



RESPECT ALL - FEAR NONE

DEVELOPMENT

8/31/2023

SKIES Athletic Development Inbound 8-31-2023 (# 1 Fall Week)

Good afternoon SKIES Athletic Development participants. I hope everyone has had a great fall so far!

We are jumping right into high intensity CNS demand training, with a focus on movements/exercises that are low injury risk, low volume, and use of apparatuses that match well to using resistance. Flexibility will focus on improving musculotendon extensibility, and centered on the far left end of the injury prevention to power output spectrum. Drills will be elementary: Re-learning contralateral arm swing and leg action, arms and legs "match each other," "tall posture," dorsiflexion, full triple extension of ankle, knee, hip, "Knee up, Heel up, Toe up." We will incorporate multiplanar movement. The Speed training segment- we will use the grass hill for 5-10-5-10m sprint ladder style, full recovery. Hills assist with autoregulation of acceleration mechanics and learning where body angles need to be to optimally accelerate. Participants with an after school physical activity following the Athletic Development session will use the "50-3/4" system for moderate volume/stimulus.

'Family!!!'

Shane

Quote Feeding for the week: "Hustle takes no talent" – Unknown

IAAF Notation Key: reps x distance (pace) [rest/recovery]

2-Dimensional Coaching- 1st Dimension – Fundamental Development

Πέντε Εξουσία

The Greek for our “5-Power System” (5-Biomotor Abilities Development)

Πέντε = 5

Phonetic: pénte

Pronunciation: pén.te/ → /'pen.te/ → /'pen.de/

Εξουσία = Power

Phonetic: exousía

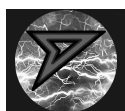
Pronunciation: ex-oo-see'-ah;

Development Group:

- High CNS/Low CNS sessions for the week: 1 High CNS demand / 0 Low CNS demand
- Session date: Monday (8/31/2023)
- Grade level: 6th-8th Grade
- Sports: Field and Arena Sports, Track & Field
- Session objective: Universal Athlete development
- Duration: 60 minutes

Session at a glance - High CNS demand day

1. Speed: Directly addressed through accelerations-build ups, uphill sprints
2. Strength: Not addressed
3. Endurance: Not addressed
4. Flexibility: Directly addressed through Series A Static flexibility
5. Skill/Coordination: Directly addressed through Agility ladder



DREAM BIG!

1. Warm-up series “Sagittal running”
 1. 6 x 40 yd run (75%) [Walk back]

2. Flexibility series “A Static stretching” (30”) [Alternate limb]
 1. Quad Hold
 2. Side Lunge
 3. Prone piriformis stretch
 4. Hurdle stretch
 5. Supine calf
 6. Deltoid “crossovers”
 7. Overhead latissimus

3. Agility Ladder x 2 (100%) [Walk back]
 1. Tippy Tap
 2. Trailer
 3. One each box
 4. Lateral one each box
 5. High Knee
 6. Pogo

4. Speed preparation series A accelerations-build ups (85, 90, 95, 100%) [Walk back]
 1. 4x40 yards
 1. 85% intensity
 2. 90% intensity
 3. 95% intensity
 4. 100% intensity *emphasize running mechanics

5. Speed Training
 1. 5m sprint uphill x 10 (100%) [60”]
 2. 10m sprint uphill x 5 (100%) [2’00”]
 3. 5m sprint uphill x 10 (100%) [60”]
 4. 10m sprint uphill x 5 (100%) [2’30”]



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2-Dimensional Coaching- 2nd Dimension – Psychology development

Session at a glance - High CNS demand day

1. Motor learning: Directly addressed through learning agility ladder patterns
2. Visualization: Directly addressed through video screen clips with professional demonstration of agility patterns
3. Mentality: Directly addressed through learning fast tempo of the session, attentiveness, particularized movement observation. Social time during full recoveries, music in certain segments, get your mind right and hyped
4. Heart: Directly addressed through embedding culture norms of “Move from A to B quick, Keep practice tempo flawless, Talk during Talk-time Fly during work-time”
5. Scholarly: Directly addressed through agility drill education, session segment progression-blocks, science of static flexibility and full recovery, the CP-ATP system, and autoregulation of mechanics through utilization of running uphill



DREAM BIG!