



## TRAINING THROUGH SWEAT... AND STUDY

It is undeniable that players in the NFL must keep their bodies in peak condition through countless hours in the gym and on the field, but keeping up with the physical requirements of the sport only takes care of half of the preparation.

When it comes to tasting victory on game day, players have to be on the ball in the class room as well as in the weight room.

Super Bowl XLI MVP and Colts quarterback **PEYTON MANNING** is known for his cerebral approach to his position. Manning's knowledge of the playbook as well as his ability to recognize and adjust to variable defensive setups has greatly contributed to his success, but not without tremendous discipline off the field.

"I study every angle and get into very specific detail – the throws to the right, throws to the left," Manning says. "I study the sack tape, study the interception tape, study the touchdown tape. You really try to break it down very specifically and realize what things you did well, what things you can do better on."

Given the increasing competitiveness in the NFL, it's no wonder that teams around the league are putting more muscle into their mental prep.

Here is how five players and coaches prepare for game day:

PLAYER/COACH	PREPARATION
<b>GARY BRACKETT</b> Indianapolis LB	"During the week, my off-the-field preparation consists of a lot of film study. I try to watch the last couple of games the opponent played and see if I can notice any tendencies from the players and the things they like to do. I'm just trying to get a gauge for their speed and how they react to different things on the field. There's a lot of work in the classroom."
<b>TERRY COUSIN</b> Jacksonville CB	"I'm thinking about the upcoming game that Tuesday. I come in and get treatment and then go in and watch film not even knowing our game plan, but I know our coverages and I can apply that to what the opponent is doing. Even though we have Tuesday off, preparation really starts Tuesday instead of Wednesday morning."
<b>TRENT GREEN</b> Miami QB	"I start watching tape on Tuesday, the players' off day. During the rest of the week, from Wednesday through Friday, after spending the day at the training facility, I'll go home to spend some time with my family. After the kids go to bed, I'll watch a few more hours of tape."
<b>AL HARRIS</b> Green Bay CB	"Preparation is very important because games only last a few hours, but you're preparing for those few hours all the way through the week. I look at it like we're playing a game every single day so that when it comes time to play the real game, you're already expecting what's going to happen and you know what's going to happen."
<b>REX RYAN</b> Baltimore Defensive Coordinator	"I spend about 40 hours watching film during the week. We want to put our players in the best position to be successful, and we'll put in as much time as we need in order to do that. It gives our players peace of mind knowing the coaches have done our homework too. By game day, we're ready to go, knowing we have done our best to prepare all week long."

