

# Explosive Training Exercises For Football

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Rate of Force Development (RFD) is important in all aspects of football, but it is of particular importance in delivering a blow to an opponent. Remember, the amount of force a blow delivers is mass times acceleration ( $M \times A$ ) and power is force x distance divided by time ( $F \times D / T$ ). With this in mind, if you are strong but not explosive, you will not be laying the wood! Conversely, if you can develop maximum force rapidly but your maximum force is lacking, you will not be hitting with devastating power!

Unlike foundational limit strength training, RFD is viewed favorably by most trainers. However, just because trainers universally accept the importance of RFD enhancement, it does not mean that they train the enhancement of RFD correctly. Countless examples would prove this! For example, many believe that simply doing some jumps for conditioning at the end of a workout or doing a kettlebell conditioning circuit, is all that is needed to enhance RFD. Doing explosive/circuit training is an oxy moron and bastardizes the results for both motor abilities.

Strength is the ability to contract muscles with maximum force. If you can deadlift more than the average amount for your age, weight, and experience level, does that mean you can hit harder than average?

Even with good technique, if you cannot develop tension in a muscle quickly, the answer is no! To be truly dominant on the field, you must be able to rapidly develop force.

Here are four exercises that offer a high degree of dynamic correspondence to football that will keep you hitting hard for four quarters.

1. **Compensatory Acceleration Training (CAT) Deadlifts** - Do 50-60% of your one rep maximum for 8-12 singles with maximal force.
2. **CAT Deadlifts (With Bands or Chains “Accommodated Resistance”)** - Use 40-45% of your one rep max, with an additional 10-20% extra resistance of bands or chains. By complementing the strength curve of the lift, you bypass the negative acceleration of the lift, which is the downfall of CAT. As you extend your hips, resistance increases, and harder, more violent hip extension means harder hits on the field.
3. **Tire Flips** - Extend your hips fast and hard; push the tire over as hard and fast as possible. Unlike a power clean, in which you reach triple extension of the ankles, knees, and hips and then must catch the bar in a passive position on your heels, extension in the tire flip one gets to violently push it down, as if he were an opponent. When you have the son of a gun on his heels, put him on the ground! Use light enough weight so you are still explosive enough to do 3-6 sets of 3 repetitions.
4. **Jump Squats** –Again, a great triple extension movement with a very simple learning curve. Do 10-20% of your squat max for 3-5 sets of 2-4

reps. Be sure you can squat minimally double bodyweight before implementing jump squats.

Here is a picture of my brother Noah, a world class shot putter, flipping a 1200-pound tire at renowned strongman Odd Haugen's house. Odd and I are watching. Notice the triple extension Noah gets. Obviously, a much lighter tire would be appropriate for building explosive strength!

