



COMBINE PREP TRAINING | 2024

COREY TAYLOR



SPORTS
PERFORMANCE

RUSS YEAST
Los Angeles Rams



COACH COREY TAYLOR

(BA, USAW, TPI Level2, TPI JR Level2, YSAS)



**SPORTS
PERFORMANCE**



Corey is a nationally recognized performance coach, motivator, personal trainer, speaker, and founder of Corey Taylor Sports Performance in Louisville, Kentucky. CTSP offers the most comprehensive performance enhancement training in the region; including movement training, injury prevention, linear and lateral speed development, foot speed and agility, explosive power development, proper strength training techniques, sport specific conditioning, nutritional programs and recovery strategies.

In 2007, Corey Taylor founded Corey Taylor Sports Performance, a facility with a unique culture where athletes come to maximize all aspects of sport performance through Mindset and Athlete Development. Corey Taylor is renowned for his NFL Training Program by taking guys who aren't necessarily on the radar of NFL teams and putting them there.

NFL prospects will be pushed to a new level, both mentally and physically to help them reach their goal of signing with a NFL team. He has trained thousands of athletes of all ages and abilities, including hundreds of professional athletes in the NFL, PGA, MLS, MLB, UFC and Olympic Gold Medalists. He has been a national and international presenter for the leading organizations in the performance field.

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OUR FACILITY

CTSP HAS A STATE-OF-THE-ART 15,000 SQ. FOOT TRAINING FACILITY.



A 22,500 SQ. FOOT TURF FIELD THAT OFFERS THE ABILITY TO FOCUS ON POSITION SPECIFIC DRILLS, 10 AND 20 YARD SPRINTS, 40-YARD DASH AND OTHER SPECIFIC USE.



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OUR RESULTS

SINCE 2009 our NFL combine prep program has amassed some amazing results. Our results speak for themselves and we believe our small class sizes has been a big part of the formula of our success over the years.

AVERAGE COMBINE RESULTS:

- 0.2 second decrease in the 40
- 4 inch increase in the vertical jump
- 0.4 decrease in the L-cone and 5-10-5
- 30% increase in foot speed
- 50% recovery rate - allowing you to recover faster at the combine and pro day



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"GREATNESS IS A MINDSET"

CTSP HAS THE COMPREHENSIVE,
CUSTOMIZED TRAINING EXPERIENCE
CTSP HAS THE COMPREHENSIVE,
CUSTOMIZED TRAINING EXPERIENCE
THAT YOU WILL NEED TO MAKE
THE MOST OF YOUR
NFL COMBINE PREPARATION.
ARIZONA, FLORIDA AND CALIFORNIA
ARE GREAT PLACES TO TRAIN.
ARIZONA, FLORIDA AND CALIFORNIA
ARE GREAT PLACES TO TRAIN,
BUT YOU ARE NOT TRAINING
FOR THE BEACH!

CTSP offers the most intense and disciplined NFL combine preparation program in the Southeast. The number one goal is to prepare our athletes both physically and mentally for what lies ahead of them.

CTSP believes in QUALITY of results over QUANTITY of athletes - To reflect this philosophy we limit the number of athletes in our program to 6-8 players to provide a more individualized experience and 100% satisfaction. Training a lot of athletes and having a few good results is easy, we strive and accomplish for 100% satisfaction and limit the amount of athletes. We do this by maximizing each and every hour of our training sessions. Optimizing the athletes' mental toughness, confidence, and focus is equally important when preparing for the NFL combine / Pro day.

Lastly, we understand that there is a difference between being an athlete and being a complete football player. There will be a sincere focus on position-specific movements and drills making sure our athletes are completely prepared for everything the combine / pro day throws your way.



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SCHEDULE



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Training Schedule Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Breakfast at Hotel/ Apartment	Breakfast at Hotel/ Apartment	Sleep-in	Breakfast at Hotel/ Apartment	Breakfast at Hotel/ Apartment	Sleep-in
8:00	dynamic warm up / joint integrity	dynamic warm up / joint integrity	Breakfast at Hotel/ Apartment	dynamic warm up / joint integrity	dynamic warm up / joint integrity	Breakfast at Hotel/ Apartment
8:30	40 workouts Linear Acceleration with emphasis on 10 and 20 yard sprints	Agility Training with emphasis on 5-10-5 and L-Drill		Top End Speed Development 10-yard Dash	Multi-directional with emphasis on position specific work and fine- tune 5-10-5 and L-Drill	
		Position Specific Work				
9:30	Cool Down: Foam Rolling, Myofascial Release	Cool Down: Foam Rolling, Myofascial Release	Mental Coaching	Cool Down: Foam Rolling, Myofascial Release	Cool Down: Foam Rolling, Myofascial Release	Active Recovery
	Supplements & Recovery Shake	Supplements & Recovery Shake	Video Analysis	Supplements & Recovery Shake	Supplements & Recovery Shake	Additional Weight Room Work
11:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	
1:00	Resistance Training: emphasis on lower body strength and power	Resistance Training: emphasis on upper body with special focus on 225 bench	Recovery Therapy Individual specific	Resistance Training: emphasis on speed and power and lower body strength	Resistance Training: emphasis on upper body with special focus on 225 bench	

* Schedule subject to change



~ George Odum, SanFrancisco 49ers

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COMBINE TRAINING

- 🛡 Acceleration for great 10s and 20s times
- 🛡 Top end Speed to have blazing fast 40 times
- 🛡 Explosiveness for Vertical and Broad Jump measures
- 🛡 Agility for position specific drills exactly how they run them at Indy and mastering the 5-10-5 and L drill
- 🛡 Strength and Strength Endurance for maximum 225 reps on the bench
- 🛡 Interview and Psychological testing preparation
- 🛡 Mentorship with former NFL players on position specific drills
- 🛡 Wonderlic testing preparation
- 🛡 Speed and Power drills designed to enhance position specific movements
- 🛡 Positional workouts to help dial in technique to allow for better on the field transfer
- 🛡 Metabolic Conditioning specific per your position. The goal is to individualize your conditioning to show your best in position drills at the NFL Combine
- 🛡 Recovery and Regeneration daily and weekly strategies are set aside to help aid in the recovery process. Corrective exercises, myofascial maintenance strategies, active isolated mobility and MAT (muscle activate techniques) for regeneration and neuromuscular reset



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GOING THE EXTRA MILE

CTSP offer the “total package”...
for athletes training for the
NFL combine.

Our package includes physical training
and technical instruction to improve
speed, strength, and body composition;
as well as the critical components of
chiropractic, massage, and a nutritional
plan to enhance our athlete's
overall performance.

CTSP has partnered with
Active Health to provide
services to our Combine athletes.

~ Brandon Dunn, Houston Texans



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CHIROPRACTIC



MASSAGE



NUTRITION

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COMBINE PREP PACKAGES

Package Includes

- Combine Speed and Strength Training with Pro Level Coaches
- Linear Speed Development
- Running Mechanics & Technique
- Position Specific Technique Work
- Multi-Directional Speed & Agility
- Individualize Strength Training Program
- Supplement allotment

Additional Services

Meal Plans are Available

Nutrition Counseling

- A) Base Nutrition Package (2 hours)
- B) Comprehensive Nutrition Package (4 hours)

Massage Therapy

6 weeks (1 time a week)

Chiropractor (priced on individual basis)

All services based on per hour or per unit

Therapy Services (priced on individual basis)

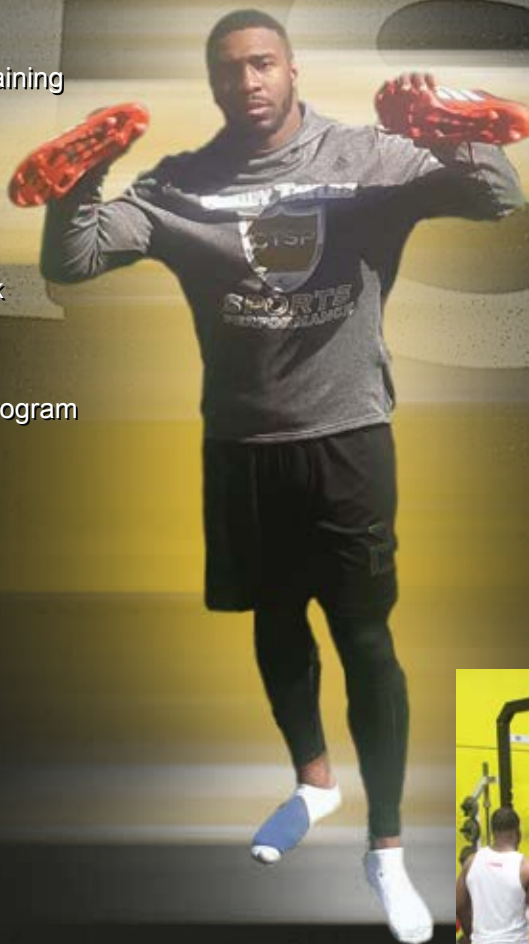
All services based on per hour or per unit

Housing

Special rates available



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COMBINE PREP



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Payment/Enrollment Policy:

- All training will be booked on a “first come, first serve” basis. Packages will expire after scheduled weeks regardless if athlete has not attended all workouts, no exceptions. Further training will require additional payment.
- Guaranteed reservations can be arranged for those who “Pay In Full” in advance.
- All payments for services must be received in advance prior to receiving training and/or services.
- Payment for sports medicine services will be handled separately from those services provided by CTSP and its contracted consultants. For more information regarding our program or specific questions regarding your situation, please use the following information to contact Corey Taylor directly at CTSP.



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RATES

& SERVICES

THE CTSP COMBINE PREPARATION IS LIMITED TO 8 PLAYERS EACH YEAR. THIS ALLOWS A QUALITY OVER QUANTITY APPROACH THAT VERY FEW ELITE TRAINING FACILITIES OFFER. THIS EXCLUSIVE TRAINING ALLOWS PLAYERS TO NOT ONLY GAIN A PHYSICAL EDGE BUT PREPARE THEMSELVES MENTALLY TO **ATTACK THE NFL.**



Services Include:

- Simulated Combine Drills
- Linear Speed Development
- Running Mechanics & Technique
- Agility Training
- Position-Specific Technique Work
- Nutritional Consultation
- Individualized strength training program
- Chiropractic Care
- Pre/Post workout nutrition
- Massage Therapy
- Yoga & Pilates Classes

Additional services are available. A minimum of 4 weeks must be purchased to qualify for the program.

COREY TAYLOR SPORTS PERFORMANCE

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Corey Taylor
Sports Performance



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LOUISVILLE, KENTUCKY

Louisville is southeasterly situated along the border between Kentucky and Indiana, the Ohio River, in north-central Kentucky at the Falls of the Ohio. Although situated in a Southern state, Louisville is influenced by both Southern and Midwestern culture, making it one of the friendliest and diverse cities in the region. Today the city is known as the home of the Kentucky Derby, Kentucky Fried Chicken, the University of Louisville and it's Louisville Cardinals athletic teams, Louisville Slugger baseball bats, and three of Kentucky's six Fortune 500 companies. Known as the bourbon capital of the world, 95% of the world's bourbon supply is distilled in this area. During your free time, you can explore the 122 city parks that Louisville Metro has to offer. Louisville has a lot to boast to be your host for performance training.

Louisville has a rich sporting history, or as Tiger Woods put it, "These people are sports fanatics. This is a great sporting town." The city of Louisville has seven professional and semi-professional sports teams, but no major league team. College sports are very popular in the Louisville area, especially college basketball. The city is also host to many annual sporting events; like Ironman Louisville and the UCI Cyclo-Cross World Championship. Any way you look at it, Louisville participates and appreciates sport and the active lifestyle.



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