



NFL

DRAFT PREPARATION

WELCOME TO THE
REVOLUTION

BHAYSHUL TUTEN, RB

FASTEST RB, 2025
HIGHEST VJ, RB, 2025



CHRIS JOHNSON, CB

2026 1st ROUND PICK



BRADEN FISKE, DT

FASTEST DT, 2024



FASTEST SHUTTLE DT, 2024
BEST BROAD, DT, 2024
BEST VERTICAL, DT, 2024
FAST DT (10yd, 20yd). 2024

2024 2ND ROUND PICK

TYLER SMITH, OT

PRO BOWL



2022 1ST ROUND PICK



DRAFT PREP - OFFENSE

I tested great which helped my draft position...but I feel so much better as a player, this is where I'll be every offseason

10-YD — 1.50
40-YD — 4.37
VERTICAL 38"
BROAD — 10'7"

RJ HARVEY, RB

2ND ROUND PICK, 2025

2026: 90% of BPS PFA+ players beat positional avg. (4th consecutive year!)

2026: ALL 5 WR ran in the 4.3's or 4.4's

2025: Every BPS RB ran in 4.2's or 4.3's

EVERY WR ran sub-4.5 in:

2026, 2024, 2022, 2021, 2018, 2017, 2016, 2015, 2013, 2012, 2009, 2008, 2007, 2005

TE ran sub 4.6 in 13 out of past 18 years (5 of those years sub-4.5!)

RB

Fastest RB, 2025 - Bhayshul Tuten
Fastest RB, 2019 - Mike Weber
FASTEST OVERALL, 2016 - Keith Marshall
Fastest RB, 2015 - Tevin Coleman*
Fastest RB (190+), 2014 - Henry Josey
Fastest RB, 2012 - Lamar Miller
Fastest RB, 2006 - Maurice Jones-Drew

WR

Fastest WR, 2025 - Jaylin Lane
Fastest WR (200+), 2022 - Christian Watson
2nd Fastest WR, 2022 - Velus Jones
Fastest 20yd, NFL HISTORY - Christian Watson
Fastest WR (200+), 2018 - Marquez Valdes-Scantling
Fastest WR, 2015 - Breshad Perriman
Fastest WR, 2008 - Dexter Jackson
Fastest WR, 2006 - Chad Jackson
3rd Fastest WR and OVERALL, 2009 - Johnny Knox
2nd Fastest OVERALL, 2007 - Jason Hill

TE/QB

Fastest TE, 2025 - Josh Simon
Fastest TE, 2023 - Will Mallory
Fastest WR/TE Combo, 2023 - Elijah Higgins
Fastest QB, 2024 - Jason Bean
Fastest TE, 2015 - MyCole Pruitt
Fastest TE, 2010 - Jimmy Graham
Fastest TE, 2009 - Jared Cook
Fastest TE, 2007 - Greg Olsen
Fastest TE, 2004 - Ben Watson
Fastest QB, 2011 - Terrelle Pryor
Fastest QB, 2010 - Jarrett Brown

40-YD — 4.36
VERTICAL 40.5"
BROAD — 11'2"

DEVONTEZ WALKER, WR

40-YD — 4.54
VERTICAL 36.5"
BROAD — 10'1"

WILL MALLORY, TE

FASTEST TE, 2023

10-YD — 1.50
40-YD — 4.28
SHUTTLE 4.12
3-CONE — 6.75
VERTICAL 40"
BROAD — 11'0"

JAYLIN LANE, WR

FASTEST WR, 2025

40-YD — 4.50
SHUTTLE — 4.12
3-CONE — 6.82
BENCH — 27

BLAKE CORUM, RB

FASTEST SHUTTLE, RB, 2024
FASTEST 3-CONE, RB, 2024
STRONGEST RB, 2024

WEIGHT — 218LB
BENCH — 18
40-YD — 4.44

COLBIE YOUNG, WR

40-YD — 4.45
VERTICAL — 37.5
BROAD — 10'5"
BENCH — 27

KAELON BLACK, RB

2026 NON-COMBINE;
3rd ROUND

40-YD — 4.62
VERTICAL — 38"
BROAD — 10'4"

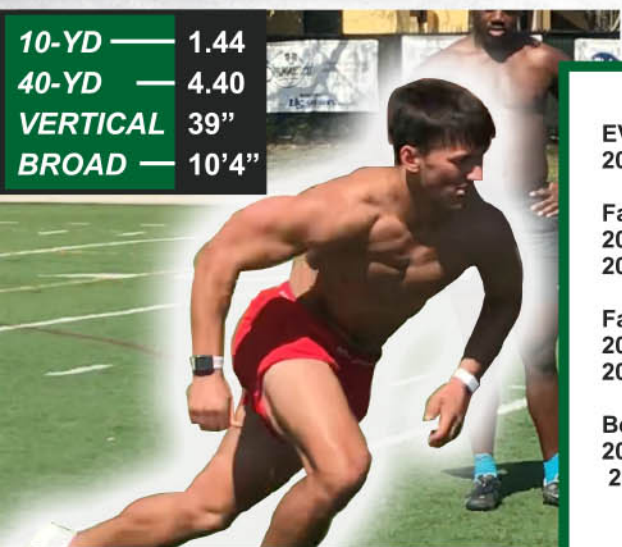
JOSH SIMON, TE

FASTEST TE, 2025



DRAFT PREP - DEFENSE

10-YD — 1.44
40-YD — 4.40
VERTICAL — 39"
BROAD — 10'4"



COLE BISHOP, S

FASTEST S, 2024
FASTEST 10YD OVERALL, 2024

EVERY BPS WR and CB ran sub-4.5 in:
2026, 2024, 2021, 2018, 2016, 2015

Fastest ILB or OLB in 10yd or 20yd in:
2026, 2025, 2024, 2023, 2018, 2014, 2011, 2010

Fastest CB or S in 10yd or 20yd in:
2026, 2024, 2023, 2022, 2021, 2020, 2019, 2018, 2017, 2013, 2011, 2009, 2007

Best Vertical or Broad for CB or S in:
2026, 2023, 2021, 2019, 2014, 2013, 2009, 2006, 2004

20-YD — 2.50
40-YD — 4.43
VERTICAL — 36"
BROAD — 10'4"



ANTOINE WINFIELD JR., S

FASTEST SS, 2020; PRO BOWL

"My results were amazing...
this is the exact program I needed!"



40-YD — 4.36
VERTICAL — 43.5"

D'ANGELO PONDS, CB

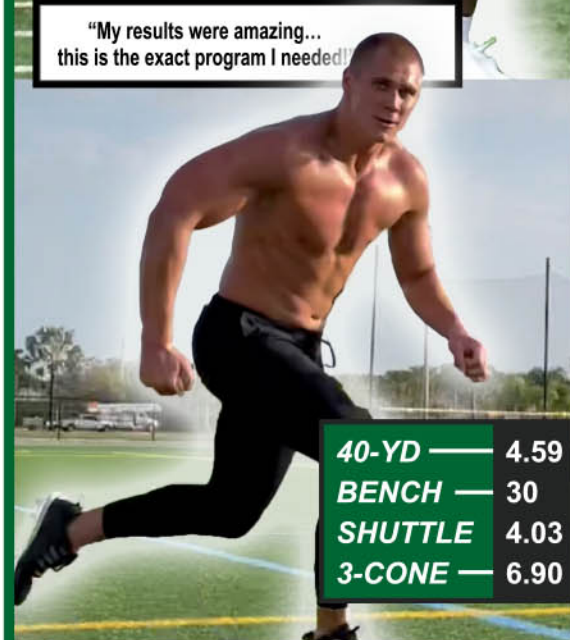
BEST CB VJ, 2026

DB

Fastest S, 2024 - Cole Bishop
Fastest FS, 2023 - Jason Taylor II
Fastest OVERALL, 2021 - Brandin Echols
Fastest SS, 2020 - Antoine Winfield Jr.
Fastest OVERALL, 2011 -
DeMarcus Van Dyke
Fastest S, 2008 - Josh Barrett,
ALL TIME RECORD (e)
Fastest CB 185+, 2018 - Tony Brown
Fastest FS, 2017 - Delano Hill
Fastest S, 2013 - Shamarko Thomas
Fastest CB, 2011 - DeMarcus Van Dyke
Fastest CB (e), 2010 - Brandon Ghee
Fastest CB, 2009 - Lardarius Webb

LB

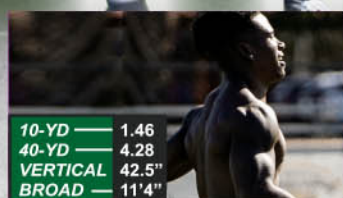
Fastest ILB, 2023 - Yasir Abdullah
Fastest ILB, 2014 - Telvin Smith
Fastest ILB, 2013 - Jon Bostic
Fastest LB, 2010 - Jamar Chaney
Fastest LB, 2008 - Marcus Howard
Fastest LB, 2007 - Antwan Barnes



40-YD — 4.59
BENCH — 30
SHUTTLE — 4.03
3-CONE — 6.90

CODY BARTON, LB

STRONGEST ILB, 2019
FASTEST SHUTTLE, LB, 2019



10-YD — 1.46
40-YD — 4.28
VERTICAL — 42.5"
BROAD — 11'4"

BRANDIN ECHOLS, CB

FASTEST OVERALL, 2021



40-YD — 4.59
BENCH — 26
VERTICAL — 40"
BROAD — 10'5"

TEDDY BUCHANAN, LB

STRONGEST LB, 2025
HIGHEST VJ, LB, 2025



HT — 6'3"
WT — 202
40-YD — 4.44
VERTICAL — 39.5"
BROAD — 10'10"

CAM HART, CB



10-YD — 1.50
40-YD — 4.47
BROAD — 10'9"
VERTICAL — 36.5"

YASIR ABDULLAH, LB

FASTEST ILB, 2023
LONGEST BROAD, LB 2023



DRAFT PREP - LINEMEN

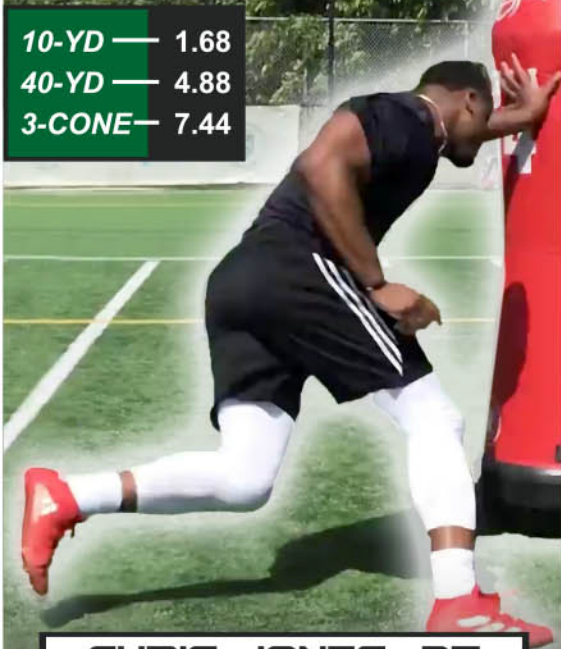


"Training at BPS was the BEST decision I ever made!"

10-YD — 1.68
40-YD — 4.90
BROAD — 9'9"
SHUTTLE 4.54
3-CONE — 7.61

CHRIS LINDSTROM, OL

FASTEST OG, 2019 / 2019 OG BEST BROAD,
SHUTTLE / 1ST ROUND PICK / PRO BOWL



CHRIS JONES, DT

ALL PRO

EVERY BPS OL tested better than positional average in 2026

Fastest DT or DE
in 19 out of last 24 years ('03-'26)

DE run sub-4.6 in:
2023, 2020, 2019, 2017, 2016, 2014, 2010,
2008, 2007

DT run sub-4.8 in:
2025, 2024, 2023, 2022, 2016, 2012, 2010
2026: 90% of BPS PFA+ players
beat positional avg. (4th consecutive year!)

DL

Fastest DE, 2026 - Gabe Jacas
Fastest DT, 2025 - Elijah Roberts
Fastest DT, 2024 - Braden Fiske
Fastest DE, 2024 - Myles Cole
FASTEST DE, 2023 - Yaya Diaby
Fastest DE, 2020 - Jabari Zuniga
Fastest DE, 2016 - Emmanuel Ogbah
Fastest DE, 2017 - Trey Hendrickson
Fastest DE, 2014 - Dee Ford
Fastest DT, 2012 - Jaye Howard
Fastest DE, 2011 - Allen Bailey
Fastest DT, 2010 - Earl Mitchell
Fastest DE, 2008 - Marcus Howard,
ALL TIME RECORD
Fastest DT, 2007 - Quinn Pitcock
Fastest DT, 2006 - Kedric Golston
Fastest DT, 2005 - Darrell Shropshire
Fastest DT, 2003 - Kevin Williams

OL

Fastest OC, 2025 - Drew Kendall
Fastest OC, 2024 - Matt Lee
Fastest OG, 2023 - Braeden Daniels
Fastest OG, 2019, Chris Lindstrom
Fastest OG, 2022 - Jason Poe
Fastest OT, 2010 - Bruce Campbell
Fastest OG, 2017 - Danny Isidora
Fastest OG, 2015 - Chaz Green
Fastest OG, 2011 - Orlando Franklin
Fastest OT, 2006 - Eric Winston



10-YD — 1.50
40-YD — 4.51
VERTICAL 37"
BROAD 10

YAYA DIABY, DE

FASTEST DE, 2023
HIGHEST VERTICAL DE, 2023



40-YD — 5.02
VERTICAL — 30.5
SHUTTLE — 4.51
3-CONE — 7.58

DREW KENDALL, OL

FASTEST OC, 2025
FASTEST SHUTTLE, OC, 2025
FASTEST 3-CONE, OC, 2025



AKHEEM MESIDOR, DE

1ST ROUND PICK, 2026



40-YD — 4.63

GREGORY ROUSSEAU, DE

1ST ROUND PICK, 2021



40-YD — 5.13
BENCH 24

TRAVIS BURKE, OL



10-YD — 1.56
40-YD — 4.56
BROAD — 10'1"
VERTICAL 35.5"
3-CONE — 7.26

EMMANUEL OGBAH, DE

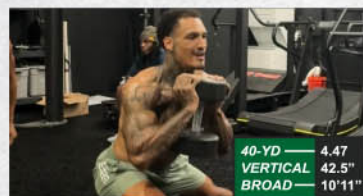
FASTEST DE, 2016



NFL DRAFT PREP ACCOLADES

BPS ALL-TIME BEST RESULTS - RB

EVENT	PLAYER	TEST	YEAR
40YD	Bhayshul Tuten	4.28	2025
SHUTTLE	Michael Carter	3.98	2021
3-CONE	Jake Funk	6.71	2021
BROAD	Bhayshul Tuten	10'10"	2025
VERTICAL	Seth McGowan	42.5"	2026
BENCH	Rashad Jennings	29 reps	2009



SETH MCGOWAN, RB

BEST RB BROADVERT, 2026

BPS ALL-TIME BEST RESULTS - CB

EVENT	PLAYER	TEST	YEAR
40YD	DeMarcus Van Dyke	4.25	2011
SHUTTLE	Bobby McCain	3.82	2015
3-CONE	Joe Burnett	6.68	2009
BROAD	Brandin Echols	11'4"	2021
VERTICAL	D'Angelo Ponds	43.5"	2026
BENCH	Jamar Taylor	22 reps	2013



BRAXTON BERRIOS, WR

ALL-PRO



MICHAEL CARTER II, CB

BPS ALL-TIME BEST RESULTS - WR

EVENT	PLAYER	TEST	YEAR
40YD	Breshad Perriman	4.22	2015
SHUTTLE	Jahcour Pearson	3.94	2022
3-CONE	Taywan Taylor	6.57	2017
BROAD	Christian Watson	11'4"	2022
VERTICAL	Chris Tyree	42"	2025
BENCH	Michael Strachan	20 reps	2021

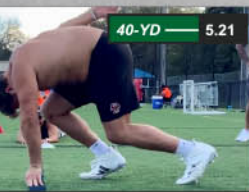


ELIJAH ROBERTS, DT

FASTEST DT, 2025

BPS ALL-TIME BEST RESULTS - DE / EDGE

EVENT	PLAYER	TEST	YEAR
40YD	Marcus Howard	4.45	2008
SHUTTLE	Trey Hendrickson	4.20	2017
3-CONE	Jeremy Mincey	7.01	2006
BROAD	Tanoh Kpassagon	10'8"	2017
VERTICAL	Mason Reiger	40.0"	2026
BENCH	Olivier Vernon	31 reps	2012



OZZY TRAPILO, OL

2ND ROUND PICK



GABE JACAS, DE

FASTEST DE, 2026

BPS ALL-TIME BEST RESULTS - S

EVENT	PLAYER	TEST	YEAR
40YD	Josh Barrett	4.34	2008
SHUTTLE	Jalen Mills	4.00	2016
3-CONE	Louis Delmas	6.67	2009
BROAD	Shamarko Thomas	11'1"	2013
VERTICAL	Jason Taylor II	43"	2023
BENCH	Shamarko Thomas	28 reps	2013

BPS ALL-TIME BEST RESULTS - DT

EVENT	PLAYER	TEST	YEAR
40YD	Roberts, Fiske, Mitchell	4.75	25,24,10
SHUTTLE	Simeon Barrow	4.30	2025
3-CONE	Jaye Howard	7.32	2012
BROAD	Braden Fiske	9'9"	2024
VERTICAL	Jahvaree Ritzie	36"	2025
BENCH	Marcus Forston	34 reps	2012



SMAEL MONDON

**FASTEST 10YD, ILB, 2025
LONGEST BROAD, LB, 2025**



ELI RARIDON, TE

BPS ALL-TIME BEST RESULTS - OT

EVENT	PLAYER	TEST	YEAR
40YD	Bruce Campbell	4.75	2010
SHUTTLE	Andrew Datko	4.54	2012
3-CONE	Derek Sherrod	7.32	2011
BROAD	Matt Patchan	9'5"	2014
VERTICAL	Matt Patchan	33.5"	2014
BENCH	Ereck Flowers	37 reps	2015

BPS ALL-TIME BEST RESULTS - OG/C

EVENT	PLAYER	TEST	YEAR
40YD	Chris Lindstrom	4.90	2019
SHUTTLE	Vince Manuwai	4.40	2003
3-CONE	Dan Santucci	7.47	2007
BROAD	Chris Lindstrom	9'9"	2019
VERTICAL	Chris DeGeare	32.5"	2010
BENCH	Jason Poe	34 reps	2022

2026 POWER / STRENGTH
 Best RB Vertical: McGowan (42.5")
 Best RB Broad: McGowan (10'11")
 Best DL Vertical: Reiger (40")
 Best DE Broad: W Williams (10')
 Best DB Vertical: Ponds (43.5")
 Vertical - BPS players beat pos avg:
 EVERY TE, Edge, DE, DT, FS, SS
 Broad - BPS players beat pos avg:
 EVERY OC, Edge, DE, DT, TE, OLB, FS
 3 players over 40" Vertical
 4 OL/DT over 9' Broad
 EVERY DE/Edge over 10'
 12 players over 10'5"
 EVERY OL, DL, TE, OLB benched 20+

2026 AGILITY
 Fastest CB Shuttle: C Johnson (4.12)
 Fastest LB Shuttle: S Brown (4.03)
 3-cone: EVERY OL and DL beat pos avg

2026 SPEED / ACCELERATION
 90% of BPS PFA+ players beat positional avg
 (4th consecutive year!)
 FASTEST 10yd:
 OG, OC, DE, LB, S
 FASTEST 20yd:
 LB, CB
 EVERY Edge, DE, DT beat 10yd pos avg

BPS ALL-TIME BEST RESULTS - TE

EVENT	PLAYER	TEST	YEAR
40YD	Ladarius Green	4.45	2012
SHUTTLE	Jonnu Smith	4.18	2017
3-CONE	Zack Panielto	6.85	2011
BROAD	Jonnu Smith	10'7"	2017
VERTICAL	Jared Cook	41"	2009
BENCH	Ben Watson	34 reps	2004

BPS ALL-TIME BEST RESULTS - LB

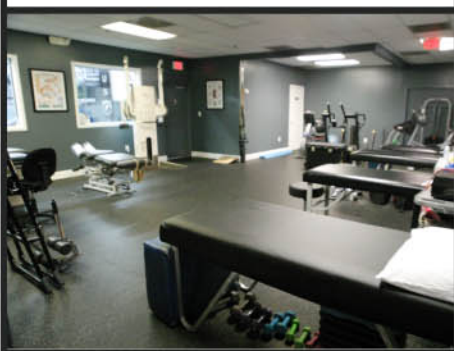
EVENT	PLAYER	TEST	YEAR
40YD	Deion Jones	4.38*	2016
SHUTTLE	S Brown Cody Barton	4.03	'26 '19
3-CONE	Dorian O'Daniel	6.64	2018
BROAD	Otaro Alaka	10'11"	2019
VERTICAL	Teddy Buchanan	40"	2025
BENCH	Antwan Barnes	31 reps	2007

*PRO DAY



MEDICAL / NUTRITION

MEDICAL CENTER



REGENERATION CENTER



RECOVERY CENTER



NUTRITION ANALYSIS LAB



DEXA / BOD POD / INBODY

MEDICAL DISCIPLINES

- Physical Therapy and ATC's
- Massage/Neuromuscular Therapy
- Chiropractic
- Biomechanists
- Muscle Activation Techniques™ (MAT)
- Active Release Technique™ (ART)
- Graston Technique™
- Acupuncture & Dry Needling
- Kinesio Taping
- Cupping
- Blood Flow Restriction (BFR)
- Pilates & Yoga
- ARPWave



NUTRIENT TIMING AREA

NUTRITION

- Organic, all-natural
- Food "exchange" system for variety and custom plans
- Performance Chefs
- IV Nutrients

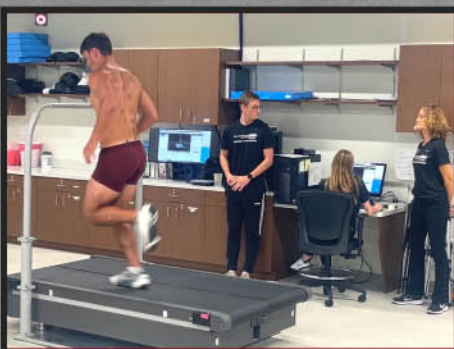
THORNE

- Custom nutrient timing plan
- NSF Certified for Sport

APPLICATION

- Blood-work evals.
- Food Sensitivity
- Enzyme function
- Metabolic typing

BIOMECHANICS LAB



3-D Motion Analysis

Bertec Gait Analysis

Advanced Force Plate Analysis

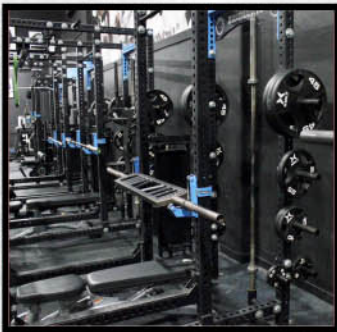
Advanced Biometrics



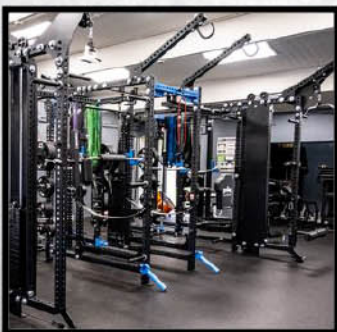
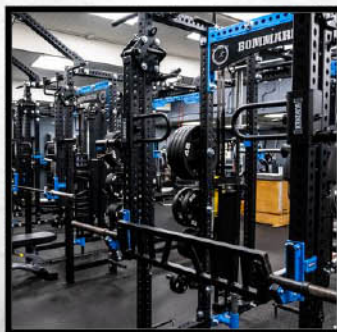
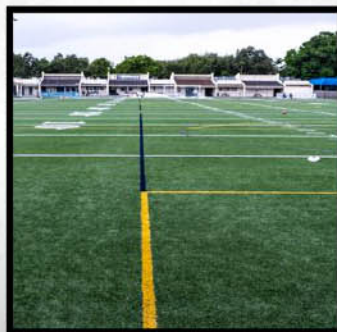
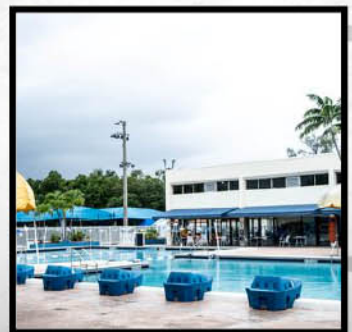


FACILITIES

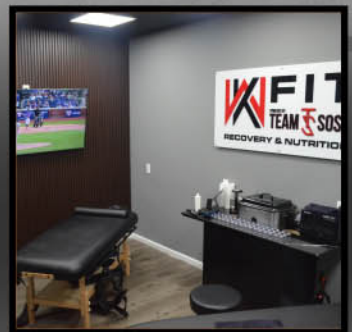
FT. LAUDERDALE, FL



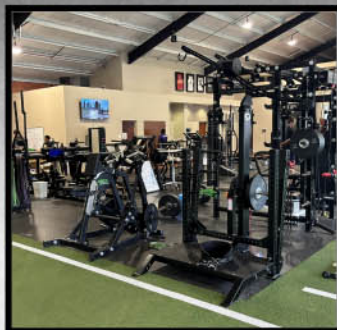
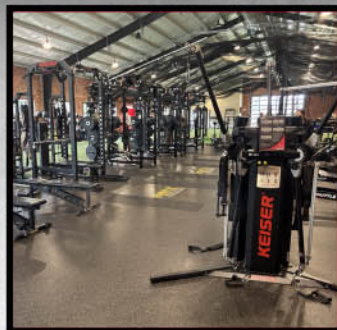
NORTH MIAMI, FL



SOUTH MIAMI, FL - TEAM SOSA PERFORMANCE POWERED BY BOMMARITO



COLUMBIA, SOUTH CAROLINA - APEX PERFORMANCE POWERED BY BOMMARITO





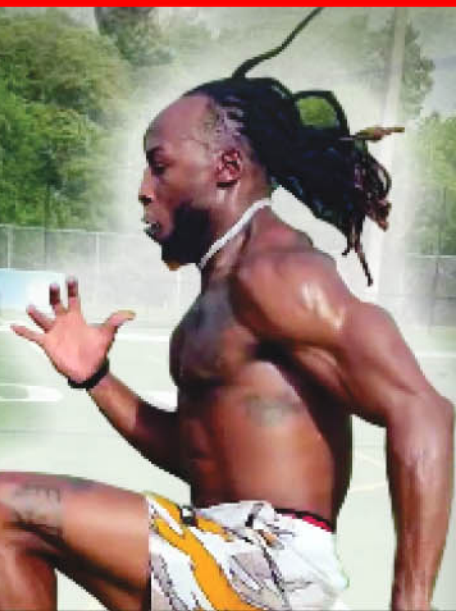
VETERAN OFFENSE

"Everything is specific to RB's... I feel EXPLOSIVE! I came back because of the RESULTS, the staff, and the overall environment."



KYREN WILLIAMS, RB

PRO BOWL



AARON JONES, RB

PRO BOWL

10-YD — 1.47
40-YD — 4.51

JAYLEN WARREN

TYREEK HILL, WR

ALL-PRO

RB ALUMNI

PRO BOWL Frank Gore
PRO BOWL Matt Forte
PRO BOWL Najee Harris
PRO BOWL James Conner
Kimani Vidal
Emmett Johnson
Javonte Williams
Jerome Ford
Tyler Allgeier
Ty Johnson
Tyler Goodson
Jaleel McLaughlin
Michael Carter
Travis Homer
Jabari Small
Owen Wright
Velus Jones Jr.
Brittain Brown
Kalel Mullings
ALL-PRO Le'Veon Bell
ALL-PRO Maurice Jones-Drew

WR ALUMNI

ALL-PRO Wes Welker
ALL-PRO Chad Johnson
Pat Bryant
Darius Slayton
Erik Ezukanma
Darnell Mooney
Ricky Pearsall
Olamide Zaccheaus
Tim Patrick
Alec Pierce
Devontez Walker
K.J. Osborn
Kayshon Boutte
Kevin Austin
Anthony Gould
Mason Tipton
Elijah Moore
Ronnie Bell
Brycen Tremayne
ALL-PRO Rashid Shaheed
ALL-PRO Deebo Samuel

QB/TE ALUMNI

ALL-PRO Rob Gronkowski
Pro Bowl Greg Olsen
ALL-PRO Matthew Stafford
Mike Gesicki
Tommy Tremble
Elijah Higgins
Charlie Woerner
Elijah Arroyo
Hunter Long
CJ Dippie
EJ Jenkins
Will Mallory
Moliki Matavao
Pharoah Brown
Tyrod Taylor



TERRY MCLAURIN, WR

PRO BOWL



10-YD — 1.40
20-YD — 2.37
40-YD — 4.31
BROAD — 11'4"
VERTICAL — 38.5"
BENCH — 18
SHUTTLE — 4.19

CHRISTIAN WATSON, WR

**34TH OVERALL PICK
LONGEST BROAD OVERALL, 2022**



DAVID NJOKU, TE

PRO BOWL



STEFON DIGGS

ALL-PRO

20-YD — 2.50
40-YD — 4.42
VERTICAL — 35"
SHUTTLE — 4.11"



VETERAN DEFENSE

"BEST players at each position train at BPS – if you got a client list like that, you gotta be doing something right!"

VON MILLER, LB

ALL-PRO

10-YD — 1.52
40-YD — 4.59
BENCH — 21

TYRICE KNIGHT, LB

**FASTEST ILB, 10YD, 2024
STRONGEST ILB, 2024**

NIK BONITTO, LB

PRO BOWL

CHRISTIAN BENFORD, DB

DB ALUMNI

ALL-PRO Eric Weddle
PRO BOWL Kenny Moore
Nehemiah Pritchett
Mike Brown
Jordan Battle
Damar Hamlin
Theo Jackson
Cornell Armstrong
Kamal Hadden
Myles Harden
Korie Black
Te'Cory Couch
Taron Johnson
Jaylen Watson
Beau Brade
Rasul Douglas
Roman Parodie
Ja'Sir Taylor
Tre Brown
Tre Hawkins
Tony Brown
Juan Thornhill
Amani Hooker
Eric Murray
Will Harris
Anthony Johnson Jr.
Demani Richardson
Ronnie Harrison
Chris Edmonds
Tyler Owens
Ashtyn Davis
PRO BOWL Julian Love
PRO BOWL Denzel Ward
ALL-PRO Sauce Gardner

LB ALUMNI

ALL PRO Devin Lloyd
KJ Britt
Josh Uche
Jack Cochrane
Jake Hansen
Jamien Sherwood
Akeem Davis-Gaither
BJ Green
Connor O'Toole
Kyle Van Noy
Devin Bush
Pat Jones II
James Williams
Cody Simon
Deion Jones
Uchenna Nwosu
Jerome Baker
Shaka Heyward
Bud Dupree
Troy Reeder
Malik Harrison
Jacoby Windmon
ALL-PRO Jon Beason

JARVIS BROWNLEE, CB

JOSHUA WILLIAMS, DB

ZAIRE FRANKLIN, LB

PRO BOWL

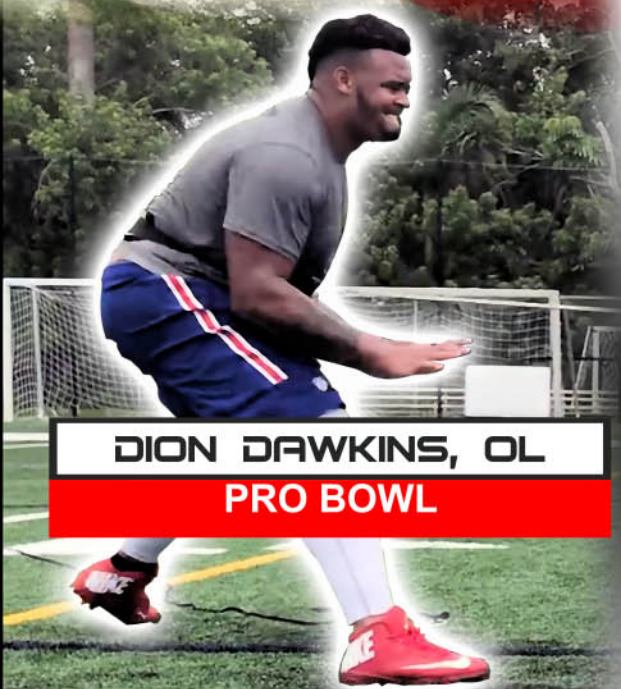
COLE HOLCOMB, LB



VETERAN LINEMEN



DALLAS TURNER, DE



DION DAWKINS, OL
PRO BOWL



QUINNEN WILLIAMS, DT

ALL-PRO



JALEN RIVERS, OL

DL ALUMNI

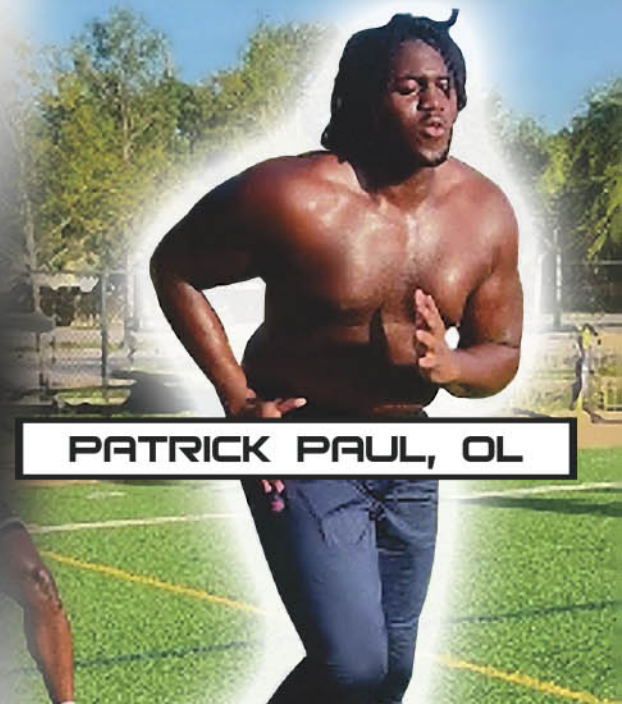
PRO BOWL Carlos Dunlap
PRO BOWL Jeffery Simmons
ALL-PRO Trey Hendrickson
D.J. Jones
Dante Fowler Jr.
Davon Godchaux
Khyiris Tonga
Mike Danna
Mason Graham
TJ Sanders
Andrew Billings
Emmanuel Ogbah
Shy Tuttle
Derrick Nnadi
Quinton Bell
Al-Quadin Muhammad
Jaylen Harrell
Omarr Norman-Lott
Ashton Gillotte
Jay Toia
Eyima Uwazurike
Travis Bell
Mitch Agude
Myles Cole
Evan Anderson
Howard Cross III
Tommy Dunn Jr.
Aeneas Peebles
McKinnley Jackson
Braiden McGregor
ALL-PRO Calais Campbell
PRO BOWL Jonathan Greenard
ALL-PRO Demarcus Lawrence
PRO BOWL Jalen Carter

OL ALUMNI

PRO BOWL Orlando Brown Jr.
PRO BOWL Robert Hunt
Morgan Moses
Austin Jackson
Walter Rouse
Daniel Faalele
Christian Mahogany
Tyler Steen
Anthony Bradford
Chukwuma Okorafor
Ryan Van Demark
Cornelius Lucas
Alec Anderson
Donovan Jennings
Darrian Dalcourt
Hayden Conner
Amari Kight
Xavier Truss
Trevor Keegan
Braeden Daniels
Valentin Senn
Federico Maranges
Robert Jones
Dan Feeney
ALL-PRO Jahri Evans
PRO BOWL Trenton Brown



ALEX WRIGHT, DE



PATRICK PAUL, OL



GREGORY ROUSSEAU, DE

1ST ROUND PICK



GRADY JARRETT, DT

**FASTEST DT (10YD),
2015 / PRO BOWL**

10-YD — 1.64
20-YD — 2.84
BENCH — 30
BROAD — 9'4"
VERTICAL — 31"
3-CONE — 7.37

40-YD — 4.63



SKILLS COACHING

OUR PHILOSOPHY ON POSITION WORK FOR NFL DRAFT PREP AND NFL VETS
IS TO PROVIDE AS MANY RESOURCES / COACHES AS POSSIBLE.
EVERY PLAYER IS DIFFERENT, AND WILL RESPOND TO VARIOUS STYLES OF COACHING.

THESE ARE THE MAIN EXAMPLES OF THE DOZENS OF POSITION COACHES
WE BRING IN FOR DRAFT PREP AND VETS:

WR / TE / RB



DL / LB



OL CRAFTING LINEMEN



DB / LB





WEEKLY PLANS

EXAMPLE NFL DRAFT PREP WEEKLY PLAN

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
630	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
700	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-strength prep
800	MULTI SPEED	LINEAR SPEED		MULTI SPEED	LINEAR SPEED	STRENGTH
815	General agility	Absolute Speed mechanics	POOL SPEED	Shuttle drills	Acceleration / Assisted	Lower max effort /
830	Resisted Acceleration	Horizontal Plyos		Starts for all drills	Absolute Speed	OR Full power
915	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
930	Medical	Medical	Regeneration	Medical	Regeneration	Regeneration
1030	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
1045	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	
1100	Combine /	Video breakdown	Technical positional	Bowl game training	Technical positional	
1115	Pro day drills	Board work	development	OR Combine drills	development	
1145	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
1200	Lunch	Lunch	Lunch	Lunch	Lunch	
100	Pre-strength prep	Pre-strength prep	Medical	Pre-strength prep	Medical	
130	STRENGTH	STRENGTH		STRENGTH		
145	Upper max effort	Lower dynamic /		Upper dynamic /		
200	OR	plyometric		endurance		
215	Full max effort	OR Full power		OR Full max effort		
245	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
300	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration	
400	VIDEO		VIDEO		VIDEO	
415	Speed		Speed and football		Speed	
500	Dinner	Dinner	Dinner	Dinner	Dinner	

EXAMPLE NFL VETERAN WEEKLY TRAINING PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Physical Therapy	Chiropractic	Massage	Physical Therapy	Neuromuscular Therapy
Nutrient timing	Nutrient timing		Nutrient timing	Nutrient timing
MOVEMENT	SPEED	POOL SPEED	MOVEMENT	ESD
Footwork/Agility	Linear		Position Specifics	Intervals/Play Drives
Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
STRENGTH	STRENGTH	Pilates/Yoga	STRENGTH	STRENGTH
Upper max effort	Lower dynamic		Upper Dynamic	Lower Strength/Power
Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
Regeneration	Neuromuscular Therapy	Regeneration	Acupuncture	Chiropractic
Lunch	Lunch	Lunch	Lunch	Lunch

CONTACT: 305.343.8389
pete@bommaritoperformance.com

NFL VET VIDEOS



**2027 NFL
DRAFT PREP VIDEO**

