



RESPECT ALL - FEAR NONE

## DEVELOPMENT

2/1/2024

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*SKIES Athletic Development Inbound 2-1-2024 (# 16 Week)*

*Good afternoon SKIES Athletic Development participants.*

*We are excited for today. Indoor Track & Field meets will begin next week. Following the pattern we have been using the last handful of athletic development sessions we will be utilizing training sets in a “complex” (mixing of exercises) alternating training stimuli between sets. We are happy to collaborate with Elite Speed in creating these “complex” sessions. They enhance both training efficiency and PAP (Post Activation Potentiation). Today’s focus will be on Maximum Velocity training extending our repetition distances to 50yd.*

*'Family!!!',*

*Shane*

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

**2-Dimensional Coaching- 1st Dimension – Fundamental Development**

**Πέντε Εξουσία**

**Quote Feeding for the week: “A trophy carries dust. Memories last forever.” —Mary Lou Retton**

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 (2/1/2024)
- 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 maximum velocity sprints
2. Strength: Directly addressed through Strength exercises
3. Endurance: Indirectly through the total volume and tempo of the session
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips

1 Dynamic Warmup-Outside



**DREAM BIG!**

2 Skip Prep (Max V emphasis)- Outside

~Pogos/Alt. Pogos

~Backwards Pogos/Alt pogos

~A skips/ R, L, and Alt.

~A position run

~B skips marches

~B skips

~Heel to hamstring run

3.Block A- Outside x3

~SL RDL

~SL bounds- 30 yds

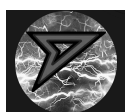
~Sprints- 50 yds

-Rest: 3 minutes

4.Block B- Inside

~Push-ups x8

~Plank x30



**DREAM BIG!**