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Conditioning
Manual

Alabama Football Strength And Conditioning Manual

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**Alabama Football
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The surprise
announcement of Head
Strength and
Conditioning coach,

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Scott Cochran to
Georgia after 13
exceptional seasons
sent Alabama football
fans into an
uncontrollable and
painful tailspin. An...

**Alabama Football:
Strength and
Conditioning
Program ...**

He has worked as a
football strength and
conditioning coach for
13 years -- NFL
Combine training for

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five, high school
football for five and
college for three, with
Alabama now being his
third. --...

Get to know

Alabama's new S&C duo of David Ballou, Dr ...

Jeremy Pruitt has added another staffer with Alabama ties to his staff at Tennessee. Pruitt has hired Kindal Moorehead as an assistant strength and

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conditioning coach,
AL.com has confirmed.
The...

**Tennessee hires
strength and
conditioning staffer
from Alabama**

Alabama opens the doors on its new Sports Science Center, another innovative step towards nutrition and conditioning for athletes. With its opening, the program will also see some new

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faces leading...

**Alabama Crimson
Tide football
strength coaching:
Rhea and ...**

Alabama announced the hiring of David Ballou and Dr. Matt Rhea from Indiana in early March. However, until now, Crimson Tide fans haven't had a chance to meet the two new strength and conditioning directors. That changed

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Wednesday night. as
Alabama football
released a video on its
Instagram page
entitled “ Meet The
Strength Staff: Part
One.

Meet the strength staff: Alabama football releases video ...

Saban was suddenly
faced with replacing
not only a strength and
conditioning coach but
one of the figures that

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represented the
relentless attitude
we've come to expect
from Alabama football.
After...

**Alabama hires
Indiana strength
coach as
replacement for ...**

In losing Scott Cochran,
Alabama is on its
search for a new
Director of Strength
and Conditioning for its
football program. While
a ton of big-named

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candidates are floating around in the rumor mill, there is one name that would make a seamless transition and keep the “Bama factor” intact.

**Alabama's new
Strength and
Conditioning coach
may be right ...**

Alabama has moved quickly in replacing longtime strength and conditioning coach

Scott Cochran by

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reaching an agreement with Indiana's David Ballou, it was announced Tuesday. Cochran, who had been...

David Ballou replaces Scott Cochran as Alabama strength coach

It's a little past 6:30 a.m. on the green practice fields of the University of Alabama, and the assistant athletic director for

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strength and
conditioning is a walkin
g-talking-bouncing
verb of a man...

**The Bama Muscle
Factory**

Assistant Strength and
Conditioning Coach
(Football)

205-348-3600

205-348-3600 Student-
Athlete Enhancement -
Box 870357,
Tuscaloosa, AL 35487 -
(P) 348-3359

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**Staff Directory -
University of
Alabama Athletics**

Facing arguably the most important coaching hire of his tenure, Nick Saban's pending replacement for strength and conditioning coach Scott Cochran will be tasked with maintaining a college football...

**Replacing Scott
Cochran: Alabama's**

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Strength And

potential strength ...

Cedric Mason -

Touchdown Alabama

Magazinec Alabama

football is about to

usher in a new era of

strength and

conditioning, as the

program is expected to

have the tandem of

David Ballou and Dr.

Matt Rhea join the

staff. Multiple outlets

have sourced that Nick

Saban's search for

Scott Cochran's

replacement kept

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coming back to Ballou of Indiana.

What Alabama is getting in David Ballou at strength coach?

Alabama has started summer workouts much like every team in the SEC. The NCAA allowed football teams to have organized workouts starting July 13 ahead of fall camp, which is scheduled to start.

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**Alabama strength
and conditioning
coach singles out ...**

The University of Alabama football offseason was shook up Monday with the players told that strength and conditioning coach Scott Cochran is leaving the Crimson Tide. Cochran is heading to Georgia...

Scott Cochran
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**Leaving Alabama for
Georgia**

There is rumored

interest in Feld from

the Alabama Crimson

Tide, according to Jon

Wilner of the Pac-12

hotline newsletter, who

just lost their Strength

and Conditioning

Coordinator Scott

Cochran to the Georgia

Bulldogs. BREAKING:

Longtime #Alabama

strength coach Scott

Cochran is expected to

join the #UGA

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coaching staff, as an
on the field coach.

**Alabama reportedly
targeting Oregon
Strength and ...**

Chris Low ESPN Senior
Writer Scott Cochran,
who had been
Alabama's head
strength and
conditioning coach
under Nick Saban since
Saban arrived in
Tuscaloosa in 2007, is
leaving to take a job
at...

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**Alabama strength
coach Scott Cochran
to run special teams**

...

The fiery Scott Cochran has been the strength and conditioning coach for Alabama football during the entire Saban era. Here's why he's so damn valuable.

Alabama football is the colossus of college...

**Meet Scott Cochran,
The Architect Behind**

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Alabama Football ...

Alabama football has replaced a Head Strength and

Conditioning Coach

with a Director of Sports Performance

and Director of

Performance Science.

In officially announcing

David Ballou and Dr.

Matt...

Alabama football

hires strength coach

- Sports ...

Georgia announced

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Monday that Scott Cochran, who has been in charge of Alabama's strength and conditioning program since coach Nick Saban took over the Crimson Tide program in 2007, is joining...

Georgia hires longtime Alabama strength coach Scott

...

Indiana strength and conditioning coach David Ballou is one of

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the most respected
coaches in America.
That's why Nick Saban
went after him so hard
at Alabama.

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