



RESPECT ALL - FEAR NONE

DEVELOPMENT

9/28/2023

SKIES Athletic Development Inbound 9-28-2023 (# 4 Fall Week)

Good afternoon SKIES Athletic Development participants. Great work this fall season thus far. Coach Rory and Coach Caleb from Elite Speed Sports Performance will join us this week. We are very excited to have them assisting us for the 3rd week.

We are continuing with High-CNS training, with a focus on low level multiplanar plyometrics training and landing mechanics. Flexibility will be Active Isolated Stretching and is on the center of the injury prevention to power output spectrum. We will also implement wall drills this week to help improve acceleration mechanics. We will use high knees "50/50" forward and reverse. The speed training segment- we will use partner Cat and Mouse Acceleration for 20-30 yds. The Strength training segment will involve a lower body press and pull, posterior chain, upper body press, multiplanar lower body press, calf extension movements will be banded and weighted vest loading. Participants with an after school physical activity following the Athletic Development session will use the "50-¾" system for moderate volume/stimulus.

'Family!!!'

Shane

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

Quote Feeding for the week: "It's not our intentions that matter. But our actions" – Urban Meyer

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:

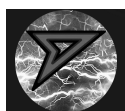
- High CNS/Low CNS sessions for the week: 1 High CNS demand / 0 Low CNS demand
- Session date: Thursday (9/21/2023)
- Grade level: 6th-8th Grade
- Sports: Field and Arena Sports, Track & Field
- Session objective: Universal Athlete development
- Duration: 60 minutes

Session at a glance - High CNS demand day

1. Speed: Directly addressed through Cat and Mouse Acceleration
2. Strength: Directly addressed through Strength segment
3. Endurance: Directly addressed through Multiplanar training segment
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through Agility ladder, Sprint Drill/Speed Dynamic

1. Flexibility Active Isolated Stretching (3”) [Alternate limb]

1. Quad pull



DREAM BIG!

2. Scoops
 2. Side Lunge
 3. Prone piriformis stretch (shin crabbles)
 4. Hurdle stretch
 5. Supine calf (inch worms)
 6. Deltoid “crossovers” (shoulder circle)
 7. Overhead latissimus (angles)
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2. Sprint Drill/Speed Dynamic x 2 (100%) [Walk back]
 1. A skip
 2. Mid knee
 3. Wall drills

 3. Agility Ladder x 2 (100%) [Walk back]
 1. Trailers
 2. One each box

 4. Multiplanar Movement x 2 (100%) [Walk back]
 1. Broad Jumps x 4
 2. Lateral Broad Jump x 4

 5. Speed Training
 1. Cat and Mouse Acceleration - 1 person chaser - 1 person 2 x (20-30 yd) [3’]

 6. Strength Training
 1. 2 x Slow Squat
 2. 2 x T - Lunge
 3. 2 x 8 Push Up wall
 4. 2 x 8 Band Bent Over Row



DREAM BIG!

5. 2 x 8 Band RDL



DREAM BIG!