



RESPECT ALL - FEAR NONE

DEVELOPMENT

2/8/2024

SKIES Athletic Development Inbound 2-8-2024 (# 17 Week)

Good afternoon SKIES Athletic Development participants.

We are excited for today. There is an Indoor Track & Field meet this weekend at the Air Force Academy "Cadet Field House." Today we will be doing testing and measuring strength as well as block work for the track meet on Sunday.

Bring friends and family to the meet. Let's go get it! RESPECT ALL - FEAR NONE

'Family!!!'

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)

Quote Feeding for the week: "It's hard to beat a person who never gives up" —Babe Ruth

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 (2/18/2024)
- 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: Not directly addressed
2. Strength: Directly addressed through Strength testing exercises
3. Endurance: Directly addressed through Strength testing exercises
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips

1 Dynamic Warmup-Iniside

~A position run

~B skips marches



DREAM BIG!

~B skips

~Heel to hamstring run

~ Strength Testing

~ Push-ups

~ Wall sit test



DREAM BIG!