



# NFL COMBINE / PRO DAY PREPARATION



ASSESS

ENHANCE

PERFORM

# THE SSP METHODOLOGY

This program will prepare you physically and psychologically on how to handle the demanding tests and schedule of the Combine and Pro-Day. SSP will cover every aspect of sports performance to ensure optimal preparation. Through our cutting-edge performance assessment techniques, sport specific programs, and intense environment, all athletes will leave educated and prepared for the NFL Combine, Pro Day Workouts and upcoming season.



## **ASSESS - MOVEMENT, PERFORMANCE, NUTRITION**

Collect statistical data in body composition, movement deficiencies and performance measurements, to prevent injury and improve performance.



## **ENHANCE - TRAIN, FUEL, RECOVER**

The SSP NFL Combine Preparation Training Program is a movement-based, strength specific, power oriented strategic training system designed to prepare athletes for the Combine. Our program will educate and prepare you for each specific test and position drill through our scientifically valid and evidence-based programs.



## **ENHANCE - TRAIN: STRENGTH & POWER**

Improve max strength and peak power to place amongst the strongest and most explosive athletes. You must increase reps on the bench press, demonstrate max height on the vertical jump and max distance on the broad jump.



## **ENHANCE - TRAIN: **SPEED****

Through movement and mechanical education we will ensure enhanced linear and multidirectional speed. Learning proper acceleration mechanics will drop your 40 time, while proper cutting development will lower your shuttle and L-drill times.



**ENHANCE - TRAIN: POSITION-SPECIFIC**

Be ready to dominate each position-specific drill. Not only will you excel by knowing the drill, but also by breaking down the mechanics required will result in better execution.

## **PERFORM - COMBINE, PRO-DAY**

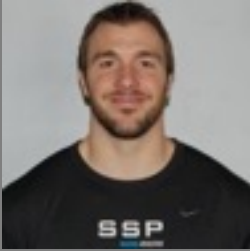
No surprises. Not only will we ensure that you are peaked for your specific combine or pro day date, we will prepare you for each specific test and drill for your position.



# THE SSP SUPPORT STAFF



Performance Director  
Will Hitzelberger



Football Performance  
Specialist  
Steve Yahns



Screening Specialist  
Dan Schuck

During Combine training, athletes at SSP are placed in the hands of an elite team of specialists. A team of Performance Specialists, Orthopedics, Massage Therapist and Nutritionists combine their expertise to develop a strategy to optimally prepare each athlete for the Combine through individualized attention and position specific training groups.



Sports Nutritionist  
Calum McLellan



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