

Brad Lester: Building a Reputation as the Best Off-Season Running Back Coach in the Country



Lilburn, Georgia Jun 29, 2024 ([IssueWire.com](https://www.issuewire.com)) - Brad Lester: Building a Reputation as the Best Off-Season Running Back Coach in the Country

Brad Lester has steadily carved out a name for himself as one of the premier off-season running back coaches in the United States. His journey from college standout to renowned coach is a testament to his dedication, expertise, and innovative approach to training.

About Brad Lester:

Brad Lester is a highly accomplished football coach and former professional player. With an impressive career that spans from playing as a standout running back at Auburn University to his time in the NFL and CFL, Lester has honed his skills and gained invaluable experience in the sport.

Lester's expertise and dedication to player development have made him a sought-after coach for both aspiring and professional athletes. Over the years, he has had the privilege of working with esteemed NFL stars such as [Alvin Kamara](#), [Jerick McKinnon](#), [Najee Harris](#), Roschon Johnson, Tank Bigsby and more recently, the talented running back for the Cleveland Browns, Nick Chubb.

Through his extensive work with these high-profile players, Brad Lester has cemented his reputation as a trusted coach who can unlock the full potential of running backs. His ability to understand the unique strengths and areas of improvement for each athlete has resulted in notable success stories and exceptional on-field performances.

<https://x.com/bradlester1/status/1806367097015902505?s=46>

Transition to Coaching

After his playing days, Lester transitioned into coaching, bringing with him a wealth of firsthand experience and a deep understanding of the running back position. He recognized a gap in specialized off-season training for running backs and set out to fill it. His approach combines traditional techniques with cutting-edge sports science, focusing on improving agility, speed, and overall football IQ.

<https://247sports.com/article/alabama-crimson-tide-najee-harris-works-out-with-former-auburn-tigers-rb-148629947/ii>

Innovative Training Methods

What sets Lester apart from other coaches is his commitment to innovation. He utilizes a variety of training tools and techniques, including resistance bands, agility ladders, and tailored drills that mimic in-game scenarios. His programs are designed to enhance both the physical and mental aspects of the game, ensuring that his athletes are well-rounded and prepared for the rigors of the football season.

Success Stories

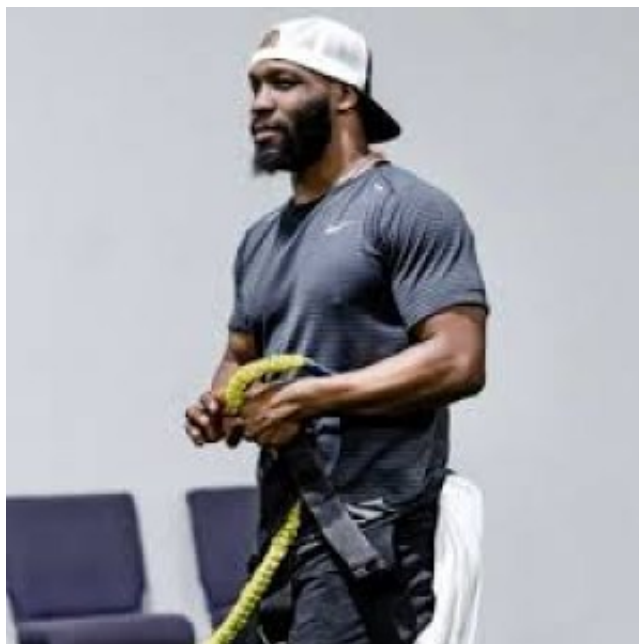
Lester's impact on his trainees is evident in their performance on the field. Many of his students have gone on to have successful college careers, with some even making it to the NFL. His ability to develop raw talent into polished athletes has earned him a reputation as a coach who not only improves performance but also instills confidence and discipline.

Building a Legacy

Beyond the technical skills, Lester emphasizes the importance of character and work ethic. He believes that being a great running back extends beyond physical abilities, and he works tirelessly to mentor his athletes in all aspects of life. This holistic approach has endeared him to players and parents alike, further solidifying his status as a top-tier coach.

Looking Ahead

As Lester continues to refine his training programs and adapt to the ever-evolving landscape of football, his reputation grows. His dedication to his craft and his athletes ensures that he will remain at the forefront of running back coaching for years to come. With each success story, Brad Lester's legacy as the best off-season running back coach in the country becomes more cemented.



Media Contact

Jervis Hough

thespeedgenius@gmail.com

6786670079

Source : Brad Lester

[See on IssueWire](#)