



RESPECT ALL - FEAR NONE

## DEVELOPMENT

3/7/2024

---

*SKIES Athletic Development Inbound 3-7-2024 (# 21 Week)*

*Good afternoon SKIES Athletic Development participants. Today our session will focus on Lateral movement training and Change of Direction. Strength training will include isometric holds which help to break sticking points and core development. Elite Speed will be joining us today.*

*'Family!!!'*

*Shane*

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

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

**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**

# 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 (3/7/2024)
- 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 Lateral Movement and Change of Direction exercises
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

Lateral A skips 5 yds each direction

### Movement

-Foot fire to shuffle to foot fire 10 yds x2

-Foot fire to shuffle to fire to shuffle back 5 yds x2

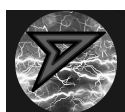
-Foot fire to shuffle to shuffle back x5 yds x2

-Foot fire to shuffle to run back x5 yds 2x ea.

-foot fire to run to run back x5 yds 2x ea.

### Specific

-Reactionary Lateral Shuffle Drill (Coach points with directions to shuffle to) 8 seconds x4 ea.



**DREAM BIG!**

Block A (Circuit Style) x3 sets -30 seconds rest between each

-Body Weight Squats (3 second iso at bottom)- 12 reps

-Max Height Jumps x3

-Hurdle Hops (Low GCT) x3 hurdles x3

Block B x3 sets

-Push-ups (3 second pause at bottom)- 8-12 reps

-Penguins - 30 seconds

-Superman- 30 seconds

-Bicycle Crunches -30 seconds

-Bicycle crunches- 20 reps (10 each side)



**DREAM BIG!**