



RESPECT ALL - FEAR NONE

DEVELOPMENT

4/4/2024

SKIES Athletic Development Inbound 4-4-2024 (# 23 Week)

Good afternoon SKIES Athletic Development participants. Today our session will focus on Maximum Velocity development. We will use 50 yd sprints to produce Vmax and Vertical Jumping for plyometrics. Strength training will include a mixed focus on balance using unilateral exercises and bilateral upper and lower body pushes, concluding with 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: *“Passion for something will outdo knowledge, skill, natural talent every single time” - Jim Hellwig/The Ultimate Warrior*

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 (4/4/2024)
- 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: 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!

Dynamic Warmup (Inside):

Lunge w/ twist

Knee hugs

Quad pulls

Hamstring scoop

Shin Cradle

Side Lunges

Frankensteins/Toy Soldiers

Skip Prep (Inside):

Pogos

Alt. Pogos

Backwards Pogos

Backwards Alt. Pogos

A skip R/L leg

A skips Alt.

Heel to hamstring SKIP Alt.

Heel to hamstring RUN frequency

Movement (Outside):

50 yd sprint intervals (3 minutes rest between) x6 sprints

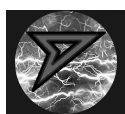
Strength (Inside) x3:

-SL glute bridge (12 ea. side)

-Reverse Lunges to A (8 each side)

-Max Height Jumps (power focused) (4 in a row)

*Finish with push-ups and bicycle crunches if time allows



DREAM BIG!



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