

BIG HOUSE

BLOCK ZERO

Level I

The Fundamental Building Block of a Successful Training Program

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POWER

Competitive Athletic Training

BLOCK ZERO

EMBRACE

The

PROCESS

Competitive Athletic Training

BLOCK ZERO

HISTORY

Major Contributors

Mark Uyeyama

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San Francisco 49'ers**

Ben Hilgart

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Bryan Dermody

**Asst Director of Athlete Development Football,
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5 Block Zero FAQ's

1. What is Block Zero Training?

The Introduction to an Organized Training Plan

2. Why is it called Block Zero?

Zero = athlete's relative training age

3. Who can participate in a Block Zero Program?

Anyone who is deemed in good health by a physician

4. Why is it important?

It gives the athlete a proper introduction to basic athletic fundamentals that are necessary to succeed both on the field of play as well as in the strength program and daily life activities

5. Where do you recommend Block Zero being integrated?

In my opinion, a Block Zero type program should be the basis of our middle school academic curriculum as it relates to physical fitness

BLOCK ZERO FUNDAMENTALS

- ✓ **Body Awareness**
- ✓ **Mobility/Flexibility**
- ✓ **Mechanics**
- ✓ **Relative Strength**
- ✓ **Stability**

BLOCK ZERO

Basic Screening Process

- **Physical Examination by a Physician**
 - African-Americans should request the sickle cell blood test
- **Overhead Squat Test to Box**
 - Hip, Ankle, Shoulder Mobility
 - Power Zone Stability
 - Hamstring and Hip Strength
- **Bent Over Static “T” Test**
 - Posterior Shoulder and Upper Back Stability, Strength, Endurance
- **Static Back Extension Hold**
 - Power Zone Stability, Strength, Endurance
- **Single Leg 3 Hop Test - Horizontal**
 - Limb Discrepancies in strength and power
- **Single Leg Jump Test - Vertical**
 - Valgus/Varus Knee Tracking

[equipment needed – Dowel, 10-12” Box, mats, 2.5-3# plates/DB’s, Bench, Tape Measure]

Four Quarter Program

BLOCK ZERO - LEVEL 1

- **Quarter 1**
 - **Establish the Athletic Position**
 - **In Place Mobility Movements**
- **Quarter 2**
 - **Jumping/Landing Mechanics**
- **Quarter 3**
 - **Stabilization Circuit**
- **Quarter 4**
 - **Relative Strength Circuit**

Four Quarter Program

BLOCK ZERO - LEVEL 1 – Quarter 1

1. Athletic Position [AP] Test

Breakdown the Athletic Position

2. AP to Squat

3. AP to Abduction/Adduction

4. AP to Lateral Lunge

5. AP to Good Morning

6. AP to Deadlift Variations

7. AP to OH Pull/Press

[equipment needed – Dowel]

POWER

Competitive Athletic Training

Four Quarter Program

BLOCK ZERO - LEVEL 1 – Quarter 2

- 1. Up Tall to AP Drop, Stop, and Hold**
- 2. Up Tall to AP Drop, Stop, Hold, to Vertical Jump >> Stick Landing in AP**
[progress to multiple x3-5 contacts]
- 3. Up Tall to AP Drop, Stop, Hold, to Horizontal Jump >> Stick Landing in AP**
[progress to multiple x3-5 contacts]
- 4. Up Tall to AP Drop, Stop, Hold to Out and Up**
[progress to multiple x3-5 contacts]
- 5. Landing Low Altitude Drops – Double Leg**
[progress to single leg x3-5 drops]

Four Quarter Program

BLOCK ZERO - LEVEL 1 – Quarter 3

- 1. Back Extension Hold** – Initial Goal Time: 30 seconds
- 2. Counter Balance Squat Hold** – Initial Goal Time: 30 seconds
- 3. Chin Up Hold** – Initial Goal Time: 5 seconds [30]
- 4. Athletic Position Hold** – Initial Goal Time: 30 seconds
- 5. Lunge Hold [parallel thigh]** – Initial Goal Time: 15 seconds
- 6. Push Up Hold** – Initial Goal Time: 30 seconds
- 7. Plank Position** - Initial Goal Time: 30 seconds

[equipment needed – bench, dowel]

Time Permitting – 3 circuits

Four Quarter Program

BLOCK ZERO - LEVEL 1 – Quarter 4

- 1. Back Extension** – max 10 reps
- 2. Counterbalance Squat to Box** – max 10 reps
- 3. Chin Up [assisted/inverted pull up]** – max 10 reps
- 4. Double Leg Hip Bridge** – max 10 reps
- 5. Reverse Lunge** – max 6 reps each
- 6. Push Up** – max 10 reps
- 7. Flat Footed Sit Up** – max 10 reps

[equipment needed – Dowel]

Time Permitting – 3 circuits

POWER

Competitive Athletic Training

BLOCK ZERO - NOTES

- **FMS Screen**
- **Max Jones Quadrathlon**
- **Exercise Technique Quarter**
- **Progressive Tool Box – Builder vs. Breaker**
- **Band Resistance**
- **Weighted Iso's**
- **When in doubt – K.I.S.S.**
- **Nutrition**
- **Sleep**

BLOCK ZERO

PROMOTE

FREE PLAY

WHENEVER

POSSIBLE

Competitive Athletic Training

Contact

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