



RESPECT ALL - FEAR NONE

DEVELOPMENT

11/2/2023

SKIES Athletic Development Inbound 11-2-2023 (# 7 Fall Week)

Good afternoon SKIES Athletic Development participants.

Our group executed outstandingly in effort, attentiveness, and behaviors last week 10-26-2023; there will be a S'mores and Donut party reward on Thursday next week! The Elite Speed trainers gave rave reviews regarding last week's session. Keep it up! 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 with a superset of uphill plyometric broad jumps which will increase PAP (post-activation potentiation) and 40 yd shuttle relay sprints. Strength training will be a short circuit of Squat and Knee push up sets along with Wall Drill Hip Flexor "A-Position" Isometric holds and Squats in place for 20" seconds. Participants with an after school physical activity following the Athletic Development session will use the "50-34" 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

Quote Feeding for the week: "Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus." — Alexander Graham Bell

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: 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



DREAM BIG!

5. Skill/Coordination: Directly addressed through Sprint Drill/Speed Dynamic training

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

1. Quad pull
2. Scoops
3. Side Lunge
4. Prone piriformis stretch (shin crabbles)
5. Hurdle stretch
6. Supine calf (inch worms)
7. Deltoid "crossovers" (shoulder circle)
8. 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 [2'] w/Uphill plyometric hops
2. 10 yd Shuttle Relay Race Sprint x 4 [3']



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5. Strength training

Strength circuit [1']

1. Knee push up x 3 x 10
2. Squat x 3 x 10
3. Isometric Squat 3 x 20"
4. Isometric Hip Flexor 3 x 20"



DREAM BIG!