



RESPECT ALL - FEAR NONE

## DEVELOPMENT

2/22/2024

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*SKIES Athletic Development Inbound 2-22-2024 (# 19 Week)*

*Good afternoon SKIES Athletic Development participants. Today we will be using a “complex” training method, with a focus on explosive jumping, unloaded sprinting, strength, and anterior/posterior core development. “Complex” method training increases workout efficiency and creates PAP (Post-Activation Potentiation) which stimulates high strength and power outputs. There will be an outdoor Track & Field meet at Heritage High School in Littleton this weekend. Invite friends and family, and remember to have them wear blue. Elite Speed will be joining us today.*

*'Family!!!'*

*Shane*

**Quote Feeding for the week: “Passion first and everything will fall into place.” —Holly Holm**

## **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 (2/8/2024)
- 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 40 yd dash tests
2. Strength: Directly addressed through Strength exercises
3. Endurance: Directly addressed through Strength Endurance exercises
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips



**DREAM BIG!**

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Warmup

Lunge w/ Twist

Knee hug

Quad pull

Leg swings

Hamstring scoops

Side lunge

Shine cradles

Skips

Pogos/Alt pogos (backwards as well)

A skips R/L/Alt

High knee run

Buttkicks off pogo

Buttkicks for frequency

Block A x4

Reverse Lunges x6

Broad jumps x5

Banded Wall Run x8 seconds

15-20 yd sprint x2

Block B x3



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Push-ups x12

Wall sit w/ med ball handoff x30 seconds

Dead bugs x20



**DREAM BIG!**