

# COMBINE PREP GUIDEBOOK



**#EarnIt**

## REST AND RECOVERY

If you're looking to head into the combine and perform at your best, then you need to ensure that your body (physical) and mind (mental) are both fresh, recharged, and focused. To do this you need to ensure that you are getting enough quality sleep with a consistent wake/sleep schedule

Sleep is very critical for performance and recovery. Sleep is when your body repairs and recharges itself, thus if you are looking to head into your combine, or any athletic event for that matter, then you need to:

- Get at least 8 hours of sleep every night (especially 48 hours before your event!)
- Wake up and go to bed at the same time every day – your body gets better quality sleep/rest when you have a consistent cycle (so don't go to bed at 8 PM one night and 2 AM the next!)
- Every hour of sleep before midnight (or while it's dark outside) will result in better quality sleep – so get to bed early!!!
- Sleep in a dark room with no light as your body gets better quality sleep in pitch black

## NUTRITION

Your nutrition is very important for several reasons. Your nutrition not only helps give your body the nutrients to speed up recovery, but it can also help to fuel your performance. Think of high quality foods as premium fuel for your engine. If it's peak performance you're after, then you must ensure you're giving your body top notch fuel by the following:

- Consuming an adequate amount of **healthy carbohydrates** as these give your muscles the fuel to perform explosive movements (such as sprinting, jumping etc.). So it is important to be consuming **healthy carbs** throughout the day to keep your fuel tank full, but it is vitally important to be consuming them 1-hour before, during, and right after athletic events, such as a combine, sport practice, strength training session, etc.
- Consuming **quality protein** is also important for athletes as protein helps to build muscle and improve muscle recovery. Just like healthy carbs, you want to consume **quality protein** all throughout the day to ensure your muscles are receiving the building blocks they need to grow and perform optimally! It is especially crucial to consume **quality protein** immediately after a sporting or training event as this is the period where your muscles were broken down and depend on these building blocks to build themselves back up.



# ELITE COMBINE PREP PROGRAM MANUAL

Here is a great 2-Day Combine Meal Plan that ensures you are consuming adequate amounts of **healthy carbohydrates** and **quality proteins**:

## Mid-Day Combine

	DAY 1	DAY 2
Breakfast	3-4 scrambled eggs + piece of fruit + water	
Snack	2-3 Handfuls of homemade trail mix (containing raw nuts and dried fruit) + water - <i>if allergic to nuts then eat 1 protein bar + water</i>	
Lunch	1-2 Chicken wrap(s) + piece of fruit + milk	Baked chicken breast + white rice (load up on the rice for energy)
Snack	1-2 cups of Greek yogurt + piece of fruit + water	<b>COMBINE</b> <i>See Combine Nutrition Protocol</i>
Dinner	Any type of lean meat + vegetable + healthy carb (rice, potatoe, quinoa, beans)	

## Morning Combine

	DAY 1	DAY 2
Breakfast	3-4 scrambled eggs with a piece of fruit + water	
Snack	2-3 Handfuls of homemade trail mix (containing raw nuts and dried fruit) + water - <i>if allergic to nuts then eat 1 protein bar + water</i>	<b>COMBINE</b> <i>See Combine Nutrition Protocol</i>
Lunch	1-2 Chicken wrap(s) + piece of fruit + milk	Baked chicken breast + white rice (load up on the rice for recovery)
Snack	Greek yogurt + piece of fruit	
Dinner	Any type of lean meat + vegetable + healthy carb (rice, potatoe, quinoa, beans)	



## Combine Nutritional Protocol

Before (30-60 mins before)	1-2 Granola bar(s) + banana + water
During	Carb + Protein Shake - see Bobby for specific ingredients in shake
After (0-30 mins after)	Protein Shake or Protein Bar + 1-2 granola bar(s)

# MINDSET

Getting the right mindset is a very important, yet often overlooked, component when it comes to preparing for a combine or any sporting event. Getting the right mindset will allow you to go in with the proper focus and equip you with the tools to handle any situation that may arise during the combine - good or bad. Here are some mindset tips:

### OUTCOME VS PROCESS BASED THINKING

I want you to start eliminating the “norm” of **outcome base** thinking and start shifting your mindset and thinking to more **processed based**. What does that mean? When you focus on the **outcome**, you are only concerned with the end result (your 40-yard or shuttle time) or how you stack up against the competition (comparing your times and numbers to others). You need to stop this as this constant obsession with your **outcome** can and will negatively affect your performance. When you only focus on the **outcome**, research shows that you tend to experience worry, dread, fear (of challenges or failure) – and this will no doubt inhibit your performance.

Rather than focus solely on the **outcome**, you need to shift your thinking to more **processed based**. **Processed based** thinking focus more on the task at hand at that specific moment in time (focus on what technique and cues are important for that specific drill that you are performing). **Processed based** mindset focuses on the things YOU need to DO to better YOURSELF. At the end of the day, focusing on the things you need to do to improve your performance will ultimately allow you to performed at a more relaxed state which will lead to better performance.

So don't get so caught up in your numbers or comparing yourself with others, rather YOU focus on the things YOU need to DO to better YOURSELF.

What are 3 things you need to focus on to better yourself:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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## **POSITIVE SELF-TALK AND AFFIRMATION**

Self-talk includes all the dialoged you have with yourself (either internal or out loud). You are what you think! When you talk to yourself, you can either build yourself up or tear yourself down – and this is 100% a decision and something that you have control over. If you want to perform at your best, you need to get in the HABIT of talking to yourself in a positive way that builds your confidence rather than breaks you down. After all, a confident athlete will perform at their best, while a less confident athlete will have self-doubt and never perform to the best of their ability.

How do you develop this habit of talking to yourself in a positive way? Well, you first need to be conscious of how you talk to yourself on a daily basis. Often, we talk to ourselves without much thought – again, we are talking to ourselves in a positive or negative way. Let's start creating those habits of only talking to ourselves in a POSITIVE way.

Start becoming aware of the way that you talk to yourself on a daily basis, especially in competitive events such as training or games, and see if you are being negative or positive. Negative self-talk example could be thinking to yourself, "man that 40 yard dash time was terrible, I'm so slow". Positive self talk after a bad event would look something like, "I know I'm faster than that last 40-yard dash. I picked my head up too early and didn't fully extend on my first step. I'm going to focus on those 2 technique errors and crush my next attempt!"

As soon as you start to get some negative thoughts creeping into your head, I want you to put an end to them immediately and readjust your thinking to be more positive. Come up with a key word or phrase to STOP those negative thoughts and quickly replace them with something POSITIVE.

My key word or phrase to stop my negative thoughts is:

“ \_\_\_\_\_ ”

After you've put a stop to your negative thoughts, I want you to follow it up with a positive affirmation or statement about yourself. An example is, "I'm an explosive athlete with perfect technique that has great focus on the task at hand".

My positive affirmation to get myself back in positive attack mode is:

“ \_\_\_\_\_ ”  
\_\_\_\_\_



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## VISUALIZATION / MENTAL REHEARSAL

Research shows that visualizing yourself performing an event or task successfully can improve performance. However, in order to see this positive improvement, the visualization has to be VIVID and REAL. You must use all your senses when visualizing yourselves dominating the event – you must see, feel, smell, hear everything in your environment. Visualization is a skill; therefore, it will take practice to develop this skill to your full capabilities. Starting TODAY, I want you to start implementing some visualization. How do you do this? Simple just follow the 2 following strategies:

- **YouTube Videos** – I will post some YouTube videos of athletes crushing the combine event for you to view. I want you to study them – not only watch them, but also “feel” their movements as if that were you out there performing
- **Visualize yourself** – find a quiet place to sit/lay down, close your eyes, and take a few deep breaths to calm yourself down and relax. Once relaxed, start visualizing yourself at the combine event, with a crowded environment and you stepping up to each combine event. Go through everything we’ve practiced and visualize yourself (both in 1<sup>st</sup> person and 3<sup>rd</sup> person) setting up and dominating each event with flawless form. What does it look like, how does it feel, smell, sound? This is a great way to end the day as you lay in bed visualize yourself!

Lastly, I want you to go through a mental rehearsal of the combine day from start to finish.

- What time are you waking up, what are you eating for breakfast, what cloths are you wearing, what are you bringing to the combine (shoes, snacks/shakes, etc.)
- Again, visualize yourself going through the warm ups, waiting to perform your specific drill (what will you be doing and thinking about while you wait in line)
- Visualize yourself perfecting each combine drill with perfect technique
- Have a “mental back up plan” in case you have something come up that you didn’t expect or maybe you didn’t perform well on your first attempt. You need this “mental backup plan” to calm down, refocus, and regain your composure. Go through various hypothetical situations and have a planned response set up and ready to go to get you back to focusing on the important things....this is how you go in mentally strong!

## HAVE FUN AND ENJOY THIS EXPERIENCE

Lastly, guys while we always talk about how this is a business trip and that we are going in on a mission – we need to also take a step back and acknowledge all the hard work and preparation you’ve done thus far. You should be proud of all the hard work you’ve put in – I know myself and the rest of the coaching staff at Elite are extremely proud and honored to work with you guys. So let’s also take the time to enjoy this experience and at the end of the day don’t forget that you have a great support system from your family and all of us at Elite.

Now go out there and do your thing!

