



RESPECT ALL - FEAR NONE

DEVELOPMENT

4/18/2024

SKIES Athletic Development Inbound 4-18-2024 (# 25 Week)

Good afternoon SKIES Athletic Development participants. Today our session will focus on Change of Direction development. Strength training will include a focus on Strength Endurance and Power Endurance.

'Family!!!',

Shane

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

2-Dimensional Coaching- 1st Dimension – Development

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*

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

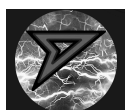
Pronunciation: ex-oo-see'-ah;

Development Group:

- High CNS/Low CNS sessions for the week: 1 High CNS demand / 0 Low CNS demand
- Session date: Thursday (4/18/2024)
- 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 Change of Direction sprints
2. Strength: Directly addressed through Strength exercises
3. Endurance: Indirectly addressed through Strength Endurance exercises
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips



DREAM BIG!

Colorado Skies Programming- COD

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.

Lateral A skips Alt.

Lateral Bounds 10 yds each direction

Movement-

-Foot fire to shuffle to foot fire (shuffle back) x2 ea. side

-Foot fire to shuffle to foot fire (sprint back) x 2 ea. side

-Foot fire to sprint to foot fire (shuffle back) x2 ea. side

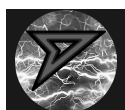
Reactionary Component -

Coach lead COD shuffle/sprint

(Point up for sprint, point down for shuffle)

5 x ea. for 8 seconds each

Block A x3 (Circuit Style)(3 minute rest after round of all exercises)

**DREAM BIG!**

- Weighted Vest Squats x8-12 reps
- Hurdle hops x8 (4 in a row then rest then 4)
- Banded Rows (attach band to table or stationary object)(seated) x8-12 reps
- Toe Touches x20
- Pushups x8-15



DREAM BIG!