

SPORT-SPECIFIC TRAINING GUIDE SERIES

FOOTBALL

Needs analysis, key performance indicators, periodization, and full sample programming for the NSAA football season — built on the Husker Power principles and the NSC periodization framework.

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AVERAGE PLAY LENGTH — THE ALACTIC BURST EVERY REP OF THIS GUIDE IS BUILT AROUND

2

LIFTS PER WEEK IN SEASON

30+

WEEKS OF OFF-SEASON RUNWAY BETWEEN THE LAST SNAP AND THE FIRST FALL CAMP PRACTICE

THE SPORT-SPECIFIC GUIDE SERIES

HOW THIS GUIDE WORKS

This is the first release in the NSC Sport-Specific Guide Series — one guide per NSAA-sponsored sport, each built the same four-part way so a coach can move between sports without relearning the format. Football is the template. Every guide that follows — volleyball, wrestling, basketball, track, and the rest — will carry the same four sections, cross-referenced against the same NSC Periodization Framework and NSC Exercise Database used here.

1. NEEDS ANALYSIS

What the sport actually demands of the body — movement patterns by position group, the energy systems the sport is really played in, and the injury profile that should drive durability work.

2. POTENTIAL KPIS

The testing battery that tells you whether the program is working, plus development benchmarks by training level and position group, and when in the year to test.

3. PERIODIZATION

How the training year maps onto the sport's actual competitive calendar — phase by phase, with the volume and intensity targets pulled from the NSC Periodization Framework.

4. EXAMPLE PROGRAMS

Full sample weeks for off-season, pre-season, and in-season — real exercises pulled from the NSC Exercise Database, leveled and phase-tagged, ready to hand to a coach.

SOURCING

This guide is built on the NSC Periodization Framework (Bompa & Haff, Zatsiorsky & Kraemer, Fleck & Kraemer), the 10 Husker Power Principles, and the NSC Exercise Database. KPI benchmark figures in Section 2 are NSC program targets set for developmental planning purposes — not verified external population norms. Recalibrate them against your own roster's baseline testing before using them to make roster decisions.

FOOTBALL SNAPSHOT

CATEGORY	DETAIL
Governing body	NSAA
Classifications	11-man (Classes A, B, C-1, C-2, D-1, D-2) and 8-man, with separate playoff brackets per class.
Season window	NSAA-mandated heat-acclimatization practices begin early August; regular season runs August–October; single-elimination playoffs extend into November.
Off-season length	Roughly 30–32 weeks between the last playoff snap and the first fall-camp practice — the longest true off-season of any NSAA fall/team sport.
Roster composition	The widest body-type spread in NSAA sport — 300 lb interior linemen and 150 lb slot receivers train under the same roof, same day.
Contact	Full-contact collision sport; NSAA regulates practice contact volume and progression through mandatory acclimatization and contact-limitation rules.

1. NEEDS ANALYSIS

WHAT FOOTBALL DEMANDS

Football is not one sport wearing eleven jerseys — it's three overlapping physical profiles sharing a roster. A needs analysis that treats a nose tackle and a slot receiver identically will underserve both. Build the base every position shares, then split by position group for everything else.

MOVEMENT DEMANDS BY POSITION GROUP

GROUP	POSITIONS	PRIMARY PHYSICAL QUALITIES	MOVEMENT SIGNATURE
Line	OL, DL / Interior	Max strength, starting strength, short-area power, isometric & static strength	1–3 yard explosive movements from a static start; sustained high-force collisions; low top-end speed requirement; leverage & hand-fighting under load
Hybrid	LB, TE, FB, Edge/DE	Strength-speed blend, reactive agility, sustained pursuit capacity	Read-react decisions, change of direction inside a 5–10 yard window, repeated collisions combined with pursuit-speed running
Skill	WR, DB, RB, QB	Max velocity, acceleration, reactive agility, power-to-weight ratio	Sprints from 10–40+ yards, sharp planted cuts, vertical & horizontal jump-dominant actions (jump ball, tackle avoidance)

HUSKER POWER CROSS-REFERENCE

Every position group still trains on the same 10 principles — multi-joint, ground-based, three-dimensional, explosive, progressively overloaded. What changes by position is dose and emphasis, not the underlying system. A lineman and a corner both squat, hinge, push, pull, and jump. A lineman does more of it heavy and static; a corner does more of it fast and reactive.

PHYSICAL QUALITY PRIORITY (ALL POSITIONS)

1. Max strength & starting strength — the base every other quality on this list is built on top of. Underdeveloped in most HS programs relative to its ceiling.
2. Explosive / power output — rate of force development expressed through the hips; the direct on-field translation of strength.
3. Multi-planar strength & stability — football is not a sagittal-plane sport. Frontal (lateral) and transverse (rotational) capacity are where most non-contact injuries live.
4. Acceleration & short-area speed — the overwhelming majority of on-field distance covered is 0–20 yards. Max-velocity mechanics matter most for skill positions in open-field pursuit or breakaway situations.
5. Repeated-effort capacity — the ability to reproduce a near-maximal effort every 25–40 seconds for 50–70+ snaps.

1. NEEDS ANALYSIS, CONTINUED

ENERGY SYSTEMS & DURABILITY

ENERGY SYSTEM DEMAND

A single football play lasts roughly 4–6 seconds of maximal or near-maximal effort, separated by 25–40 seconds of rest dictated by the play clock. That work-to-rest ratio — about 1:6 to 1:10 — places football squarely in the alactic-anaerobic zone per Husker Power Principle #10 (Correct Energy System). This is true for every position on the field, from nose guard to wide receiver.

THE COMMON MISTAKE

Because a full game or practice lasts two-plus hours across 50–70+ snaps, it's tempting to treat football as an endurance sport and program distance running. It isn't. The aerobic system's job in football is to buffer recovery between alactic bursts, not to fuel the plays themselves. Build an aerobic base in GPP as a support system — then condition in-season using the sport's own work:rest ratio (short sprint intervals with incomplete recovery), not steady-state running.

INJURY PROFILE & DURABILITY PRIORITIES

COMMON INJURY	MECHANISM	DURABILITY PRIORITY
Hamstring strain	High-speed sprinting, deceleration, overstretch in skill/hybrid positions	Eccentric hamstring strength (Nordic Hamstring Curl, RDL variations), sprint mechanics quality over volume
ACL / MCL	Planted-foot cutting, contact to a loaded knee, deceleration mechanics	Frontal & transverse plane strength (lateral lunge, Copenhagen plank), landing/deceleration mechanics, glute medius/adductor strength
Ankle sprain	Contact, uneven footing, cutting under fatigue	Single-leg stability work, calf/ankle strength, proprioceptive warm-up elements
Shoulder (AC joint, labrum)	Blocking, tackling, falling on an outstretched arm	Rotator cuff & scapular strength (face pull, external rotation, band pull-apart) programmed year-round, not just GPP
Lower back	Lumbar flexion under load, repetitive line-of-scrimmage collisions (Line group)	Anti-extension & anti-rotation core bracing, hip hinge competency before loaded squat/pull progression
Concussion	Head contact, especially with poor tackling form or weak neck stabilization	Neck strength (flexion/extension work), which the evidence links to reduced head-acceleration on contact; never a substitute for coaching tackling technique

2. POTENTIAL KPIS

TESTING BATTERY

Test what the needs analysis says matters, not everything the internet says a football testing day could include. Every test below maps back to a quality identified in Section 1.

QUALITY	TEST	WHY IT'S ON THE LIST	WHEN TO TEST
Acceleration	10-Yard Sprint	The distance most snaps actually cover; correlates to explosiveness off the ball/snap for every position	All three windows
Max velocity	40-Yard Dash	Long speed for skill positions; chase-down and pursuit speed for hybrid positions	Pre-season; optional mid-season
Vertical power	Vertical Jump	Lower-body rate of force development; transfers to block/tackle drive and to jump-ball skill	All three windows
Horizontal power	Broad Jump	Horizontal RFD — the closest jump-test analog to line-of-scrimmage drive	All three windows
Rotational power	Med Ball Rotational Shot Put	Transverse-plane power; transfers directly to blocking and tackling technique	End of GPP, end of SPP
Max strength (lower)	Back Squat or Trap Bar Deadlift, 1–3RM	Foundational strength and the single best predictor of injury resilience in this population	End of GPP, end of SPP
Max strength (upper)	Bench Press, 1–3RM	Upper-body force output for blocking and hand-fighting at the point of contact	End of GPP, end of SPP
Explosive strength	Power Clean or Hang Clean, 1–3RM	Total-body rate of force development; requires Olympic-lift competency (Level 3+) before testing	End of SPP
Change of direction	Pro Agility (5-10-5)	Lateral quickness — most relevant for DBs, LBs, and RBs; secondary indicator for everyone else	Pre-season
Repeated-effort capacity	300-Yard Shuttle or position-specific gasser	The ability to reproduce near-max effort across 50–70+ snaps under fatigue	Pre-season; spot check in-season

TEST THE POSITION, NOT JUST THE ROSTER

A full battery on every athlete every testing window is a half-day event you don't have time for in-season. The three tests every position always gets: 10-yard sprint, vertical jump, and their primary strength lift. Layer in position-specific tests (40-yard for skill, Pro Agility for DBs/LBs/RBs, rotational throw for Line/Hybrid) only at the two off-season/pre-season windows.

2. POTENTIAL KPIS, CONTINUED

DEVELOPMENT BENCHMARKS & TESTING CALENDAR

The ranges below are NSC program targets — developmental benchmarks to aim a training level toward, organized by the NSC Exercise Database's four training-age levels. They are not verified population norms; reset them against your own roster's baseline testing before using them for depth-chart or roster decisions.

SKILL & HYBRID POSITIONS

TEST	L1 — BEGINNER (<1YR)	L2 — INTERMEDIATE (1–2YR)	L3 — ADVANCED (2–3YR)	L4 — ELITE (>3YR)
10-Yard Sprint	1.9–2.0s	1.8–1.9s	1.7–1.8s	<1.7s
40-Yard Dash	5.3–5.6s	5.0–5.3s	4.7–5.0s	<4.7s
Vertical Jump	18–21"	21–25"	25–29"	>29"
Broad Jump	6.5–7.5'	7.5–8.3'	8.3–9.0'	>9.0'
Pro Agility (5-10-5)	5.0–5.3s	4.7–5.0s	4.4–4.7s	<4.4s

LINE POSITIONS

TEST	L1 — BEGINNER (<1YR)	L2 — INTERMEDIATE (1–2YR)	L3 — ADVANCED (2–3YR)	L4 — ELITE (>3YR)
10-Yard Sprint	2.1–2.3s	2.0–2.1s	1.9–2.0s	<1.9s
Back Squat / Trap Bar DL (1RM, relative)	1.0–1.2 × BW	1.3–1.5 × BW	1.6–1.9 × BW	>2.0 × BW
Bench Press (1RM, relative)	0.7–0.9 × BW	1.0–1.1 × BW	1.2–1.4 × BW	>1.4 × BW
Vertical Jump	14–17"	17–20"	20–24"	>24"
Broad Jump	5.5–6.5'	6.5–7.3'	7.3–8.0'	>8.0'

TESTING CALENDAR

WINDOW	TIMING	PURPOSE
Baseline	Start of Off-Season GPP (mid-December)	Establish starting point; identify weaknesses from the prior season to target through GPP/SPP
Progress Check	End of Off-Season SPP / start of Summer Pre-Comp (late April)	Confirm strength gains transferred; adjust the summer power/speed block based on results
Readiness	Start of Fall Camp (early August)	Final pre-season numbers; informs depth-chart conversations and identifies athletes needing modified contact volume
Spot Check (optional)	Mid-season	Vertical jump only — a low fatigue-cost readiness marker to flag athletes trending toward overuse or under-recovery

3. PERIODIZATION

THE FOOTBALL ANNUAL CALENDAR

Football is Nebraska's only true single-season NSAA sport at most schools — one competitive window in the fall, followed by the longest off-season of any team sport on the calendar. That long runway (30+ weeks) is the single biggest strength-building asset a football program has. The annual plan below anchors the NSC Periodization Framework's five-phase model (GPP → SPP → Pre-Competition → Competition → Transition) to football's actual competitive calendar.

PHASE	WINDOW	DURATION	VOL %	INT %	FOCUS
Transition	Late Nov – mid Dec	~3 wks	30%	50%	Active recovery, injury rehab, psychological reset. No max-effort testing.
Off-Season GPP	Mid Dec – late Feb	~10–11 wks	70–82%	60–70%	Work capacity, hypertrophy, movement literacy, address weaknesses identified in baseline testing.
Off-Season SPP	Early Mar – late Apr	~8 wks	65–74%	72–80%	Maximum strength, Olympic-lift development, unilateral loading, sport-specific speed-strength work.
Summer Pre-Comp	Early May – late Jul	~10–11 wks	45–55%	80–88%	Power peak, speed emphasis, conditioning build, progress-check testing.
Fall Camp / Pre-Season	Early–mid Aug	2–3 wks	40–45%	80–85%	NSAA heat-acclimatization protocol, sport-readiness testing, volume taper, install period.
Competition	Late Aug – Nov (reg. season + playoffs)	12–16 wks	30–45%	75–80%	2x/week maintenance. Do no harm — recovery and injury prevention take priority over new adaptation.

THE SINGLE BIGGEST PERIODIZATION ERROR IN HS FOOTBALL

Treating the 30-week off-season as one long undifferentiated "get bigger, get stronger" block. It's two distinct phases with two distinct goals: GPP builds the tissue (hypertrophy, work capacity, movement quality); SPP converts that tissue into maximum strength and power. Skip the GPP-to-SPP transition and athletes arrive at Summer Pre-Comp strong on paper but under-prepared to express that strength explosively.

3. PERIODIZATION, CONTINUED

PHASE DETAIL & LOADING RULES

PHASE	PRIMARY OUTCOME	REP RANGE	SETS	REST	COACHING NOTES
GPP	Hypertrophy / Work Capacity	8–15	3–4	60–90s	3–4x/week; full-body or upper/lower split; technique focus on all major lifts before load is added
SPP	Maximum Strength	4–8	4–5	2–3min	Introduce/refine Olympic-lift variations; shift toward unilateral and sport-specific speed-strength work
Pre-Comp	Power / Speed-Strength	1–5	4–6	3–5min	Intensification: drop volume, raise load; full Olympic lifts, depth jumps, testing week at the end
Competition	Strength Maintenance	2–5	2–3	3–4min	2x/week is the floor, not a target to shrink further; monitor practice/game fatigue before adjusting load
Transition	Recovery / Flexibility	N/A	2	Full	No barbell max work; bodyweight, mobility, and active recovery only

THE HEAVY-LIGHT LOADING WAVE

Across every phase, alternate a heavy session with a light session — within the week and across the mesocycle — per Husker Power Principle #8. Use a 3:1 or 4:1 wave: three (or four) weeks of escalating load, followed by one deload week at 40–60% of the preceding week's volume. This isn't optional recovery — it's how supercompensation happens (Zatsiorsky & Kraemer). Skipping deloads is the fastest way to turn a well-designed macrocycle into an overtrained roster by October.

RESIDUAL TRAINING EFFECTS

Per Zatsiorsky & Kraemer, maximum strength has a long residual (~30 days) — it survives weeks without direct work. Power and speed decay fast (~5 days). This is why the in-season maintenance program (Section 4) always keeps a dedicated power/speed exposure, even when strength volume drops.

FALL CAMP HEAT RULE

NSAA mandates a graduated heat-acclimatization protocol over the first practices of fall camp. Lifting volume in Week 1 of Fall Camp should drop further than the phase table above suggests — heat stress and eccentric-loading fatigue compound. Do less, heavier, in a cool space.

4. EXAMPLE PROGRAMS

OFF-SEASON (GPP) — SAMPLE WEEK

4-day explosive/strength split, alternating a heavy day with a light day for each quality across the week — the Heavy-Light Loading Wave (Section 3) applied to GPP. Scale load to the athlete's training level.

MONDAY — EXPLOSIVE (HEAVY)		
#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Rack Clean	3 × 5
2	Push Press	3 × 5
3	Side MB Toss	3 × 5e
4	DB Row	3 × 10e
5	Biceps Choice	3 × 10

TUESDAY — STRENGTH (LIGHT)		
#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Squat	3 × 10
2	RDL	3 × 10
3	Incline	3 × 10
4	Shoulder Raises	3 × 10
5	Triceps Choice	3 × 10

THURSDAY — EXPLOSIVE (LIGHT)

#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Rack Clean	3 × 5
2	Push Press	3 × 5
3	Side MB Toss	3 × 5e
4	DB Row	3 × 10e
5	Biceps Choice	3 × 10

FRIDAY — STRENGTH (HEAVY)

#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Squat	3 × 10
2	RDL	3 × 10
3	Bench	3 × 10
4	Shoulder Raises	3 × 10
5	Triceps Choice	3 × 10

POSITION-GROUP ADJUSTMENT

Line: bias toward the lower end of each rep range with the heaviest load the range allows — mass and strength base are their #1 priority, even inside a hypertrophy block. Skill: bias toward higher-velocity bar speed on every rep and add one additional speed/COD exposure per week beyond what's programmed here.

4. EXAMPLE PROGRAMS, CONTINUED

LATE OFF-SEASON (SPP) — SAMPLE WEEK

4-day explosive/strength split carried over from GPP, now in the SPP block (Section 3): reps drop, load rises, and Olympic-lift variations replace their GPP-tier equivalents to build maximum strength and power.

MONDAY — EXPLOSIVE (HEAVY)		
#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Hang Clean	3 × 3
2	Power Press	3 × 3
3	Side MB Toss	3 × 3e
4	DB Row	3 × 10e
5	Biceps Choice	3 × 10

TUESDAY — STRENGTH (LIGHT)		
#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Squat	3 × 5
2	Clean Deadlift	3 × 5
3	Incline	3 × 5
4	Shoulder Press	3 × 5
5	Triceps Choice	3 × 10

THURSDAY — EXPLOSIVE (LIGHT)

#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Hang Clean	3 × 3
2	Power Press	3 × 3
3	Side MB Toss	3 × 3e
4	DB Row	3 × 10e
5	Biceps Choice	3 × 10

FRIDAY — STRENGTH (HEAVY)

#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Squat	3 × 5
2	Clean Deadlift	3 × 5
3	Bench	3 × 5
4	Shoulder Press	3 × 5
5	Triceps Choice	3 × 10

WHY THE LIFTS CHANGED FROM GPP

Hang Clean and Power Press replace Rack Clean and Push Press as Olympic-lift competency develops (Section 3); Clean Deadlift builds the pull position under the same bar speed emphasis as the heavy lower day.

4. EXAMPLE PROGRAMS, CONTINUED

PRE-SEASON (FALL CAMP) — SAMPLE WEEK

4-day heavy/light split carried into Fall Camp, wave-loaded (e.g. 4/3/2) so bar speed and CNS readiness stay high while heat stress and new contact volume are absorbed elsewhere. RAMP opens every session — keep it indoors or shaded during the heat-acclimatization window.

MONDAY — EXPLOSIVE (HEAVY)

#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Power Clean	4 / 3 / 2
2	Push Jerk	4 / 3 / 2
3	Side MB Toss	3 × 3e
4	DB Row	3 × 5e
5	Biceps Choice	3 × 10

TUESDAY — STRENGTH (LIGHT)

#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Squat	5 / 4 / 3
2	DB Walking Lunge	3 × 5e
3	Incline	5 / 4 / 3
4	Shoulder Press	3 × 5
5	Triceps Choice	3 × 10

THURSDAY — EXPLOSIVE (LIGHT)

#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Power Clean	4 / 3 / 2
2	Push Jerk	4 / 3 / 2
3	Side MB Toss	3 × 3e
4	DB Row	3 × 5e
5	Biceps Choice	3 × 10

FRIDAY — STRENGTH (HEAVY)

#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Squat	5 / 4 / 3
2	DB Walking Lunge	3 × 5e
3	Bench	5 / 4 / 3
4	Shoulder Press	3 × 5
5	Triceps Choice	3 × 10

DO LESS, HEAVIER

Total lifting volume should still drop from the SPP peak even though session count holds at 4/week — each session is short (5-6 movements) and the week alternates a heavy day with a light day so no single day compounds with two-a-day heat-acclimatization practices. Trim these numbers further, not up, if heat stress or soreness builds.

4. EXAMPLE PROGRAMS, CONTINUED

IN-SEASON — SAMPLE WEEK

2-day maintenance template, spaced across the week around game day. The NSC Exercise Database's Phase key only tags cool-down/warm-up elements as Competition Season (CS) — primary lifts during the season should be selected from the Pre-Competition (PC) tier at reduced sets, per NSC convention.

DAY 1 — STRENGTH DAY		
#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Squat	3 × 5
2	DB Walking Lunge	3 × 5e
3	Incline	3 × 5
4	Shoulder Press	3 × 5
5	Triceps Choice	3 × 10

DAY 2 — EXPLOSIVE / POWER DAY		
#	EXERCISE	SETS × REPS
—	RAMP Warm-Up (Raise / Activate / Mobilize / Potentiate)	12 min
1	Hang Clean	3 × 3
2	Push Jerk	3 × 3
3	Side MB Toss	3 × 3e
4	DB Row	3 × 5e
5	Biceps Choice	3 × 10

LINE

Keep loads on the primary lift near the top of the prescribed range even in-season. Strength is their #1 attrition-prevention quality — don't taper them down as much as skill positions.

SKILL

Prioritize Day 2's power/speed work. If snap counts are high, trim Day 1 volume further before cutting the speed exposure — power/speed qualities decay fastest without direct work (Section 3).

THE IN-SEASON FLOOR

Two sessions per week is the floor, not a target to shrink further when the schedule gets tight. Below two sessions, strength and power qualities built across 30 weeks of off-season start eroding by mid-season — exactly when playoff football demands the most from them.

THE WRAP

KEY TAKEAWAYS

- ▶ Three profiles, one roster. Line, Hybrid, and Skill positions share the same 10 Husker Power principles but need different dosing — heavier and more static for Line, faster and more reactive for Skill.
- ▶ Football is alactic, not aerobic. Program conditioning to match the sport's actual 4–6 second work / 25–40 second rest ratio, not distance running.
- ▶ The 30-week off-season is the asset. Split it into a true GPP block and a true SPP block — don't run one undifferentiated "get bigger, get stronger" phase all winter and spring.
- ▶ Test what the needs analysis says matters. 10-yard sprint, vertical jump, and the primary strength lift for everyone; layer in position-specific tests only at the off-season and pre-season windows.
- ▶ Fall camp is "do less, heavier." Cut lifting volume 40–50% from the summer peak while intensity stays high — heat stress and new contact volume are already taxing recovery.
- ▶ In-season, two sessions per week is the floor. Keep a dedicated power/speed exposure even as strength volume drops — power and speed decay in about 5 days without direct work; strength survives roughly 30.
- ▶ Respect the deload. A 3:1 or 4:1 heavy-light wave isn't optional recovery — it's how the adaptation from the preceding weeks of loading actually gets banked.

"Robust, strong, athletic — in that order. A fast athlete who cannot stay healthy is a liability."

BUILT BY NEBRASKA STRENGTH & CONDITIONING

This is the first release in the NSC Sport-Specific Guide Series. Every future guide follows this same four-part structure — Needs Analysis, Potential KPIs, Periodization, and Example Programs — cross-referenced against the NSC Periodization Framework and NSC Exercise Database. Questions, feedback, or want a sport prioritized next? Visit nebraskasc.com.