



RESPECT ALL - FEAR NONE

DEVELOPMENT

2/29/2024

SKIES Athletic Development Inbound 2-29-2024 (# 20 Week)

Good afternoon SKIES Athletic Development participants. Today we will be using a “complex” training method, with a focus on speed training, 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. The speed training will consist of maximum velocity sprints. Plyometrics will focus on high rate of force development jumps and fast amortization phase hurdle hops with fast recoil to improve leg stiffness and reduce ground contact times via the stretch shortening cycle.

‘Family!!!’

Shane

**Quote Feeding for the week: “You can motivate by fear, and you can motivate by reward. But both those methods are only temporary. The only lasting thing is self-motivation.”
—Homer Rice**

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: pé.n.te/ → /'pen.te/ → /'pen.de/

Εξουσία = Power

Phonetic: exousía

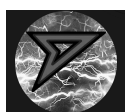
Pronunciation: ex-oo-see'-ah;

Development Group:

- High CNS/Low CNS sessions for the week: 1 High CNS demand / 0 Low CNS demand
- Session date: Thursday (2/29/2024)
- 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!

Warmup

Lunge w/ twist

Knee hugs

Quad pulls

Hamstring scoop

Shin Cradle

Frankensteins/Toy Soldiers

Skip/Movement Prep

Pogos 5 yds

Alternate Pogos 5 yds

Backwards Pogos 5 yds

A skips R leg 5 yds

A skips L leg 5 yds

A skips Alternating 10 yds

Heel to hamstring skips Alternating -10 yds

Heel to hamstring run (Frequency)- 10 yds

B skip March- 10 yds

Block A - 3 sets

-Single Leg Glute Bridge- 6 reps each leg

-Seated chair to max height jump- 4 reps

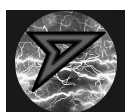
-Hurdle hops (minimal GCT)- 3 consecutive x3

2 minute rest

-50 yd sprint

-2 minute rest

Block B x2-3 sets



DREAM BIG!

Push-ups- 14 reps

Wall sits- 40 seconds

Bicycle crunches- 20 reps (10 each side)



DREAM BIG!