

Resources for Coaches

Click Below for links:

Twitter - [@Coachjtayers](#)

Email - Coachjtayers@gmail.com

Website - www.coachayers.com

Team Website - www.trabucotrack.com

Podcast - [On Track and Field](#)

CoachTube Video Series is 50% off. That is the best I could do with that platform. Email me if it is not. (for video series - leave a review. Let me know what you think)

Presentations:

- I. [Leadership Training](#) Document
- II. [Creating a Program and Culture of Excellence](#) Presentation
- III. [300m Hurdles race plan Video Series](#)
 - A. Email for 300m Hurdle Race plan pdf. I'll send it for free.
- IV. [4x100 Race Theory Video Series](#)
- V. [RPR Website](#) (worth every penny!!!)
 - A. Check Sheet for RPR Level One (see below)

RPR WAKE UP DRILLS

ZONE 1

Superman Belly Breathing (hands above hips below ribs. no chest)

Rotation Reset (partner)

Diaphragm Reset (inverted Y)

Psoas Reset (belly button)

Glute Reset (Base of skull rub to ear lobes. Painful)

ZONE 2 and 3

Quads (saw body in half & trace abductor to VMO on the leg)

Hamstring (1st knuckle, rub bump above butt then down butt bone)

Hips (on top of hips. Up & down front to around to back on the hip bone)

Calves (2 fingers 45 degree to ribs. in middle find hot spot. Then on Back)

Lats (hands at first rib, walk thumb up, rub between rib 2-3)

Abs (karate chop up/down 3 times, rub up/down until hot)

Shoulders (Claw ribs, thumb up/down making U around Peck)

Rotator Cuff (Saw at tank top line, cut sleeves)

*Scream (diaphragm reset)

REFLEXIVE
PERFORMANCE
RESET

RPR

WAKE UP DRILLS™



ZONE 1

- Diaphragm
- Psoas
- Glutes

ZONE 2

- Hamstring
- Quadricep
- Lateral Sling
- Rotation
- Abdominals

ZONE 3

- Lat
- Calf
- Neck
- Rotator Cuff
- Shoulder



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