



RESPECT ALL - FEAR NONE

DEVELOPMENT

4/11/2024

SKIES Athletic Development Inbound 4-11-2024 (# 24 Week)

Good afternoon SKIES Athletic Development participants. Today our session will focus on Acceleration development. We will be using the "Complex" method, which assists in PAP (Post Activation Potentiation) and workout efficiency. We will use broad jump and eccentric phase emphasis vertical jumps for plyometrics. Speed training will include a game of "Cat and Mouse" in a 20 yd sprint. Strength training will include a focus on unilateral exercises, core development, explosive exercises. Elite Speed will be joining us today.

*'Family!!!',
Shane*

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

Quote Feeding for the week: "My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging." —Hank Aaron"

2-Dimensional Coaching- 1st Dimension – 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 (4/11/2024)
- 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 Acceleration sprints
2. Strength: Directly addressed through Strength exercises
3. Endurance: Indirectly addressed through total volume of exercises
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips



DREAM BIG!

Dynamic Warmup (Inside):

Colorado Skies- Acceleration

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.

High knees for frequency 3x 10 yds

Block A x3 (Inside)

Reverse Lunge to A x12 (6ea. Leg)

Broad Jumps x5 jumps

Banded High Knees x10 yds x2

Cat and Mouse x20 yds x2 (one each role)(outside or hallway)



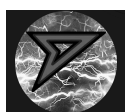
DREAM BIG!

Block B x3 (Inside)

Jump Squats (slow eccentric and pause) x6

SL GB x12 ea. leg

Flutter Kicks x30 seconds



DREAM BIG!