



RESPECT ALL - FEAR NONE

## DEVELOPMENT

11/16/2023

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*SKIES Athletic Development Inbound 11-16-2023 (# 9 Fall Week)*

*Good afternoon SKIES Athletic Development participants.*

*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 10 yd High Knee into 10 yd sprint + Two race off 20 yd sprint. Strength Training will incorporate squats, pushups, wall drill isometrics, and 90 degree isometric pause squats. 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.*

*Have an AMAZING Thanksgiving Break!*

*'Family!!!'*

*Shane*

**Quote Feeding for the week: "Overpower. Overtake. Overcome." —Serena Williams**

## 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

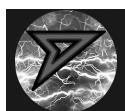
Pronunciation: ex-oo-see'-ah;

#### 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 sprint and shuttle relay sprint
2. Strength: Not directly addressed
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!**

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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. 10 yd Hill Sprint x 3 [2'] w/Uphill plyometric hops
2. 10 yd High Knee into Sprint 20 yd x 3 [3']
3. 20 yd Sprint race off x 2 [3']



**DREAM BIG!**

## 5. Strength Training

1. 2 x 10-12 Push Up
2. 2 x 10-12 Squat
3. 2 x 20" A-Position Wall Drill Isometric hold
4. 2 x 20" Isometric 90 degree Pause Squat



**DREAM BIG!**