



**NFL COMBINE**

**SCHOOL  
CHALLENGE**

# THE CHALLENGE:

We invite you to take part in this year's NFL Combine School Challenge. The aim of the Challenge is to get as many children as possible taking part in NFL Combine drills, which are used to test power, speed, agility and reaction time and we'd love you to share your school Combine photos and videos with us.

## NFL COMBINE DRILLS:

- The 40 yard dash
- The broad jump
- The vertical jump
- The three cone drill
- The shuttle run

This exciting challenge and wide range of drills is a great way to get kids of all abilities/ages involved with the NFL and test their athleticism (in a fun and competitive environment). All participating schools will receive a certificate, an NFL prize and we will display our favourite photos and videos on the NFL website!

## WHAT IS THE NFL COMBINE

Each February, hundreds of the very best US college American football players are invited to the NFL Scouting Combine in Indianapolis, where executives, coaches, scouts and doctors from all 32 NFL teams conduct an intense, four-day job interview in advance of the NFL Draft. The participants undertake a variety of short drills: to measure speed, agility and reaction time. Those tests can affect how high they are chosen in the NFL Draft, which is where the best players are selected to join an NFL team. The NFL Combine is where it all begin - and we would love to you to be a part of it.

We invite you to take part in this year's NFL Combine School Challenge. The aim of the Challenge is to get as many children as possible taking part in NFL Combine drills, which are used to test power, speed, agility and reaction time and we'd love you to share your school Combine photos and videos with us.

# THE FUTURE STARTS NOW!

We have included a breakdown of Combine drills below to get you started. Please don't hesitate to contact one of the NFL team if you have any questions.

More information on the NFL Combine can be found here:

[https://www.youtube.com/watch?v=62YWPRII\\_YY](https://www.youtube.com/watch?v=62YWPRII_YY)

## LESSON PLAN:

This lesson plan includes kit requirements, drills, explainers, teaching tips and record-breaking fun facts.

Split the children up into groups, each group starting at a different Combine Challenge. Record results and rotate.

## KIT REQUIRED:

Cones, measuring tape, stopwatch, paper, pens, clipboards.

# DRILLS 40 YARD DASH



**Measures:**  
speed, acceleration

**Drill description:** The 40-yard dash is a sprint. Mark out a 40-yard straight with markers, including a clear start and finish. The 40-yard dash is the marquee event at the combine. Similar to the 100 metres at the Olympics, it's all about speed, explosion and watching skilled athletes run great times. These athletes are timed at 10, 20 and 40-yard intervals. What the scouts are looking for is an explosion from a static start.

**Set up:** Mark out a 40-yard straight with markers (one every 10 yards), with a clear start and finish. Record times at the various dash distances.

**Combine Record Holder:** John Ross, Wide Receiver, 2017

**Time:** 4.22 seconds

View the drill video here:

<https://www.youtube.com/watch?v=1jBc0B4MukE>

# DRILLS VERTICAL JUMP



**Measures:**  
power,  
lower body explosion

**Drill description:** The vertical jump is all about lower-body explosion and power. The athlete stands flat-footed and they measure his reach. It is important to accurately measure the reach, because the differential between the reach and the flag the athlete touches is his vertical jump measurement.

**Set up:** Measure the height of the child, measure the difference between height and distance reached.

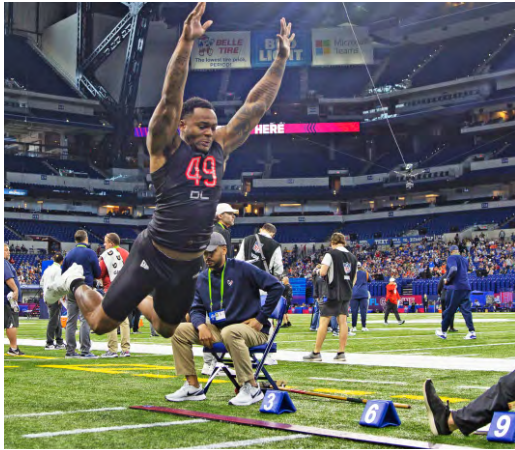
**Combine Record Holder:** Chris Conley, Wide Receiver, 2015

**Height:** 45.0"

View the drill video here:

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

# DRILLS BROAD JUMP



**Measures:**  
power, lower-body explosion,  
lower-body strength

**Drill description:** The broad jump is like being in gym class. Basically, it is testing an athlete's lower-body explosion and lower-body strength. The athlete starts out with a stance balanced and then he explodes out as far as he can. It tests explosion and balance, because he has to land without moving.

**Set up:** Start line or marker. Make sure you start with bent knees and land with bent knees.

**Combine Record Holder:** Byron Jones, Defensive Back, 2015

**Distance:** 12'3"

Jones did more than shatter the Combine record - he set a world record with a jump that dropped jaws at the 2015 event.

View the drill video here:

<https://www.youtube.com/watch?v=OZ3s7ZZYBC4>



# DRILLS THE SHUTTLE RUN



**Measures:**  
agility and speed

**Drill description:** The short shuttle is the first of the cone drills. It is known as the 5-10-5. It tests the athlete's lateral quickness and explosion in short areas. The athlete starts in the three-point stance; explodes out 5 yards to his right; touches the line; goes back 10 yards to his left; left hand touches the line; pivot and turn 5 more yards and finish.

**Set up:** Place markers to sprint towards. Keep on your toes, bend knees, push off the outer foot when turning.

**Combine Record Holder:** 20-yard shuttle Jason Allen, Cornerback, 2006 / Brandin Cooks, Wide Receiver, 2014

**Time:** 3.81 seconds

View the drill video here:

[https://www.youtube.com/watch?v=1lk4\\_GjdrJw](https://www.youtube.com/watch?v=1lk4_GjdrJw)

# DRILLS 3 CONE DRILL



**Measures:**  
speed and agility

**Drill description:** The 3-cone drill tests an athlete's ability to change directions at a high speed. Place three cones in an L-shape. The participant starts from the starting line, goes 5 yards to the first cone and back. Then, he turns, runs around the second cone, runs a weave around the third cone, which is the high point of the L, changes directions, comes back around that second cone and finishes.

**Set up:** Three cones in an L shape (as diagram above) . For a more simple version adapt to touching each cone (2&3) and run back to the start position.

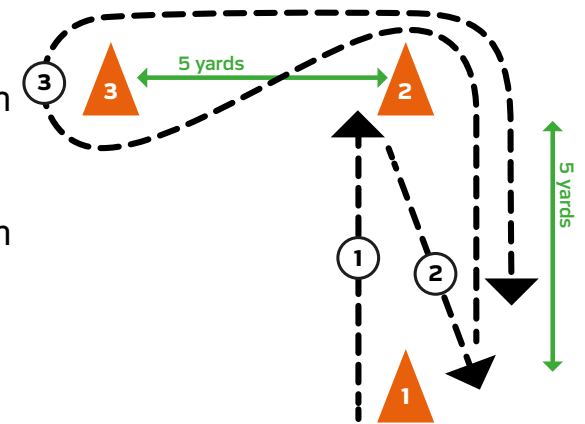
**Combine Record Holder:** Jeff Maehl, Wide Receiver, 2011

**Time:** 6.42 seconds

Maehl went undrafted in 2011 before spending time on the Houston Texans and Philadelphia Eagles rosters.

View the drill video here:

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





**THANK  
YOU**

