

Critical Performance Factors

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- **Football**

1. Explosive hips- In football having flexible hips helps with tackling, running, and cutting. Great defenders punish ball carriers by propelling their body into the ball carrier when driven by their hips. Great running backs and receivers are elusive when they can swiftly cut and change direction by sinking their hips.
2. Vision- Great quarterbacks can see the field and make throws in traffic as well as under pressure. Also good running backs see seams and creases in the defense.
3. Leg Strength- Football is a game of leverage and whoever is lower and has better leg drive wins most battles. Also ball carriers must have strong legs in order to run over other players.
4. Technique- In football the little details make the difference in how you do something. Players which pay attention to technique improve in all areas of the game.
5. Hand strength- In football the best players have strong hands. Lineman block with their hands, d-lineman shed blocks with their hands, Receivers catch with their hands. Having strong hands in all positions is advantageous.
6. Lower back strength- Football is a contact sport. Therefore the place which takes the most impact is the lower back. A stronger lower back will cut down on injuries.