



RESPECT ALL - FEAR NONE

DEVELOPMENT

11/30/2023

SKIES Athletic Development Inbound 11-30-2023 (# 10 Fall Week)

Good afternoon SKIES Athletic Development participants.

We hope you all had a restful and amazing Thanksgiving Break! We are excited to see you again!

We are continuing with High-CNS training, with a focus on a new acceleration drill and skill/coordination, along with speed, strength, endurance, flexibility training this week. The A-Skip and Kneel to Sprint 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 5 x Medium Height Banana Hurdle Hops into a 10-20 yd sprint x 5-7 which will provide a pre-stretch reflex straight into a sprint and increase PAP (post-activation potentiation). Strength Training will incorporate squats, pushups, wall drill isometric A-Position hold, and 90 degree isometric pause squat. 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.

'Family!!!'

Quote Feeding for the week: "Continuous effort—not strength or intelligence—is the key to unlocking our potential." —Liane Cardes

Shane

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

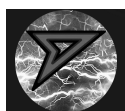
Pronunciation: ex-oo-see'-ah;

Development Group:

- High CNS/Low CNS sessions for the week: 1 High CNS demand / 0 Low CNS demand
- Session date: Thursday (11-30-2023)
- 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 Banana Hurdle Hop into 10-20 yd Sprint
2. Strength: Directly addressed through Strength Circuit
3. Endurance: Indirectly addressed through low-moderate recovery in Strength Circuit
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
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. Kneeling to Sprint
4. Banded A
5. Banded Sprint

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

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

4. Speed Training (100%) [2']

1. 5 x Medium Height Banana Hurdle into 10-20 yd Sprint x 5-8



DREAM BIG!

5. Strength Training [Circuit - 15"]

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!