



NX Level Football Training & Combine

The NX Level Training replicates exactly all the tests and position-specific drills the athlete will face during a collegiate or NFL combine. The goal is to be extremely prepared to master the tests and leave a lasting impression when it counts.

NX Level's training approach has helped many athletes obtain their ultimate goal of playing at the collegiate or NFL Level.

Combine Training – Waukesha Facility - 12-14 years old 8 am - 9:30 am; 15-18 years old 9:30 am- 11 am

Week 1 – Saturday, February 6 - 40 yard Dash

Week 2 – Saturday, February 13 - Vertical Jump

Week 3 – Saturday, February 20 – Long Jump

Week 4 – Saturday, February 27 – Short Shuttle

Week 5 – Saturday, March 6 – Bench Press

Week 6 – Saturday, March 13 – Mock Combine

Combine Testing – Sunday, March 21 – Hartland Facility – 9 am

10/40 Yard Dash:

- 2 Attempts Per Athlete
- Timed on First Movement
- No Movement Starts (rolling)

Vertical Jump:

- 2 Attempts Per Athlete
- Static Start – No Step

Broad Jump:

- 2 Attempts Per Athlete
- Broad Jump - Feet Must Be Behind Line

Pro Agility Shuttle:

- 2 Attempts Per Athlete

Bench Press:

- Athletes bench 185 pounds as many as possible

3-Cone Drill

- 2 Attempts Per Athlete

NX Level

Waukesha Location

W229 N1687 Westwood Dr
Waukesha, WI 53187
Phone: (262) 522-7888

Hartland Location

1055 Cottonwood Ave
Hartland, WI 53029
Phone: (262) 369-8888

info@nxlevelathletics.com

www.nxlevelathletics.com

Training Cost: \$185 per athlete (pro-rated if unable to make all training dates) – register with NX Level

Combine Cost: \$60 – register at www.sportsweave.com/combines/index.html

Option: Combine Video for Recruitment Usage – Additional \$125 – register with NX Level