

Speed and Agility Drills

Tom Shaw, renowned Pro NFL trainer

Tom Shaw knows the need for speed in the NFL. As a renowned speed and conditioning coach for the New England Patriots, his SPARQ philosophy -- Speed, Power, Agility, Reaction and Quickness – helped earn the Patriot’s three Superbowl rings. Tom Brady calls him, “the best in the business.” Today, Shaw is in Florida putting massive guys through grueling drills to make them more powerful and explosive so they can impress at the NFL combine—as well as training high school players. He trains more than 45 football players from the NFL and NCAA.

Shaw earned a Master's degree in exercise science at Central Michigan University where he also competed on the track and field team. As varsity speed coach for Florida State University, he developed his “exceed-at-speed wisdom” which he used with great success in the NFL. As Shaw notes, "Different guys run different ways, but as long as you are explosive and as long as you are powerful, you are going to be fast."