



Dear Coach/Manager

As you are now aware the GB Lions senior National program was re-launched at the start of 2003. The senior program will work closely with the youth program to provide a structured pathway for the development of players for international youth standard through to international senior standard and on to NFLE National player status.

The long-term goals for the youth, and senior National programs are the continual success of the GB Lions national teams and to do this we are initiating a new program in partnership with NFL Europe.

The Elite Player Program.

The Elite Player Program will help to identify, develop and educate players by showing them what they need to do to reach their goal of playing for the GB Lions or NFL Europe. To make the Elite Player Program work we would like to enlist the help of the teams to work with us to gather the information we need. The content of the Elite Player Program will also help the individual clubs evaluate and improve their own players by measuring and improving their strength, speed and agility. This in turn will improve the team's performance on the field.

This is how the program would work; each club would look at their roster and nominate 12 players for inclusion in the Elite Player Program. Of the 12 players selected 4 should be linemen (2 defensive and 2 offensive) and 2 should be the players that you think are worth putting forward as candidates for NFLE national player testing.

Once we have received your completed nomination sheet (enclosed) we will start to compile the Elite Player database. Also enclosed is the Elite Player Program testing manual, this contains all the information necessary to put the players through a series of extensive tests to evaluate their strength, agility and physical condition. Also included in the manual is,

1. A comparison test chart (by position) so that you can see what measurables the players should be aiming for.
2. A player information sheet. This is for the players physical measurements like height weight, waist, chest, wing span, finger span etc, also test measurable's like 40/20 yard times, shuttle times and other agility drill times as well as positional stats and other information that the coach feels pertinent.
3. A monthly test result sheet.
4. NFLE National Player Testing Nomination sheet.

The NFLE development team has helped us put together the manual based on the criteria they use for identifying and developing their national players. So the figures we use are well within reach of our domestic players.

The results of the first tests should be sent to us as soon as possible (using the information sheets) for input into the Elite Player database. Then on a monthly basis these players would repeat these drills to gauge how they are progressing. The database information will be updated as the monthly test results sheets come in. The GB coaches would then use this information to grade the players for selection to GB camps. This will ensure that we have the best players available for the national team and that these players are constantly striving to improve as athletes.

Our partnership with the NFLE will extend to sharing this information with them as well as working together to develop the next generation of NFLE National players.

NFLE National Player Testing.

As you are aware every year the NFL holds testing days for potential NFLE National players. Players invited to these test days have generally been scouted by NFL personnel or recommended to us by their coaches. In the past this system has helped us unearth some of the most talented players in the country, who have ultimately gone on to have long careers in the NFL Europe league. Unfortunately with the best will in the world the scouts cannot get to see every game and therefore players that have potential could be going unnoticed. The introduction of the Elite Player Program will help us find these people as well as provide the clubs with more involvement in this identification process.

Once your Elite Player nomination sheets have been received and we know who your 2 national player test candidates are, we can better coordinate our scouting to try and see as many of the candidates as possible during their season. We would also use the details on the player information sheets to see how the players compare to the current crop of national players. It would also be a great help to us, if at a later date the club would send in game video of the 2 players (either of separate games or the same one).

The reasons for the videotapes are,

1. This allows us to see players that we were unable to scout.
2. It gives the coaches a second chance to look at individuals (players could have had a bad day at the time the scout was there or perhaps he was injured and did not take part).
3. The tape can be shown to the coaches state side giving them the opportunity to see the players as well.

The game videos would need to be sent to us by the end of June to allow us time to watch each one and assess the player's performances. Once the scouting reports have been read, the videos watched and the latest monthly test results reviewed, the invitations to the National Player testing day will be sent.

I believe that any player on your roster who has aspirations to play in the NFL will appreciate your working with them to become better prepared and conditioned to try and reach their goal. More importantly come testing day this prior

knowledge and familiarity with the drills will be a big bonus for them because they will already know what to expect. They will be comfortable with each drill and know how to execute them correctly. You will be surprised at exactly how much better a players testing times can be once they have had several weeks/months to practise them.

Please feel free to contact my self, coach Newnham or coach McCusker on the numbers below if you have any questions about the Elite player program, NFL Europe National Players or any other issues.

Regards

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Elite Player Program Testing Manual



Elite Player Program testing procedures.

Personal Details.

Height

1. Height test will be taken with the athletes in socks or barefoot. Heels together toes pointed skyward.
2. Athletes should look forward and exhale – measurement should be taken upon exhale.

Weight

1. Shoes should be off for the weight testing.
2. Players should be dressed in shorts and vest only.

Chest

1. Measure from just below the armpit.
2. Player should exhale and then the measurement can be taken.

Waist

1. Measure waist from just above the hips.

Wing Span

1. Measurement of wingspan is done with the athlete extending his arms to his side's palms facing out.
2. The measurement is done across the chest, fingertip to fingertip of the middle finger.

Palm Span

1. Measure the width of the hand with fingers and thumb spread from pinkie finger to thumb of the right Hand only.

Please note that all measurements should be in feet and inches.

Agility and Speed drills

Sit & Reach Test

This is a measure of cold hamstring & lower back flexibility.

1. The Athlete place their heels on the block feet together and reach out with their hands extending as far past the toes as possible.
2. Measure from where the feet touch the block to the end of the index finger.

Vertical Jump

Each Player will make two (2) vertical jumps. Record both on the recording sheet provided. No “double” jumping will be allowed.

1. Hang a tape from a flat vertical surface. Be sure that it reaches at least 12 feet up the wall.
2. Measure standing reach height before attempting the jumps. With the player standing tight to the wall with the his nearest arm extended up parallel against the wall measure from the ground to the tip of his index finger.
3. Keeping feet on the floor and bending from the knees, the athlete jumps and touches the wall at the highest possible point.
4. If possible have some chalk dust available so that the players can rub some on his fingers. Then he will be able to leave a mark on the wall where he touches it.

- The hands should be a full stretch when the player is at the top of his jump not on the way down.
- Subtract the standing reach height from the jump height to get the distance jumped.

Broad Jump

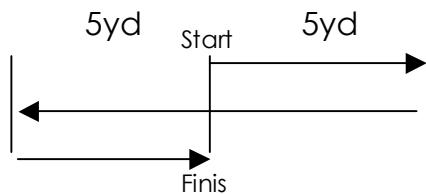
Each Player will make two (2) broad jumps. Record both on the recording sheet.

- Place a tape along the ground out stretched to about 10 feet.
- The player will stand with toes behind a marked line at the beginning of the tape.
- Keeping feet planted and bending from the knees the player will spring forward as far as possible.
- The player should be able to maintain his position upon landing so that the distance can be checked against the tape.
- The measurements will be taken between the line and the heel closest to the line on landing.

20 yard Shuttle Station

(Right Hand – Left Hand – Finish)

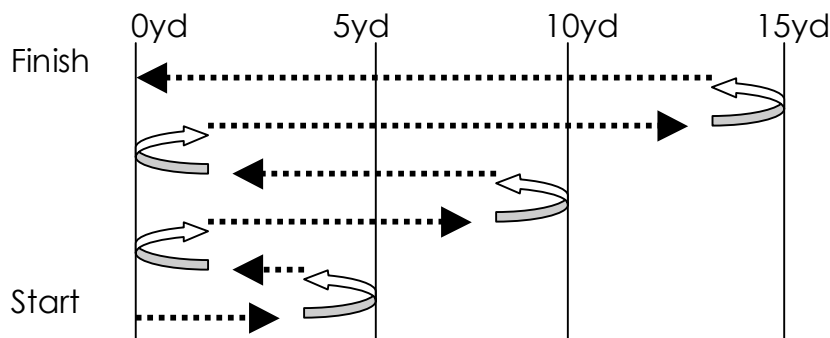
Each player will run the 20 yard shuttle two (2) times. There are two (2) timers, so record the best time on the recording sheet. The player will go to his right first and then to the left on his second attempt.



- Be sure that the center and finish lines are clearly marked on the ground.
- The player will start with one hand on the centerline, one foot on either side.
- He will take off right, turn and run, touch the line with his right hand, and go left do the same with his left hand at the other line, then turn and sprint through the midline.
- Once the timers are ready they tell the player he can start in his own time.
- Players **MUST** touch the line/ground on turning.
- Timing will start as soon as the player lifts his hand from the floor.
- Timing ends when the player crosses the midline.

60 yard Shuttle Station

Each player will run the 60-yard shuttle one (1) time. Use two timers and record the best time on the recording sheet.



Start (hand on 0yd line)

Sprint to 5yd line and back to 0 yds

Sprint to 10yd line and back to 0 yds

Sprint to 15yd line and back to 0 yds

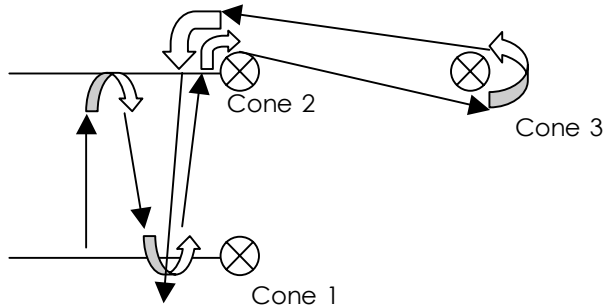
Stop clock as player passes 0yd line for last time.

The following Positions are excluded from this test:

- 1) OL
- 2) DL
- 3) QB

3 Cone Test

Each player will run the 3-cone test one (1) time. There are two (2) timers so record the best time on the recording sheet.



The athlete will start in a 3pt stance hand on line with cone 1. The athlete will start; touch the line that cone 2 is on, turn and sprint back to touch the original line (cone 1). He will then turn, sprint, turn right, round cone 2, towards cone 3. The athlete then turns UNDER then AROUND cone 3, back towards cone 2, round cone 2, back through the line of cone 1. Player cannot put his hand on the floor when turning round cones 2 & 3.

Timing will start when hand comes off the floor and will stop when the athlete crosses the line of cone 1. No time is recorded if the player touches or knocks over either cone 2 or 3.

20 / 40 yard Dash Station

STARTER:

Timed on 20 YARD

Timed on 40 YARD

- 1) Each player will run two (2) 40-yard sprint with times being taken at 20 and 40 yards.
- 2) All players are to start from a three-point stance with their hand on or behind the line. Starter must control any tendencies to roll out or quick start.
- 3) Once the timers are ready they will alert the starter. The starter will get the player in position and then tell them that they (the player) can start as soon as they are ready.
- 4) Timing will commence as soon as the player's hand comes off the ground.
- 5) If possible have two people record the times at 20 and finish. Then record the best time.

Bench Testing

- 1) All players must first go for repetitions with the primary weight of 100kg. If they cannot press 100kg then they can go to the alternative weight of 80kg.
- 2) If an athlete cannot bench press 80kg he is given an " O " on his group recording sheet.
- 3) Lifter's hips must stay on the bench at all times and his feet must remain on the floor.
- 4) No bouncing of the bar off of the chest.
- 5) Elbows must be locked for 1 rep. To count.
- 6) Lifter should move at a steady pace no stopping of reps in the locked out position.
- 7) Bar cannot remain on the athlete's chest for more than 3 seconds
- 8) The spotter counts each good lift as the bar reaches full extension. If the lift is not good the spotter should quickly tell the player why, i.e. bar not at chest, or arms not locked. This way the player knows if he is performing the lift correctly.



Elite Player Program Player information sheet.



Name: _____

Address: _____

_____ Post code: _____

Home phone: _____ Mobile: _____

Work phone: _____ Fax: _____

E-mail address: _____

Position: _____ Experience: _____ yrs

Physical details.

Age: _____ D.O.B: _____ Height: _____ Weight: _____

Chest: _____ Waist: _____ Wing span: _____ Palm span: _____

Strength and Agility details.

Sit & Reach: _____ Vertical Jump: _____ Broad Jump: _____

20 Yard shuffle: Right _____ Left _____ 60 Yard Shuffle _____

Sprint test: (1) 20 yards _____ 40 yards _____

(2) 20 yards _____ 40 yards _____

3 cone: _____ Bench: weight _____ kg. Reps _____

Season stats: _____

Any additional skills i.e. long snapper, kick returns? _____

_____.



Comparable test results chart by position



Players should aim to record a time comparable with those listed below by position.

Position	20yd1	40yd1	Bench Reps	Bench Wt	20 Yd Shuffle	Vert Jump	3 Cone	Broad Jump	60 yard Shuttle
RB	2.65/2.75	4.60/4.80	8 to 15	100kg	4.70/4.90	24" to 30"	7.5/8.00	92" to 110"	12.80/13.50
WR	2.65/2.70	4.50/4.70	5 to 8	100kg	4.60/4.80	24" to 30"	7.2/7.80	106" to 119"	12.5/13.00
TE	3.00/3.60	4.85/5.30	8 to 20	100kg	4.90/5.50	20" to 25"	7.80/8.50	90" to 105"	12.90/13.70
OL	3.35/3.85	5.00/6.00	12 to 20	100kg	5.30/6.00	16" to 20"	9.00/10.00	72" to 90"	Do not test
QB	3.00/3.60	4.80/5.50	5 to 8	100kg	4.70/4.90	16" to 20"	7.80/8.50	90" to 105"	Do not test
DL	3.35/3.85	5.00/6.00	12 to 20	100kg	5.30/6.00	16" to 20"	9.00/10.00	72" to 90"	Do not test
LB	3.00/3.60	4.85/5.30	8 to 20	100kg	4.90/5.50	20" to 25"	7.80/8.50	90" to 105"	12.90/13.70
DB	2.65/2.70	4.50/4.70	5 to 8	100kg	4.60/4.80	24" to 30"	7.2/7.80	106" to 119"	12.5/13.00