

Freddie Scott II

NFL ALUM · CAPACITY COACH · AUTHOR OF *MADE FOR MORE*

NEW BOOK · AVAILABLE FALL / WINTER 2026



"Most people aren't failing because they lack talent. They're failing because they lack capacity."

Freddie Scott II went from undrafted out of Penn State to four NFL seasons to rebuilding his life from the ground up. Today he's the Capacity Coach — helping leaders, athletes, educators, and parents build the internal capacity to sustain what they're called to carry. A compelling, faith-rooted, second-generation-NFL story with a practical framework audiences can use immediately.

8

NFL TEAMS

17+

POWER-5 PROGRAMS

NFLPA

ACC · NCAA

10,000+

LEADERS TRAINED

200+

ORGANIZATIONS

FEATURED IN A DOCUMENTARY BY THE TRUST, POWERED BY THE NFLPA

INTERVIEW ANGLES

THE CAPACITY BLIND SPOT

Talent, work ethic, spotlight — and still burning out. What actually sustains success isn't talent; it's capacity, and anyone can measure it. Timely for burnout, retention, and mental-performance conversations.

UNDRAFTED TO THE NFL — AND BACK FROM THE BOTTOM

Undrafted out of Penn State, four seasons, a career-ending injury, then overnight shifts on a freight dock at 6 a.m. to provide for his family. The comeback that became a framework.

A SECOND-GENERATION NFL STORY

Son of an 11-year NFL veteran and College Football Hall of Famer — on legacy, fatherhood, and the book that started it all, *The Dad I Wish I Had* (foreword by Tony Dungy).

WHAT NFL LOCKER ROOMS TEACH ABOUT BUILDING PEOPLE

Fifteen years inside pro and college programs — the same principles that develop elite athletes apply to leaders, educators, coaches, and parents.

WINNING OUTSIDE, EMPTY INSIDE

The hidden "identity leak" behind high-performer burnout — and the five-area build that seals it. The heart of the new book, *Made for More*.

SUGGESTED QUESTIONS

1. You went undrafted, made it four seasons, then hit rock bottom working overnight on a loading dock. What did that season teach you?
2. You say talent isn't what sustains success — capacity is. What do you mean, and how do you measure it?
3. You've worked inside 8 NFL teams and 17+ college programs. What do the best cultures do that the rest miss?
4. Your father was an 11-year NFL veteran. How did that shape *The Dad I Wish I Had* and your work today?
5. Your new book is *Made for More*. Who is it for, and what do you want a reader to walk away able to do?

THE BOOK

Made for More: Build the Capacity to Succeed Without Losing Yourself — written for anyone winning on the outside and running empty on the inside. It's built around the **Made for More Framework**: five areas — Identity, Alignment, Capacity, Execution, Legacy — and 14 dimensions, each paired with a free five-minute **Capacity Read** at unlockthechampion.com so readers can measure where they stand and build from there.

Availability: Fall / Winter 2026.

The podcast: *The Freddie Scott Podcast*.

Earlier book: *The Dad I Wish I Had* (2008, foreword by Tony Dungy).

Credentials: National Spokesman, All Pro Dad · YMCA Lifetime Achievement Award · Kenny Washington Award (NFLPA) · second-