - Max velocity day and acceleration day
  
  - Run diagonal in the gym
    - Measure 15-20 yards from the corner
    - Measure ten yards to the finish
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# Moving the Profession Forward

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# Moving the Profession Forward

- Strength and conditioning has changed a great deal in last 50 years
- Tough to get smaller communities to move ahead with the times
  - 90's Huskers
  - "All you need is squat, bench and deadlift!"
  - Need to build muscle
  - "Look at that guy's arms!"
- Need to keep selling to our athletes and our communities that there is a better way to do things
  - Get all coaches on board
    - Have them try workouts
    - Make friends





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# Weaponizing Social Media

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# Social Media

- Social media is poison
- Kids will be on social media no matter what
  - Try to be the positive influence
- People will talk about you and your program so you might as well tell your story



- Twitter
- TikTok
- Instagram



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**QUESTIONS?**

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# Thank You!

- Email
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- Twitter
  - @CoachPeter68
- TikTok
  - CoachPeterSCS

