

TFC Sports Performance Clinic 2021

Special Thanks to Everyone involved

Cal Dietz

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xlathlete.com - posted on Blog

[Youtube Page](#)

The Structure of a Workout to use Optimal Windows and Methods for Results - 4 Parts

[Skill and Speed optimization for beginning of Workout](#)

[Goat Drill](#)

[Performance Patterning](#) - Triphasic 2 -

[Functional Transfer Complexes](#) - Triphasic 2 - New Drill

The Structure of a Workout to use Optimal Windows and Methods for Results

One Common Mistake often made

Taking Repeated Sprint Ability (RSA) Sport - Lacrosse, Football Hockey Basketball Exc.

Training them like world class sprinters

Don't Revamp your Program - only take parts.

A Basic Structure for Workout

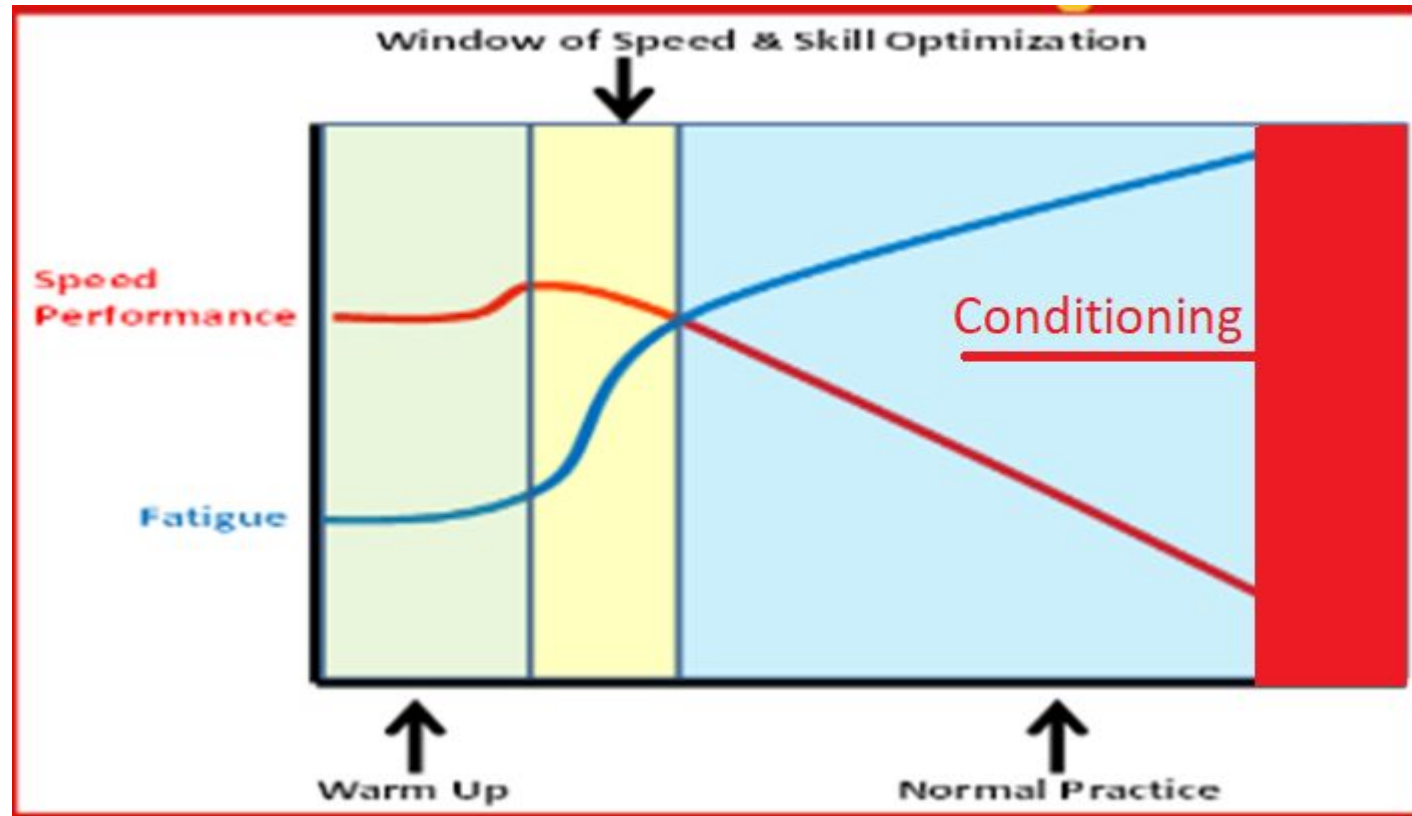
Warm-up – RPR Reflexive Performance Reset

Speed Development - 4 to 6 Reps

Lifting Program - 16 to 50 sets

Conditioning – 8 to 20 Sets - [Never during Eccentric Iso](#) - Supra max

Optimal Off Season Speed and Conditioning Guidelines for Lifting and Running



Pre Workout - GUIDELINES FOR DURATION , REST INTERVALS, AND REPETITIONS

Speed Development –

- 1) Acceleration
- 2) Top End Speed,
- 3) Change of Direction-Agility Cone
- 4) Circle Running

Duration of the Drill	Rest Period	Repetition Guidelines
3 seconds	50 to 75 seconds	8 -12
5 seconds	75 to 90 seconds	6 - 8
7 or 8 seconds	90 to 120 seconds	4 - 6

Pre Workout – Possible Methods

Speed Development – Agility Drills , Flying 20 , Starts for 20 to 30 yards, Pushing/Pulling Sled Fast . Power Development for Lineman heavy sleds. Contrasting , Pull sled or Parachute , then Sprint Fast. Stadium Steps , Up Hill Running , Biking

Duration of the Drill	Rest Period	Repetition Guidelines
3 seconds	50 to 75 seconds	8 -12
5 seconds	75 to 90 seconds	6 - 8
7 or 8 seconds	90 to 120 seconds	4 - 6

Pre Workout – the issue

Rest times are to long - what do I do?

The Goat Drill - Wickets - Neurological - Prehab other Running Drills.

No Coaching for Cal - Arm Swing ???

Duration of the Drill	Rest Period	Repetition Guidelines
3 seconds	50 to 75 seconds	8 -12
5 seconds	75 to 90 seconds	6 - 8
7 or 8 seconds	90 to 120 seconds	4 - 6

The Goat Performance Drill

A General Foundation to Advance Specific Skills

Chris Korfist

Cal Dietz

Dr. Sunbeck - Infinity walks

Dan Fichter

The Goat Performance Drill

Basic Level

<https://youtu.be/RuEtPi-jwqU>



The Goat Performance Drill

Basic Level

neuroplasticity, is a term that refers to the brain's ability to change and adapt as a result of experience

Acetylcholine - Norepinephrine - Dopamine

The Goat Performance Drill

Basic Level

What made me think of this Drill?

My add ons to the drill





The Goat Performance Drill

Basic Level - all Factors

All Factors

Tension to Side

Tracking a fix object or moving

Moving Hands and Feet

Neural Perplexity

The Goat Performance Drill

New Drill

video - Next Slide



SECTION
5 | 6

M

MICHIGAN

Wayne
Jim Sedin
Al Van
Ken Yackel

JAKE MISC. Of
Wayne Meredith
Gary Schmalzbauer
Jim Westby

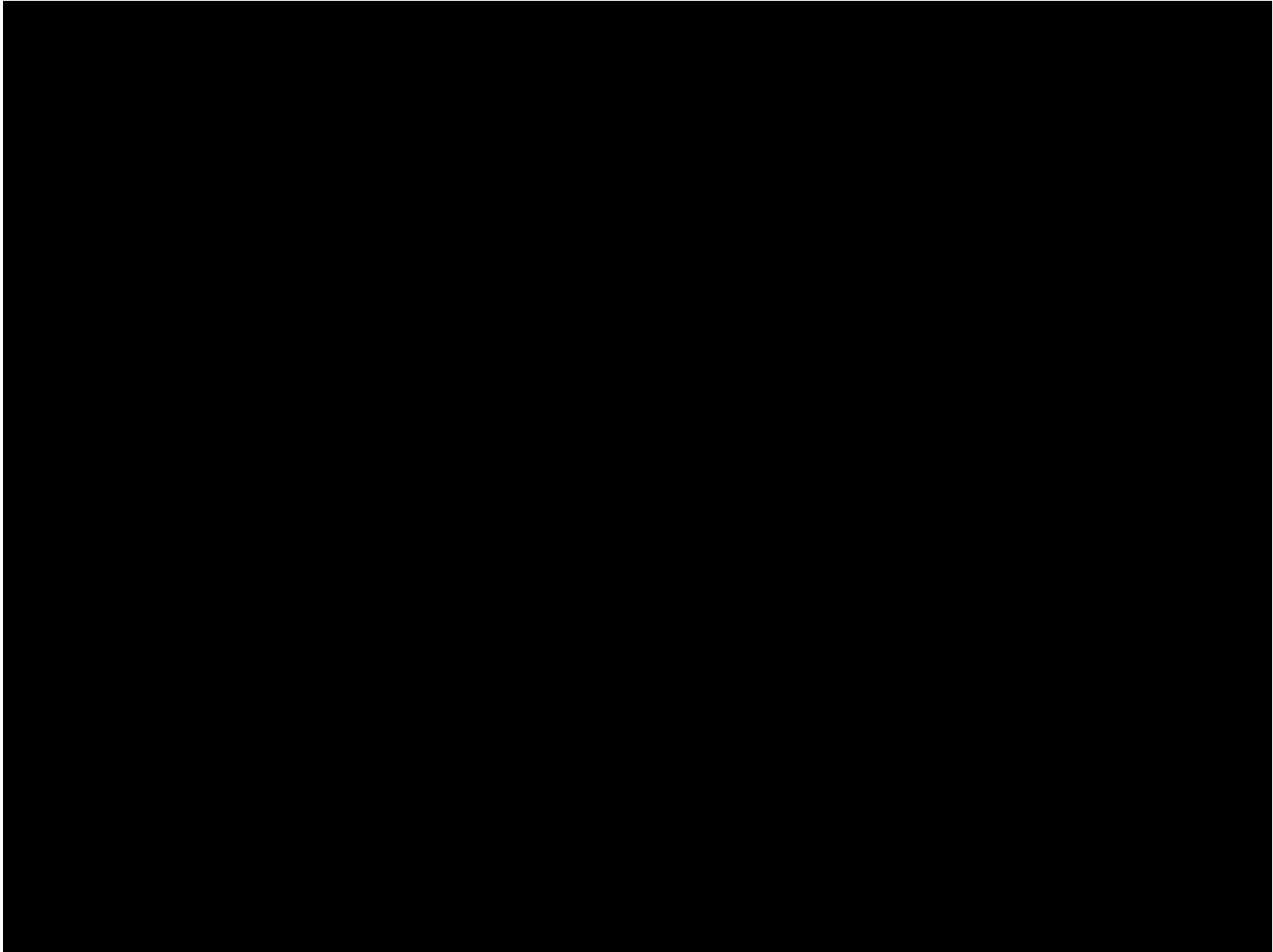
Frank Sanders
Craig Sarner
Coach
Murray Williamson

4

ME

6

3



The Goat Performance Drill

Neural Perplexity - add on



Educational Video

Neural Perplexity - add on

Neural Perplexity Forward

<https://www.youtube.com/watch?v=eqmeOG5QTXs>

Neural Perplexity Reverse

<https://www.youtube.com/watch?v=6QkTfEdfQEE>

The Goat Performance Drill

Basic Level - all Factors

What this Drill Does

Core Training - Bridging/Planks

Reacting to various loads

Reaction To Moving Target /Tracking

Neural Perplexity - Thinking



The Goat Performance Drill

Advanced Level

Water Bag on Back

Neural Perplexity - Hands and Math

Tracking Moving Target

The Goat Performance Drill

Advanced Level - 2

Water Bag on Back

Neural Perplexity - Hands and Math

Tracking Moving Target

The Goat Performance Drill

Progression

Small Circles are Slower

Bigger Circles are faster

1 - 2x per rep on figure 8

2 - 3 times a week

4 - 6 Reps - Pre Skill Development

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Functional Transfer Complexes - Triphasic 2 - New Drill

Performance Pattern Cycling

Cal Dietz

Disclosure - Didn't invent this, I realized what's going on and making coaches aware of this issues with old methods workout Structure.

Performance Pattern Cycling Benefits

The Wrong patterns are not Created for athlete - Bodybuilding ???

Bodybuilding - Powerlifting are still correct

Levels of fatigue inhibits motor learning in typical 3 or 4 sets training

Training the classic way takes the athlete's out of the correct **Global Sequence Pattern** and Causes **Primary Nuerological Compensation Pattern**
- PNCP TM RPR

Performance Pattern Cycling

Typical

Back Squat - 3x6

Pw Hurdle hops 3x6

[Video Response](#)

Glute Ham 3x6

FTC Exercise - Prime Time

Pw Ext Rotation Band 3 x12

Reverse hyper 3 x 6

FTC Exercise - Prime Time

1 arm Lat pull 3 x 8

- Performance Pattern Cycling x 3

Complete all lifts one set then repeat

Back Squat - x 6

Hurdle hops x 6

Glute Ham x 6

FTC Exercise - Prime Time

Ext Rotation Band x 12

Reverse hyper x 6

FTC Exercise - Prime Time

1 arm LAt pull x 8 [Video Response](#)

Performance Pattern Cycling Benefits

<https://www.xlathlete.com/blog/triphasic-training-13-training-zones-loading-parameters-and-guidelines/>

Loading Zones 1 - 9 - Speed and Power optimal

Loading Zones 10 - 13

Don't do Performance Pattern Cycling if you Specific weakness that needs worked. - work capacity in muscle example

Performance Pattern Cycling

- Structure of workout

Performance Cycling

Back Squat - x 6

Hurdle hops x 6

Glute Ham x 6

FTC Exercise - Prime Time

Ext Rotation Band x 12

Reverse hyper x 6

FTC Exercise - Prime Time

1 arm Lat pull x 8

- Structure of workout

Assistants Cycling

Spring ankle 1

Neck 4 way

Grip Training

Spring ankle 2

Core Training

When Not

Performance Pattern Cycling

Where to Start Performance Pattern Cycle - Quad- QL - Hamstring

Rest per exercise is more optimal

You will see more positive effects and transfer to athletic movements

Less fatigue is created from other exercises to transfer benefits to athlete

Works better for flow of the room weight room

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Functional Transfer Complexes - Triphasic 2 - New Drill

Functional Transfer Complex

This is the first method I have found by not making mistake.

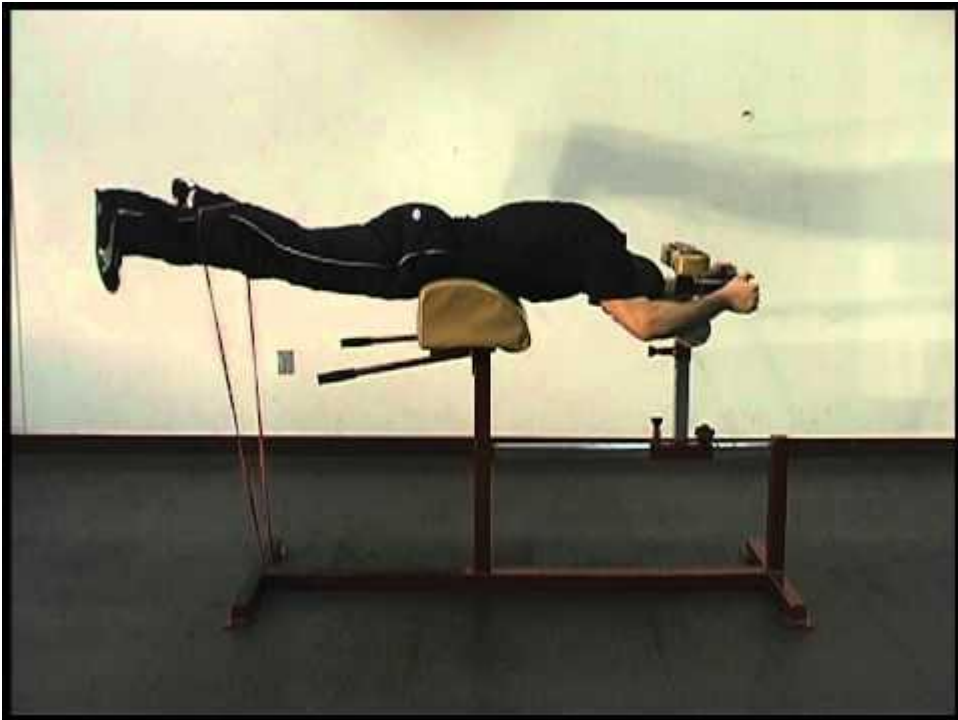
Just a combination of exercises to get faster results.

Key exercises go back to Dean Brittenham NFL Speed coach

Others Phil Frye - UCLA in 90's 13 National Championships

Glute Ham - Reverse Hyper - Improve 6 to 8 weeks - Now 1- 2 weeks

Functional Transfer Complex Pairing Exercises



Reverse Hyper Action
Glute Bar Lifts - Straight Leg Deadlifts-
Glute Prehab



Straight Leg Prime Time

Functional Transfer Complex Pairing Exercises



Glute Ham Hyper
RDL - Leg Curl - Hip Hinge



Bent Leg Prime Time

Performance Pattern Cycling w/ Functional Transfer Complex

- Structure of workout

Performance Cycling

Back Squat - x 6

Hurdle hops x 6

Glute Ham x 6

FTC Exercise

Ext Rotation Band x 12

Reverse hyper x 6

FTC Exercise

1 arm Lat pull x 8

- Structure of workout

Assistants Cycling

Spring ankle 1

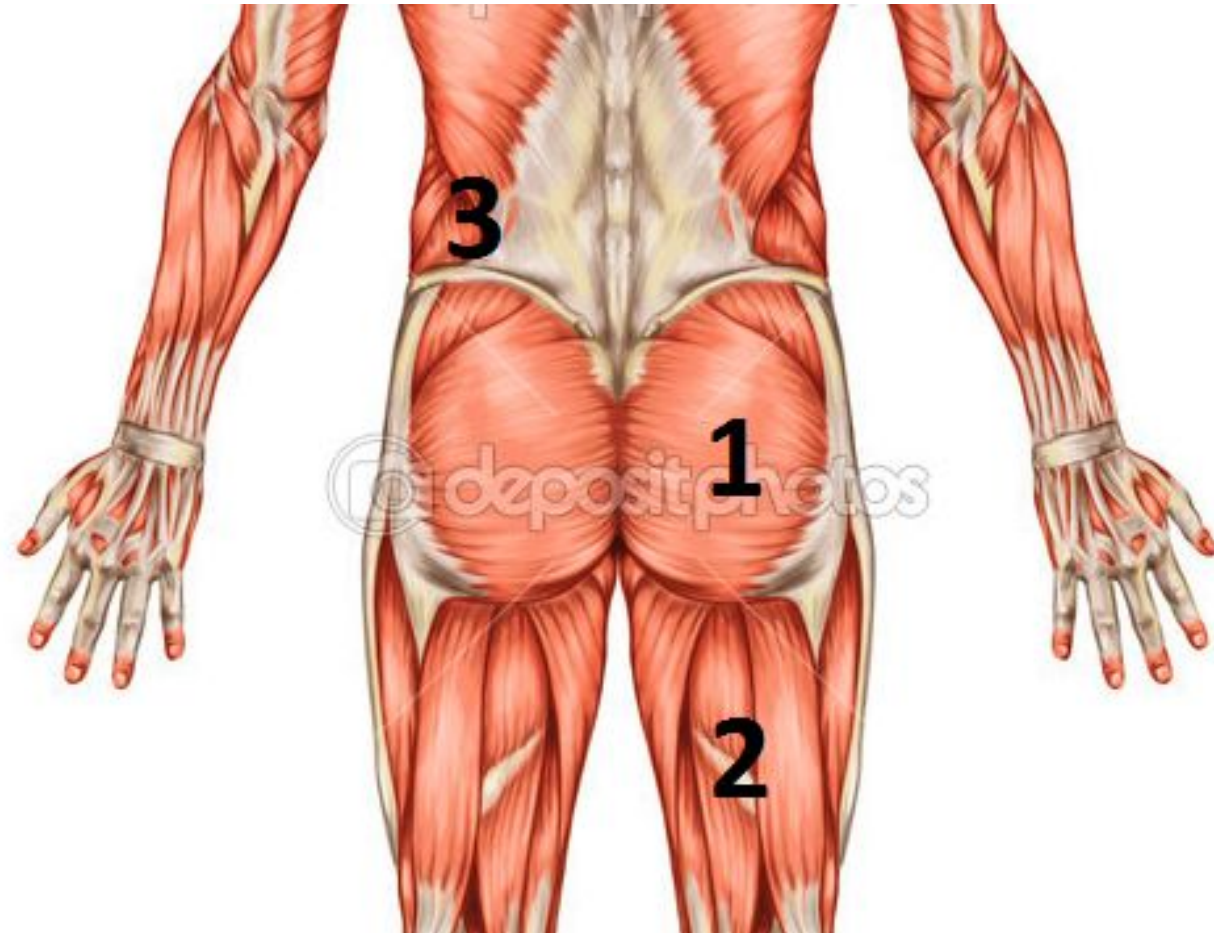
Neck 4 way

Grip Training

[Spring ankle 2](#)

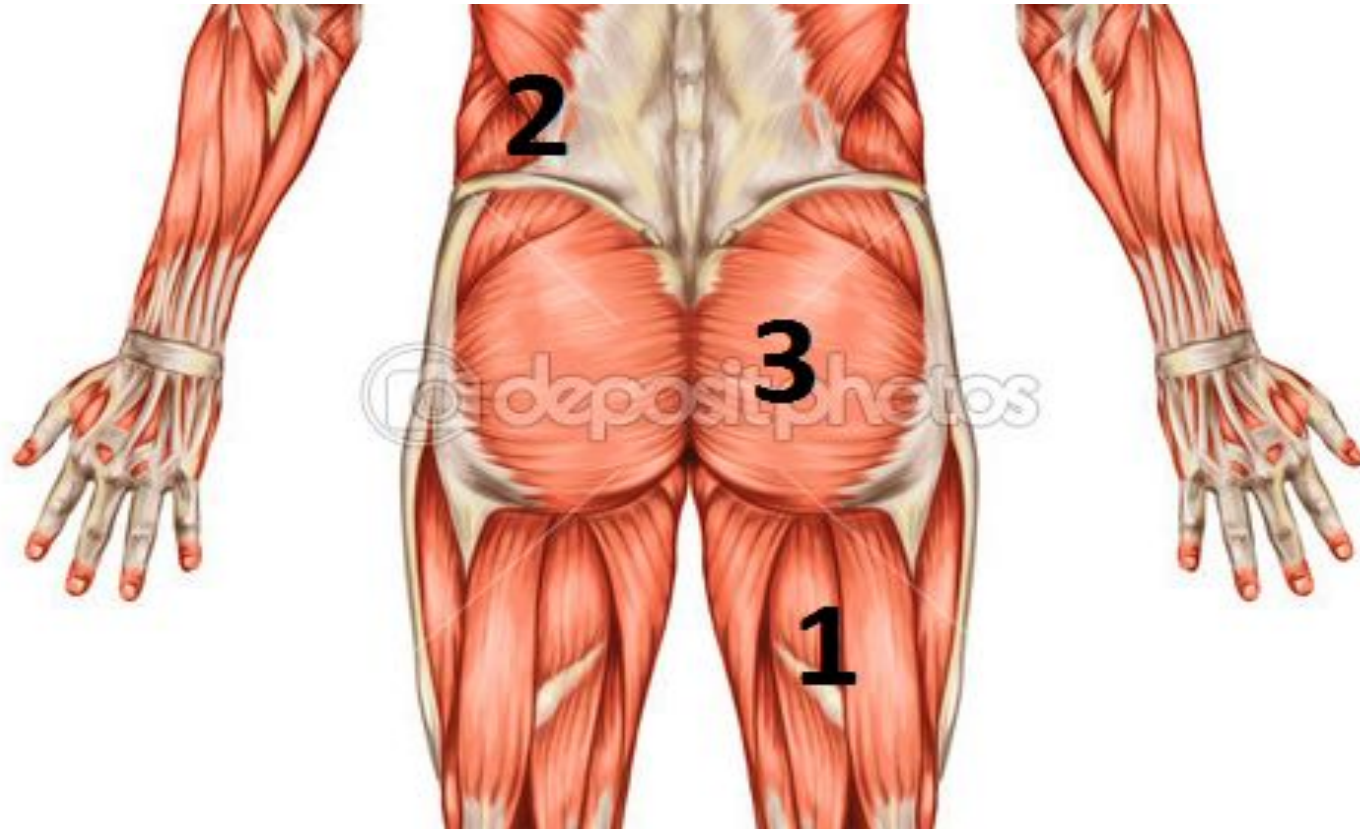
Core Training

Correct Hip Extension Firing Pattern Global Neurological Sequencing (GNS)



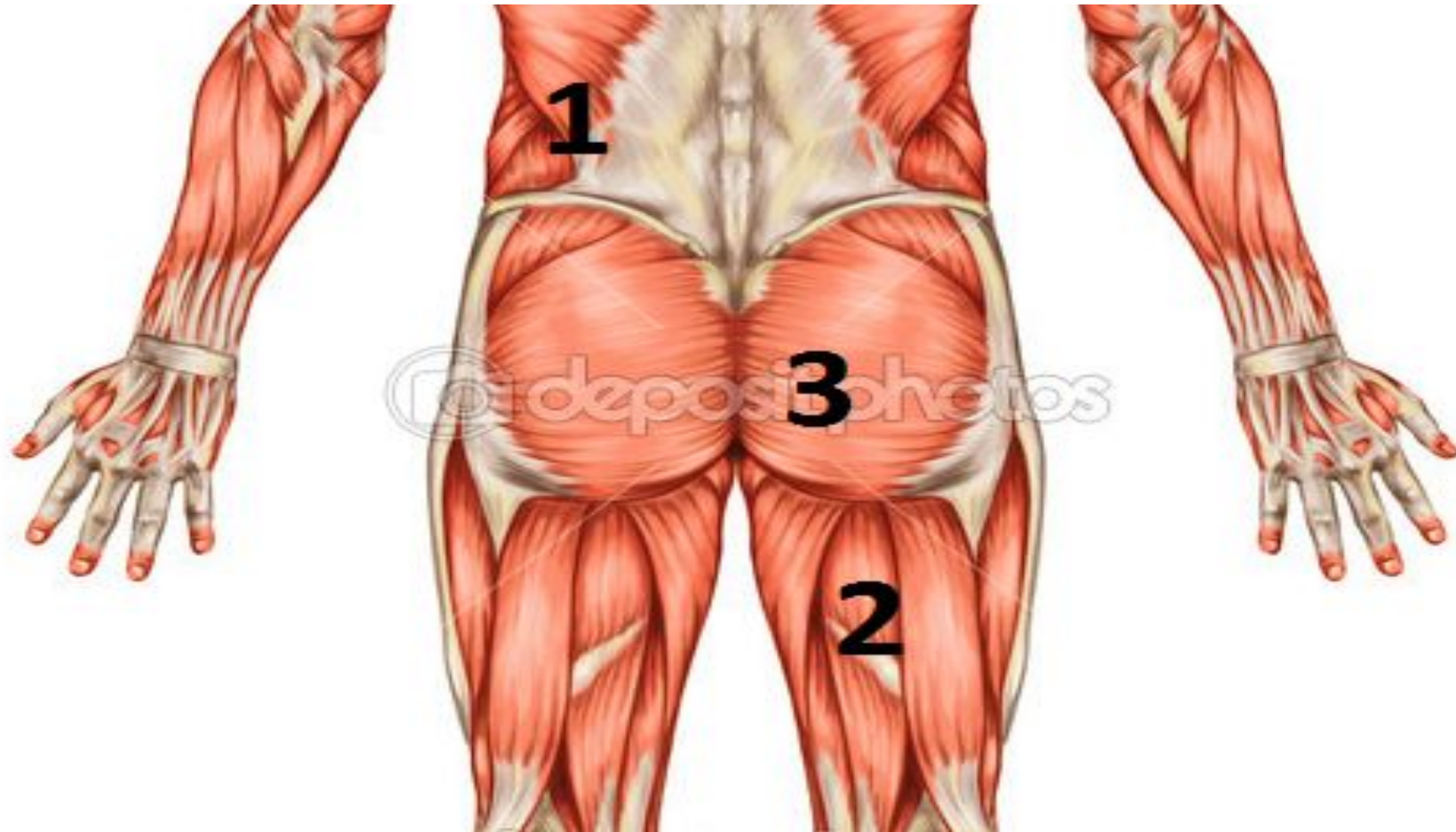
Wrong Hip Extension Firing Pattern

Primary Neurological Compensation Pattern(PNCP)



Wrong Hip Extension Firing Pattern

Primary Neurological Compensation Pattern(PNCP)



What I Saw

Natural Pattern return after after real backs appeared after covid Break

Stop Doing RPR for 12 weeks to confirm

Running Smoother

[Glute pattern Issues](#)

A Basic Structure for Workout

Warm-up – RPR Reflexive Performance Reset

Speed Development - 4 to 6 Reps

Lifting Program - 16 to 50 sets

Conditioning – 8 to 20 Sets

The Structure of a workout to use Optimal Windows and Methods for Results

Running /Conditioning has two objectives

When is optimal ????

1)Speed Development – 1)Acceleration, 2)Top
End Speed, 3)Change of Direction-Agility

2) Conditioning – Methods – Running – Sleds – Biking

Structuring workout with optimal Results

Post Workout - GUIDELINES FOR DURATION , REST INTERVALS, AND REPETITIONS

Conditioning Methods - Agility Drills, Starts for 20 to 30 yards, Pushing/Pulling Sled, Power Development for Lineman heavy sleds. Stadium Steps , Up Hill Running, any max effort methods

Duration of Conditioning	Rest Periods	Repetition Guidelines
3 seconds	20 to 30 Seconds	10 -20
5 Seconds	30 to 40 Seconds	9-16
7 Seconds	30 to 40 Seconds	7-12
10 Seconds	40 to 55 Seconds	5 to 10

Pre Speed Versus Post workout conditioning

Duration of the Drill	Rest Period	Repetition Guidelines
3 seconds	50 to 75 seconds	8 -12
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Recent Manuals

Key manuals

[Triphasic Speed Manual](#)

[Gpp Manual](#)

[Peaking Manual](#)