

Performance Compound Trainer Reveals Secrets to Building Sammy Watkins' Game-Breaking Speed

Sean Sweeney - complex.com

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Buffalo Bills fans have been waiting a long time for Sammy Watkins. The wide receiver didn't officially become a pro until going No. 4 overall in the 2014 NFL Draft. Yet now that he's here, the former Clemson star has 15 years to make up for. Hall-of-Fame wideout Andre Reed left the Bills after the 1999 season and the organization has been searching for a replacement ever since.

However, Watkins has actually been so good in training camp that Reed comparisons might not be enough. Try Randy Moss instead. With a devastating combination of size (6-1), speed (unofficial 4.34 40-yard dash), hands, and results (ACC-leading 1,464 receiving yards and 12 touchdowns last year, with seven of those coming on plays of 40 yards or more), Watkins is considered a favorite for the Offensive Rookie of the Year award. Analysts are speaking of him as if he's already an All-Pro.

In preparation for his first season, Watkins trained with Jason Riley of Performance Compound, where they focused on improving the receiver's already blinding speed. We recently caught up with Riley to talk about how they maximized the receiver's power in his first few steps, and what makes Watkins different than any other rookie wide receiver.

Interview by Sean Sweeney (@SEANesweeney)

What are some staples of Sammy's offseason speed workouts?

Sammy's speed workouts consisted of one day dedicated to acceleration mechanics, one day dedicated to change of direction mechanics and one day is dedicated to routes and conditioning components. Some of the staples were sled and bullet belt acceleration runs. With these drills, we are really trying to maximize rate of force production into the ground, as well as maximize direction of force through a full range of motion, therefore,