

Q&A with Coach David Deets

Title: Oklahoma State University Assistant Strength and Conditioning Coach

Background: 2000 – Graduate Assistant Oklahoma State University
2001- Head Strength and Conditioning Coach Northwestern State University
2002-2004 – Assistant Strength and Conditioning Coach Texas Christian University
2004 – Present – Assistant Strength and Conditioning Coach Oklahoma State University

Certifications & Honors: Strength and Conditioning Coach Certified (CSCC).

SPC: Summarize philosophy: I believe that everything is based around speed development. When I write a program I start with the running. The weight workout is adjusted to compliment the speed development.

SPC: Has your philosophy changed since you first started? Yes and No. I still use the basic outline but have changed things within the workouts.

SPC: Can speed and agility be significantly improved with training, or are they basically inherent abilities? Yes, running speed is a complex process which is controlled by the brain and nervous system. You have to learn to control the faster movements efficiently.

SPC: Other than strength training and conditioning, what are some other key factors in improving speed and agility? You have to have proper sleep, nutrition and flexibility.

SPC: How important is flexibility in improving speed and agility? Very, the Correct Flexibility and warm up will affect stride length and frequency.

SPC: What is the best way to improve your 40 yard dash time? You have to train to run the forty. It sounds simple I know, but there is more to it than just running a forty over and over again. You have to teach your body to run it right. It is a motor learning process.

SPC: How important is the start? I believe the start is the most important step in running a good forty time. If you can't get in a good stance and fire out you lose the ability to gain speed at a proper rate.

SPC: What is your opinion on “gadgets” such as over speed cords shoots ext.? I love them. I think you have to find a ratio of over speed and resistance that works best for you.

SPC: Can you describe a sample off-season speed and agility program?

Day 1 – Speed

Warm-up

- A. Quiknics
- B. Short sprints
- C. Agility stations

Day 2 – Plyo

Warm-up

- A. Field plyos
- B. Gear changes
- C. Agility stations

Day 3 – Tempo

Warm-up

- A. Focus Runs
- B. Build-Ups
- C. Agility Stations

Day 4- Technique

Warm-up

- A. Wall Runs
- B. Claws
- C. Combine Drills
- D. Timed 60