Strength & Conditioning

UCLA's strength and conditioning program is under the direction of Sal Alosi and his staff. At UCLA, we are fortunate enough to have a strength and conditioning staff dedicatd to the football program. We are able to focus our complete attention towards the team on a daily basis.

FACILITY HIGHLIGHTS
- 10,000 square foot weight room
- 28 Olympic platforms
- 28 Multi-purpose power stations
- 28 Eleiko bar and bumper sets
- 12 Keiser Functional Air Compressor Trainers
- Indoor turf area for jump training

Strength & Conditioning

PYRAMID CONCEPTS
At UCLA, we believe that training for football is a long term process. This process is guided by training methods following a hierarchy and the understanding that there is a sequential order to training. We have developed a systematic approach of training where each student-athlete has norms and goals they must work to pass each year they prepare under our supervision. Each component in our pyramid builds upon the previous one thus preparing our athletes for the physical demands of advancement in our training program. We believe that slow-cooking our athletes at each level of the pyramid, advancing an athlete only after goals have been achieved, is the optimal way to ensure long-term physical success and decreased risk of injury.

STUDENT-ATHLETE ATTITUDE
The base of the pyramid is the most critical in predicting the future success of an individual athlete. At UCLA we believe in identifying student-athletes that possess the physical and mental attributes that we feel will provide long-term success, on and off the field, at our university.

TESTING & EVALUATION
Evaluation is the first step in developing individualized strength & conditioning programs. We understand that each athlete is an individual with their own set of genetics and medical history unique to only themselves. The evaluation process gives our program direction and provides insight into the individual athlete which then allows us to develop an individual program specific to that athlete.

WORK CAPACITY
Establishing the ability to perform work for a prolonged period of time with the ability to recover effectively. Developing efficient work capacity establishes the necessary baseline of training which allows an athlete to develop qualities higher up the pyramid. Once developed, the athlete will be prepared to tolerate the more stressful training that will follow later on in the program.

STRENGTH
Strength builds a foundation for all other athletic qualities. At UCLA, we believe in improving Relative Body Strength. Relative Body Strength is an athlete's muscular strength in relation to his or her own bodyweight. Proper running mechanics require high levels of Relative Muscular Strength. An athlete who is strong for his or her own bodyweight will possess the ability to run faster, jump higher, and move quicker than their weaker counterparts. The stronger the muscles, the more forceful the contractions, the faster the athlete will run, jump, throw and the harder he will hit.

EXPLOSIVE STRENGTH
At UCLA we utilize Olympic lifts, jumps, and medicine ball throws to improve our ability to apply force rapidly. The harder we push against the ground, the faster we run, and the higher we jump. Movements that emphasize explosive strength qualities teaches the athlete to turn large amounts of muscle fibers on & off in a coordinated manner, thus increasing the speed of each contraction.

ELASTIC STRENGTH
As we develop adequate strength in each previous category, the need to react becomes a critical component in transferring general strength gained in training to the playing field. Elastic strength is utilized in all sport movements. At UCLA we utilize dynamic lifts, jumps, and throws to teach our athletes how to absorb and apply forces with rapid muscle contraction.

SPEED
Once an athlete has developed the prerequisite strength at all levels of the pyramid we can begin training HI intensity speed work. At UCLA, we believe that speed training at 95% effort or better must be performed in order to improve an athlete's speed. We understand that the game of football is an acceleration sport, not a top speed sport, therefore we spend a tremendous amount of time improving our athletes ability to accelerate, decelerate, and change direction efficiently.

TRAINING THE INJURED ATHLETE
A well structured, and individualized strength training program will strengthen muscle and connective tissue resulting in fewer injuries. Football is a collision sport and injuries are a part of the game and are impossible to prevent. An athlete's recovery time will be significantly less if he has been properly trained if an injury does occur. We have constant communication with our Sports Medicine Staff and have developed alternative strategies to train through and around any injury in order to expedite return to play.