



NFL COMBINE & PRO DAY TRAINING PROGRAM

2019



THE PREMIER NFL PROSPECT TRAINING PROGRAM



VERNON BUTLER
1ST ROUND PICK
2016 NFL DRAFT

A photograph of Vernon Butler, a wide receiver, in a starting crouch on a football field. He is wearing a black and neon green Under Armour practice jersey and black pants. The background shows the blue seats of a large stadium.



TRE DAVIOUS WHITE
1ST ROUND PICK
2017 NFL DRAFT



DONTE JACKSON
2ND ROUND PICK
2018 NFL DRAFT

A photograph of Donte Jackson, a wide receiver, in a Carolina Panthers uniform. He is wearing a white helmet with a black face mask, a white jersey with the number 16, and white gloves. He is holding a brown football with his right hand. The background shows the blue seats of a large stadium.

WHY TRACTION

Traction offers the ultimate training experience by integrating the finest team of performance specialists, physical therapists, nutritionists, and orthopedic doctors to meet the needs of each individual athlete in order to maximize performance at the NFL Combine.

- NFL COMBINE PREPARATION TRAINING
- SPEED & STRENGTH DEVELOPMENT
- OPTOJUMP NEXT SPRINT PATTERN DATA
- POSITION-SPECIFIC SKILL DEVELOPMENT
- FILM ANALYSIS
- MENTAL CONDITIONING
- REGENERATION SERVICES
- INJURY REHABILITATION
- SPORTS NUTRITION CONSULTATION
- MEDICAL EVALUATIONS & SCREENING
- PHYSICAL & MASSAGE THERAPY
- FURNISHED HOUSING
- MEALS & SUPPLEMENTATION
- HYDRATION TESTING

*Pricing is based on the selection of services. All services are provided in training packages.

SPEED DEVELOPMENT

Our team of performance specialists will use world-class scientific data analysis to provide each athlete with a custom designed movement skill program. This program will produce phenomenal gains in linear and multi-directional speed by attacking the nervous system that will result in eye popping 40 and shuttle times.

40-YARD DASH TIMES

4.33



JAMAL ADAMS

4.49



DERRIUS GUICE

4.31



DONTE JACKSON

POSITION TRAINING



Our team of position coaches are unparalleled in the industry. They will fully prepare each player for the demands and challenges of their bowl games and their immediate transition into the drills and demands of the Combine and Pro Day process.



DEFENSIVE BACKS

Ryan is the founder of DB Precision - our full service defensive back training program. He is also the lead NFL analyst for ESPN where he is featured regularly on NFL Live, SportsCenter, First Take, Get Up, Stephen A. Smith and many more. Ryan played 13 seasons in the NFL where he won a Super Bowl and was selected to the Pro Bowl. His experience and knowledge is part of the most comprehensive training program in the country for NFL prospects.



RYAN CLARK
DIRECTOR OF FOOTBALL
OPERATIONS



DEFENSIVE LINE

Pete is a legendary defensive line coach. He has coached for more than 39 years at all levels of football including many years in the SEC and NFL. The techniques that Coach Pete developed are still being taught today. Coach has also run one of the country's most prestigious lineman football camps for college players for many years.

-Brendan Daly - Defensive Line Coach - New England Patriots

"Pete is one of the premier defensive line coaches in the history of football at the High School, College, and NFL level. And knows the points of defensive line play inside and out. He is able to train any athlete to play to the very best of his ability."

-Giff Smith - Defensive Line Coach - Los Angeles Chargers

"He's the best. He excels in breaking down the techniques of D-line play vs. run & pass. He has a unique style where players can understand and apply it to the field."

- Andy Reid - Former Eagles and current Chiefs Head Coach

"Pete had phenomenal years here. He came in and did a heck of a job with our defensive line. He is leaving here with a better D-line than when he arrived, and that is a tribute to the coach."

- Jim Johnson, a 26 year highly respected NFL defensive coordinator
Wrote an email to Coach Pete saying, "I appreciate what you did with the Eagles defensive line. There is not a better technique line in the NFL today. You should take great pride in that."



PETE JENKINS
DEFENSIVE LINE
SPECIALIST

LEADERSHIP

Mack is the CEO of Traction Sports. After 15 years of preparing collegiate athletes for the NFL Combine, Mack has integrated the finest team of performance specialists, position coaches, physical therapists, and nutritionists to provide the ultimate Combine Pro Day training system.

“We provide the best training team in the industry. Our team is here all year preparing for this program and will be in the trenches everyday with these guys. Just like any other great team in the world, we have the best coaching staff that the industry has to offer which creates outstanding results. That is why we have and will continue to be successful.”

MACK CHUILLI
FOUNDER, PES, CSCS



SPORTS THERAPY

Our team of orthopedic doctors, physical therapists, massage therapists, athletic trainers, and specialists will provide a fully customized rehabilitation program for each athlete based on the results of an initial full-body musculoskeletal evaluation. This rehabilitation and regeneration program will focus on personalized daily treatment including injury recovery and prevention protocol.



NUTRITION

A close-up photograph of a chef's hands plating food in a professional kitchen. The chef is wearing a black long-sleeved shirt with a red stripe on the sleeve and a silver metal watch on their left wrist. They are using a knife to place a piece of food onto a white plate. Several other white plates with food are visible in the foreground and background. The background is slightly blurred, showing kitchen equipment and a bright light source.

Nutrition is the foundation for our combine program. Our team of nutritionists will provide each athlete with a customized meal plan based on an initial consultation. Daily meals and supplements will be provided based on the goals of the athlete and our InBody analysis. Athletes will be provided with the proper fuel to blow away their training sessions.

FACILITY



Our 45-acre facility is equipped with the latest scientific-based training equipment and was developed solely for the athlete. Each area is strategically designed to optimize training and utilize all the tools an athlete needs in one place.

- 20,000 square foot performance center
- 7,500 square foot weight room
- 30 yard x 25 yard indoor turf field
- multiple lighted outdoor fields
- recovery and regeneration room
- conference and film rooms
- players lounge

NFL COMBINE PRICING (JAN.7-FEB.22)

6-WEEK PROGRAM - \$8995.00

- COMBINE SPEED TRAINING
- COMBINE STRENGTH TRAINING
- COMBINE POSITION COACHING
- PHYSICAL THERAPY SERVICES
- REGENERATION SERVICES
- NUTRITION CONSULTATION
- DESIGNED MEAL PLAN
- PRE & POST WORKOUT SUPPLEMENTATION

ADDITIONAL SERVICES

- HOUSING - CONTACT FOR CUSTOM PRICES
- MEAL SERVICE - CONTACT FOR CUSTOM PRICES
- RENTAL CAR - CONTACT FOR CUSTOM PRICES

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