



RESPECT ALL - FEAR NONE

DEVELOPMENT

10/12/2023

SKIES Athletic Development Inbound 10-12-2023 (# 5 Fall Week)

Good afternoon SKIES Athletic Development participants.

We are continuing with High-CNS training, with a focus on A-Skip and knee drive along with hill sprints. The A-Skip learning segment will be moderately advanced and incorporate resisted band skips and runs. Flexibility will be Active Isolated Stretching and is on the center of the injury prevention to power output spectrum. We will use high intensity "50/50" high knees forward and reverse ladder style (5-10-15-20 yd) for high intensity cardiovascular training. For the speed training segment- we will implement hill sprinting x 10 yds and relay race hill sprints. Participants with an after school physical activity following the Athletic Development session will use the "50-¾" system for moderate volume/stimulus. Elite Speed Sports Performance will continue to assist coaching our sessions. They are very impressed with the progress of the group!

Keep it up!

HAVE A GREAT FALL BREAK!

'Family!!!'

Shane

Quote Feeding for the week: *"The only one who can tell you 'you can't win' is you and you don't have to listen" – 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: Thursday (10/12/2023)
- 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 hill sprints and relay hill sprints
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 Sprint Drill/Speed Dynamic training



DREAM BIG!

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

1. Quad pull
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)

2. Sprint Drill/Speed Dynamic x 2 (100%) [Walk back]

1. A skip
2. Mid knee
3. Banded A
4. Banded Sprint

3. Agility Ladder x 2 (100%) [Walk back]

1. Trailers
2. One each box
3. Boxers Shuffle

4. Multiplanar Movement x 2 (100%) [Walk back]

1. Snap downs x 4
2. Broad Jumps x 4

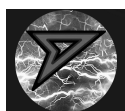


DREAM BIG!

3. 50/50 High Knee forward and reverse 5-10-15-20yd x 2 [No recovery]

5. Speed Training

1. 10m Hill Sprint x 4
2. Hill Relay Race x 4



DREAM BIG!