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## Best at home workouts for football players

Pexels/Pixabay In the National Football League (NFL), each team has 53 players on its roster. Only 46 of those players can dress in uniform and play in a game. Injuries, ability and personal situations may impact who is part of the 46-man roster each week.Practice Squads Each NFL team can also have a practice squad made up of 10 players. Practice squad players can only workout with the team during practices. They are unable to play in regulation games. The team pays practice squad players weekly, does not sign them to long-term contracts and can release them at any time. If a practice squad player is released, he's free to sign on with another team's practice squad or even join that team's roster. Injury Reserve If a player is injured at the beginning of the season and can't play, a team can place him on the injury reserve list. Players on the list don't count as part of the 53-man roster. While they take part in team activities, they can't play in games or practice throughout the year. However, a rule put into place in 2017 allows two players from each team's injury reserve list to rejoin the team after eight weeks of season play. Physically Unable to Perform NFL teams also have a list for players who are physically unable to perform. This list contains players who aren't eligible to play at the end of preseason but who want to stay on the team. They can rejoin the team after six weeks of regular season play. Placing a player on this list frees up a spot on the regular 53-man roster, but it allows the player to join the team again during the regular season. How Many Players on the Field During an NFL Game? During an NFL game, only 11 players from a team can be on the field at once. Depending on what's going on during the game, the 11 players may be part of the offense, part of the defense or part of special teams. The offensive players attempt to score points for the team. The defensive players attempt to block the other team from scoring. Special teams comes out for field goals, punts and punt returns. Too Many Men on the Field Penalty If a team has too many men on the field, they'll receive a penalty. This penalty can happen if a team is pulling one player out and putting another in, but the player coming out of the game doesn't get off the field before the snap. It can also happen if more than 11 players join a huddle or extra players line up for play formation. How Many Players on a College Football Team? College football teams have a little more freedom when it comes to adding players to their teams. NCAA schools have a limit of 125 active players at any given time. That said, most teams have about 60 to 70 players with many others, especially freshmen and sophomores, working to make the team in the years to come. How Many Players on the Field During College Play? Like the NFL, only 11 players can be on the field during gameplay. Unlike the NFL, college teams don't have to report injuries or place players on lists, such as the injury reserve. MORE FROM REFERENCE.COM Photo Courtesy: electravk/Getty Images With shelter-in-place measures in place and wide-spread gym closures sweeping the country as a result of the COVID-19 pandemic, many have turned to online workout classes. And, after nearly a year at home, we've learned that getting some movement in — even over Zoom — can be beneficial to the mind and body. However, even though online classes and virtual gyms are the safest way to exercise with a group or instructor right now, there are some drawbacks. One of the most obvious? It's difficult for instructors to correct their students' form over Zoom. Unfortunately, poor form can lead to injuries, which is why using a mirror while working out can be immensely beneficial, especially if you're practicing yoga, pilates, boxing or any other mat-based exercise regimen. Home Workout Mirrors Help You Nail Your Form Gyms and other workout studios often have walls of mirrors, and the purpose remains the same: perfecting your technique and form. If you need to make corrections, you can see that change that needs to happen more easily. In fact, watching yourself during exercise can also help you understand which muscles you're using, making for more effective workouts. Photo Courtesy: VisualCommunications/Getty Images For mat-based workouts like yoga, proper form is crucial. While you're watching your instructor, be sure to check your own form and alignment in a mirror. Sure, a small Zoom square can be a good jumping off point, but seeing your entire body and how it's positioned while you're exercising can make you more mindful. Even outside of class, you might be able to more easily recognize slouching or bad posture, for example. Research backs this up: External focus — focusing on your movements in an external environment — lends itself to better workout performance. A mirror aids external focus because it gives you a third-person view of yourself; often, there's a disconnect between how you think you're performing movements and how you're actually performing them. On the other hand, internal focus — focusing on how your body and muscles are moving — is not as great for workout performance, at least not in a technical sense. However, internal focus during workouts does offer some more subtle benefits: You become aware of things like your muscle tension and breathing. While a mirror may not help correct these elements as easily, catching yourself not breathing properly or looking tense can help you identify areas that need attention or improvement. A Home Workout Mirror Can Prevent Injuries Exhibiting incorrect form and alignment while working out can lead to serious injuries, especially if you're consistently performing movements incorrectly. In fact, even the subtlest misalignments can cause injury. When using a mirror, you'll learn what proper form looks like — from all angles. Catching yourself mid-movement and making those adjustments can save you a lot of pain in the long run. Photo Courtesy: Tony Anderson/Getty Images What Kind of Mirror Should You Get for Your Home Workout Studio? The key here is picking a mirror that allows you to see your entire body. A full-length, or full-body, mirror can be hung or, if you need something more portable, leaned against the wall. If your at-home workout space allows for multiple mirrors, go for it. After all, seeing your full range of motions can be made that much more difficult when you're trying to position yourself in front of a smaller mirror. Photo Courtesy: getthemirror/Twitter While a regular old mirror from Target or Amazon will work wonders, a new trend has taken hold, especially over the last year: high-tech fitness mirrors. Like the Peloton of mirrors. Sort of. Although these look like standard, full-length mirrors, they become personal trainers at the push of a button. Essentially, a fitness mirror is a way to catch your reflection, a computer screen and a camera — all in one. Whether you want to access a recorded workout regimen or stream a live workout, all you need is one of these high-tech mirrors. Best of all, these fitness mirrors allow you to watch your trainer and yourself at the same time without having to look in several different directions throughout the workout. Additionally, these mirrors allow your trainer to see your movements more closely, making feedback about alignment, form and technique easier. It's really the next best thing to going to an in-person fitness class. The one con? The most popular high-tech fitness mirrors on the market, like Mirror, Tempo Studio, and NordiTrack VAULT Fitness Mirror, require a subscription on top of the price of the equipment. That subscription allows you to access personal trainers and classes, so it might be worth the investment if accountability is important to you — and if you have a higher budget. If not, a good, old-fashioned mirror will do the trick and help you get the most out of your at-home workouts. Resource Links: "The Effects of Either a Mirror, Internal or External Focus Instructions on Single and Multi-Joint Tasks" via Plos One How to Avoid Injury When Exercising at Home via AARP MORE FROM SYMPTOMFIND.COM Skip to main content AdvertisingPublished: Nov 18, 2015 at 05:54 AMIn my many years as a certified strength and conditioning specialist, I've had the opportunity to take advantage of some of the world's finest sports performance technology and equipment.While much of the advances in strength and conditioning equipment have dramatically improved current athlete's strength, speed and agility, there are still basic bodyweight movement exercises that can improve an athlete's performance. Bigger and more expensive is not always better.This article will focus on five bodyweight resistance exercises that will train the entire body. No membership, travel or fancy equipment is needed for these exercises.An "oldie but a goodie." This exercise, when performed correctly - with the elbows close to the trunk and no arching of the lower back - is a great upper body and core strengthening exercise. To build increased muscles size, perform four to five sets of 15 reps. If power is desired, more weight than your body might be needed, so a weighted vest may be used to increase the intensity of the movement. To improve power, three to four sets of five to six reps is the target. There should be total fatigue at the fifth or sixth rep. If there is not, increased intensity/weight will be needed.This exercise may look easy to execute, but it is a challenge for your hip muscles. This exercise targets the hip muscles that assist in lateral speed and agility. To perform this drill, lie on one side and separate the legs from each other (about a foot). Then, only using the lower forearm that is in contact with the ground for support, lift the hip off the ground and rise up as high as possible. Then return back down to the floor in a slow, rhythmic fashion. Furthermore, maintain the one-foot distance between the legs consistent throughout the entire movement. Perform three sets of 10 reps on each side.3. Matrix Multi-Angle LungesThe matrix multi-angle lunge is a combination of three different lunges. This exercise will strengthen the leg muscles to help improve movements in all directions. First is a lunge to the front, then to the side and then lunge backwards as if you're turning to chase someone. Perform six lunges in each direction for three sets. If bodyweight is too easy, grab some dumbbells or use a weight vest.This drill will develop leg power to help improve speed on the field. Begin by standing on one leg in front of a sturdy chair then slowly lower the hips down to the seat of the chair. Gently touch the chair with the hips and then return back to the starting standing position. Attempt three sets of eight reps.This exercise will strengthen the triceps, which are critical in football because they assist in blocking, throwing and many other fundamental skills. In this exercise, start with your hands on the chair, knees bent and feet on the ground. Gradually lower the body down toward the floor while bending the elbows. Then, while pushing into the chair, return back to the starting position. Attempt three sets of 10 reps.Bodyweight exercises are an excellent way to safely and effectively strengthen your muscles. Many times, being able to control one's own bodyweight first before going to traditional weights is one of the most important foundational steps in a proper strength program.Even though "well-adorned" workout facilities are full of equipment, do not forget the best original strength building equipment is your own body.- Brett Fischer is the owner/founder of the Fischer Institute in Phoenix, Ariz. He is a licensed physical therapist, certified athletic trainer, certified strength and conditioning specialist and a certified dry needling provider. He has worked with the University of Florida, New York Jets, PGA & Senior PGA Tour and the Chicago Cubs.\*Looking to get fit? Check out NFL Up! for workouts and tips and the NFL Up! Instagram feed for quick images and videos. \*This article has been reproduced in a new format and may be missing content or contain faulty links. Please use the Contact Us link in our site footer to report an issue. 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