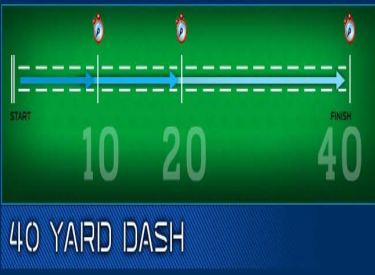

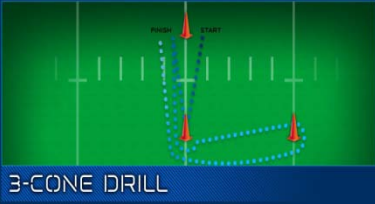



NFL Scouting Combine

The NFL Combine Events:	Event Definition:	What the scouts are looking for:
<p>40-yard dash</p> 	<p>The 40-yard dash is one of the most popular drills at the combine as tenths of a second can greatly affect a player's future.</p> <p>Players are timed in 10, 20, and 40 yard increments to see how quickly you explode off the line and how quickly you reach your top speed.</p>	<p>The 10 and 20-yard times are also key components to scouting a player's speed, particularly those in the skill positions.</p> <p>They time the 10 to see how fast a player can get off the line, if you're a DB, wide receiver or a defensive player that's the closing speed.</p> <p>With the 20, they're looking to see if you have any long speed ... if you build up the speed, or if you remain at one speed.</p>
<p>Bench press</p> 	<p>The bench press, quite simply, is a test of strength.</p>	<p>How many times a player can bench press 225 pounds base on their position?</p>
<p>Three cone drill</p> 	<p>Players start in a three-point stance in front of three cones that are set up in a triangle or L shape. They then sprint five yards to one cone, sprint back to the starting cone, and head back to the second cone where they run around it and cut right to the third cone.</p>	<p>Players are required to bend, pivot and shift their body weight. What they are looking for are players who can shift their feet and move around.</p> <p>How this drill translates on the field is different for each position. The emphasis on the three-cone drill differs team by team. When teams evaluate players, these drills will ultimately matter.</p>

<p>Broad jump</p>  <p>BROAD JUMP</p>	<p>Like the vertical jump, the broad jump is done from a standing position, but this drill measures how far a player can jump by using your whole body.</p>	<p>It's a standardized test of power; basically, it gives them a starting point and something to compare the players to each other.</p> <p>Since they've done it for years, they can also compare prospective players to the players of the past.</p>
<p>Vertical leap</p>  <p>VERTICAL JUMP</p>	<p>Players stand flat-footed in front of a pole that has plastic flags sticking out of it. Players jump from a standing position and try to swat as many of those flags as they can.</p>	<p>Bending your knees and exploding straight up. They're looking for how quickly and explosive the athletes are.</p> <p>The vertical jump is just one component to seeing how skilled athletes are at elevating off the ground from a standstill.</p>
<p>20-yard shuttle</p>  <p>20-YARD SHUTTLE</p>	<p>The player starts in a three-point stance. When the whistle blows, the players run five yards to one side, touching the yard line. They then sprints 10 yards in the other direction and again touch the yard line, at which point they sprint back to the yard line they started from.</p>	<p>The 20-yard shuttle is designed to test lateral speed and coordination.</p> <p>What they're looking for from players is the ability to drop their weight and accelerate quickly.</p>
<p>60-yard shuttle</p>  <p>60-YARD SHUTTLE</p>	<p>The only difference between the 60-yard shuttle and the 20-yard shuttle is that instead of running five yards, 10 yards then five yards, the players run 10 yards to one side, then back 20 yards and then 10 yards to the starting point.</p>	<p>While the 40-yard dash is a fan favorite, NFL scouts also consider the 10 and 20-yard dashes, as well as 20 and 60-yard shuttle runs and cone drills, as measures of a player's agility and speed.</p>

The NFL Combine Misc:

- Position specific drills
- Physical measurements
- NFL team interviews
- The Wonderlic Test
- The Cybex Test
- Injury evaluation



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