



RESPECT ALL - FEAR NONE

DEVELOPMENT

10/26/2023

SKIES Athletic Development Inbound 10-26-2023 (# 6 Fall Week)

Good afternoon SKIES Athletic Development participants.

Welcome back from fall break. We hope it was terrific for all learners and their families. We are continuing with High-CNS training, with a focus on knee drive and skill/coordination, and speed training this week. The A-Skip learning segment will be moderately advanced and incorporate resisted band skips and resisted band acceleration runs as a power development mechanism. Flexibility will be Active Isolated Stretching and is on the center of the injury prevention to power output spectrum. For the speed training segment- we will implement hill sprinting x 10 yd and 50 yd shuttle relay sprints. Strength training will be a short circuit of Squat and Knee push up sets. Participants with an after school physical activity following the Athletic Development session will use the "50-3/4" system for moderate volume/stimulus. Elite Speed Sports Performance will continue to assist coaching our sessions. I am extremely excited and pleased to see our training group growing closer and bonding both within the group and our coaches and guest coaches.

*'Family!!!',
Shane*

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

Quote Feeding for the week: *"Leading a lot of times has little do with what you say. It has more to do with what you do - Trent Baalke, GM Jacksonville Jaguars NFL Franchise*

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: pé.n.te/ → /'pen.te/ → /'pen.de/

Εξουσία = Power

Phonetic: exousía

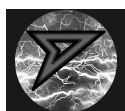
Pronunciation: ex-oo-see'-ah;

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 sprint and shuttle relay sprint
2. Strength: Directly addressed through Strength circuit
3. Endurance: Indirectly addressed through low-moderate recovery on hill sprint and shuttle relay sprint
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. Speed Training
 1. 10m Hill Sprint x 4 [1']
 2. 50 yd Shuttle Relay Race Sprint x 4 [2'30"]

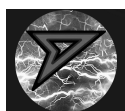
5. Strength training



DREAM BIG!

Strength circuit [1']

1. Knee push up x 3 x 10
2. Squat x 3 x 10



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