NFL COMBINE TRAINING

MORE THAN 80 NFL 1ST ROUND PICKS
Simply put, no training facility in the world can match IMG Academy for its expertise, cutting-edge methodologies, professional-grade facilities, convenience, and proven history of maximizing the potential in every athlete. We will instill in you the confidence to not only dominate the NFL Combine and Pro Day, but establish a foundation for a lasting NFL career.

“At IMG Academy, you’ve got every opportunity to be successful.”

CAM NEWTON, CAROLINA PANTHERS

WHY IMG

86 FIRST ROUND PICKS

5 #1 OVERALL PICKS

5 ROOKIE OF THE YEAR AWARDED

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STRENGTH
SPEED
CONFIDENCE
POWER.

With our proven combine training program, you will enter the NFL combine in peak shape physically and mentally.
TRAINING PROGRAM

POSITION-SPECIFIC TRAINING

Receive training that fully prepares you for the immediate challenges that occur during the Combine evaluation, as well as ensure strong fundamentals leading into rookie training camp.

STRENGTH TRAINING

Improve maximum power and strength to place among the most explosive athletes in Indianapolis. The end result is to increase the highest amount of reps in the bench press test, while exerting the greatest amount of force possible to jump higher, jump further, and move the human body as fast and efficiently as possible.

SPEED TRAINING

Understand and implement movement skill education that reprograms the nervous system, producing phenomenal gains in linear and multi-directional speed. By utilizing the world’s kinematic experts and cutting edge video analysis, you will learn how to improve speed and agility, including 40-yard dash times.

SPORTS SCIENCE

Utilize the industry’s most progressive technology to train with everything from injury prevention and recovery to science and training development. Outside, South, and whiteboard testing and analysis are just a few of the advanced systems available to give you an edge.

NFL MINDSET

Learn and apply the components of a “High Performance Mindset” to better understand the mental demands that are required to dominate the 3.5-day Combine, while using the latest advancements in the field of mental training, sports psychology, and more.

VISIT IMGACADEMY.COM/NFLCOMBINE FOR MORE INFORMATION ON EACH DISCIPLINE
VISION TRAINING

Undergo a program that is similar to weight training, as the eye muscles are overloaded and trained to become more effective in transmitting visual information, thereby leading to faster motor response (reaction speed).

MEDIA TRAINING/PERSONAL BRAND BUILDING

Undergo a program that is similar to weight training, as the eye muscles are overloaded and trained to become more effective in transmitting visual information, thereby leading to faster motor response (reaction speed).

NUTRITION

Identify and address nutritional requirements and deficiencies through Gatorade Sports Science Institute testing, plus consultations with nutrition experts on topics such as hydration, recovery nutrition, meal timing, and more to create a personalized nutritional plan to optimize performance and recovery. Individual supplement consultations help you get another edge with 3rd party tested supplements considered safe for sport. Various Dymatize supplements provided according to your individual needs, schedule, and nutrition plan to improve performance by delaying fatigue, maximizing explosiveness and power, fighting inflammation, and increasing lean muscle while decreasing muscle breakdown. Nutritionists work to get you to your target weight by gaining lean muscle and losing body fat.

PHYSICAL THERAPY

Undergo a full body assessment by a physical therapist and orthopedic doctor to establish a corrective exercise program that guides overall training program. Engage in daily pre-gen and recovery activities to ensure your body is fully prepared, activated and recovered for prime performance.

TRAINING PROGRAM

“IMG Academy has an incredible nutrition program... I now have the proper education on how to be a fit athlete because of the tremendous amount of resources here.”

STEPHON TUITT, PITTSBURGH STEELERS
IMG ACADEMY COACHES AND SPECIALISTS ARE CONSIDERED SOME OF THE FOREMOST EXPERTS IN THE INDUSTRY.

With a team of nearly 50 coaches and specialists dedicated to helping you become your best, the IMG Academy NFL Combine Training Program is led by:

**SCOTT GADEKEN**
Head of Physical Conditioning
Gadeken puts each athlete through a training program designed to help maximize strength, power, and speed, tailored exclusively for the grind of Indianapolis. With 15 years of experience in the Division I setting, 10 bowl game appearances including a National Championship at LSU, Gadeken brings years of success to the program.

**DWIGHT PHILLIPS**
Speed Specialist
A former Olympic gold medalist, Phillips has both the personal and teaching experience to propel athletes to previously unprecedented personal speed and agility bests. Athletes learn how to perform not only in Combine drills, but practical applications to improve on the field.

**DR. TARYN MORGAN**
High-Performance Mindset Specialist
A former Division I student-athlete, Dr. Morgan’s work in sport psychology has been published in multiple journals. She has presented her expertise to several national and international organizations.

**BJOERN WERNER**
COACHING & INSTRUCTION

**DR. MATT RHEA**
Head of Sports Science
A renowned international expert on athletic performance enhancement, Dr. Rhea has consulted for several high school, college, and professional teams. His innovative programs for long-term athlete development have included heart rate-based training systems and multi-dimensional injury prediction and prevention programs.

**ZACK MARTIN, DALLAS COWBOYS**

COACHING & INSTRUCTION
EARNEST BYNER
Running Back Specialist

Byner carved out a 14-year NFL career despite being drafted in the 10th round of the NFL Draft. A two-time Super Bowl champion, Byner ranks in the top 50 of all-time NFL leaders in rushing attempts, rushing touchdowns and total yards. After retiring, Byner coached in the league for 15 years with the Ravens, Redskins, Titans, Jaguars and Buccaneers.

RAY HAMILTON
Defensive Line Specialist

A 9-year NFL vet, Hamilton has coached in the NFL for 25 years with the Buccaneers, Browns, Jaguars, Jets, Patriots, Raiders and Falcons.

DONNIE ABRAHAM
Defensive Backs Specialist

Former NFL player and Pro Bowl selection, Donnie Abraham played 9 seasons with the NY Jets and Tampa Bay Buccaneers. Abraham, who led the NFL in 1999 for interceptions, will oversee position-specific training and provide guidance for defensive backs.

KENNETH DUNN
Offensive Line Specialist

A former OL standout at the University of Pittsburgh, Dunn has coached at the professional and collegiate level for over 30 years. His most recent stops include the Atlanta Falcons (2008-2013) and the Houston Texans (2014).

KENNETH STILLS
Defensive Backs Specialist

Kenneth Stills has experienced every aspect of the game – as a player, as a coach, and as a parent. After his playing days with the Packers and Vikings, Stills has continued to stay connected to the game by coaching athletes at every level.

ANTHONY BECHT
Tight End Specialist

A former first-round pick, Becht played 11 years in the NFL for the Bucs, Jets, Lions, Falcons, Arizona Cardinals and Kansas City Chiefs.

BILLY MILLER
Kicking/Punting Specialist

A 2-time college All-American, Miller is a well-respected specialists coach with experience at the collegiate and NFL level.

LUKE KUECHLY, CAROLINA PANTHERS, & KIRK COUSINS, WASHINGTON REDSKINS

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NOTABLE COACHES

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NOTABLE COACHES
THE IMG ACADEMY CAMPUS IS DESIGNED TO GIVE ATHLETES THE ULTIMATE ENVIRONMENT TO FACILITATE DEVELOPMENT WITH EVERYTHING YOU NEED ALL IN ONE PLACE.

FACILITIES & ACCOMMODATIONS

VISIT WWW.IMGACADEMY.COM TO VIEW PHOTOS AND VIDEOS OF OUR FACILITIES

ATHLETIC FACILITIES
1. Stadium field and eight-lane track
2. Two full-size practice football fields
3. 60,000 square-foot field house with multiple strategy rooms
4. 30,000 square-foot weight room
5. Covered turf training area
6. Multiple film rooms for video analysis
7. Hydrotherapy room
8. Advanced nutrition/vision training rooms
10. Motus biomechanical analysis lab

CAMPUS ACCOMMODATIONS
11. Apartment-style housing
12. Nutritionally-optimized dining halls
13. Wellness Spa
14. Multiple swimming pools
15. Golf carts provided to each trainee for campus travel
16. Close proximity to Sarasota and Tampa airports
Gatorade Sports Science Institute focuses on improving performance from a nutrition, hydration, and recovery perspective by providing usable knowledge, strategies, and tools that directly impact performance. By participating in GSSI testing, we can help you identify your strengths and weaknesses, while at the same time, establish a baseline of your current physiology.

Motus Global, a leading motion capture and sports technology company, provides high-end biomechanical analyses that gather 3-D data on how you move to evaluate your joint mobility/stability and to highlight strengths and weaknesses in the body in order to help the training staff meet your custom needs.

Offered to every trainee is the world’s most innovative footwear, apparel, and accessories provided by Under Armour.

IMG PARTNERS WITH THE WORLD’S LEADING SPORTS PERFORMANCE COMPANIES TO BRING TOP TECHNOLOGIES, PRODUCTS, AND SERVICES TO OUR PROGRAMS.
“I’ve focused on everything. Running fast, jumping high and getting my body in the best shape it’s ever been. This is a job now, and I have to treat it that way. I have all of the tools (at IMG Academy) to get better.”

ERIC REID, SAN FRANCISCO 49ERS