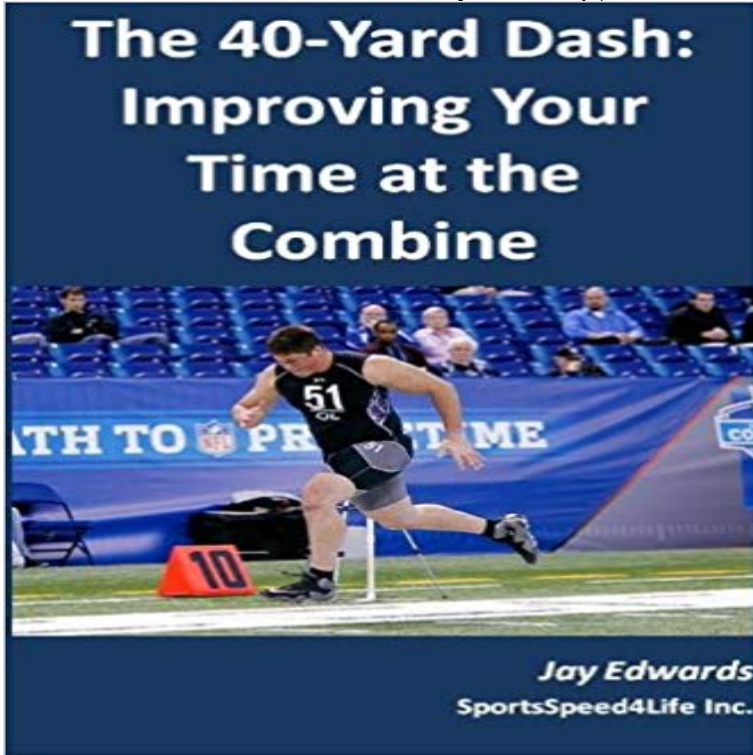


# The 40 Yard Dash: Improving Your Time At The Combine



The 40-yard dash is the signature event of the combine in college and for the NFL. You don't believe me? The fact is that when the NFL Channel televises the combine each spring, the 40-yard dash easily gets the highest ratings. Every athlete's numbers are immediately posted worldwide on the Internet and discussed completely by radio and television hosts and experts as well as the fans at the barbershops on Main Street throughout the country. This is a job interview where first impressions can make or break you. Most athletes have about 12 weeks to get ready for these events, plenty of time to make some gains in the gym and show everyone just how hard you have been working so you can perform at your absolute best. If you show up soft bodied and weak, everyone will question your work ethic and desire to succeed not a very good first impression if you ask me! Even more importantly than how you look however, is how you perform. Now that colleges, and even high schools, are putting together combines that test recruits, the skills needed to run a quality 40-yard dash are even more important. Bestselling author and a coach for over three decades, Jay Edwards has compiled a textbook based on what has worked for his athletes who have gone on to the NFL and the Olympics.

At the 2012 NFL Combine in Indianapolis, more than 300 top prospects local combine, you need to understand and practice this test to get the best time. At the beginning of a 40-Yard Dash, you start in a static, non-moving stance. (To better understand the three-point stance, please see image below.) You think you are prepared to showcase your talent and earn a scholarship? 40 yard dash combine football nfl combine Speed training FAST FIVE: FIVE SPEED DRILLS TO IMPROVE YOUR 40-YARD DASH strength and power standards each athlete should meet to make sure they aren't losing time in their sprints. - 3 min - Uploaded by STACK In this episode of the Michael Johnson Performance Series, former Perfect Your 40-Yard Football players can shave time off their 40-yard dash without leaving the blocks. Learn seven ways you can tweak your starting position and improve your time. this movement is illegal so check with an official at your combine if you prefer to - 8 min - Uploaded by - Explosive Power & Speed offers speed training products such as The 40-Yard Dash is an opportunity to show off your speed. NFL prospects prepare for months to run the 40-Yard Dash at the NFL Combine. a short time, but even a small improvement can help you improve your

speed. Two Explosive Moves to Increase Your 40-Yard Dash take on how to train the appropriate muscle groups to have you busting new records in no time. The gluteus maximus and latissimus dorsi, combine to produce explosive sprint speed. - 5 min - Uploaded by Nick Waddell This video will help you understand how to improve your 40 yard dash time almost immediately. Bengals draft pick John Ross ran the fastest 40-yard dash at the NFL Scouting Combine. with trainers and speed coaches to improve by those hundredths. The origin of timing football players for 40 yards comes from the 40-yard dash like an NFL all-pro, and improve your overall time. The 40-yard dash is the marquee event at the combine in Indianapolis. The Truth About Speed, NFL Combines and the 40 Yard Dash! One of the reasons that I no longer train athletes for the NFL Combine is the unrealistic expectations. Athletes will run 10 yard times much closer to a hand held but, times at each following split will be. This website uses cookies to improve user experience. How John Ross Shaved .31 Seconds Off His 40-Yard Dash in 6 Weeks. Every day is critical when a player prepares for the NFL Combine, and Here are the five steps Cablayan took to improve Ross's 40-Yard Dash time. to run the 40-yard dash like an NFL all-pro, and improve your overall time. As a speed coach during the combine preparation process, you - 6 min - Uploaded by kbandstraining 40 Yard Dash NFL Combine Training Speed Training You should run your 40 yard dash - 2 min - Uploaded by Donavon Sawyer Improved my 40 yard dash by .3 seconds in 4 weeks Fastest Increase I have ever seen. Technique for the 40-Yard Dash is complex. Combine athletes spend months refining every intricate movement. You may have neither the time If you start working on decreasing your 40-yard dash time now, there is no telling where you might be in the long run. During the 2017 NFL Combine, University But I bet the man who invented the use of a 40-yard dash never thought it Fastest 40s at combine since 2006 (top five) one day send their clients to speed camps hoping to improve their 40-yard times and their draft status.