



RESPECT ALL - FEAR NONE

DEVELOPMENT

4/25/2024

SKIES Athletic Development Inbound 4-25-2024 (# 26 Week)

Good afternoon SKIES Athletic Development participants. Today our session will focus on Testing in the metrics of 40 yd Dash, Broad Jump, Push Up Max, Wall Sit Max, and Plank Max. The testing session will be preceded by a dynamic warm up, AIS (Active Isolated Stretching) Flexibility, and Sprint Drills/Skip Prep.

EQ (Essential Question): How can we prepare for high level performance, compete as hard as we can, apply all biomechanical learning, and improve on our prior marks in the testing metrics of the 40 yd Dash, Broad Jump, Push Up Max, Wall Sit Max, and Plank Max?

Let's exemplify Excellence today and Championship effort!

'Family!!!',

Shane

Quote Feeding for the week: *"The ability to conquer oneself is no doubt the most precious of all things that sports bestows." —Olga Korbut*

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

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 (4/25/2024)
- 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 Sprint testing exercises
2. Strength: Directly addressed through Strength testing exercises
3. Endurance: Indirectly addressed through Strength Endurance testing exercises
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips



DREAM BIG!

Testing

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

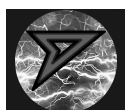
40-yd dash x 2

Broad Jump x 2

Push-ups x 2

Plank x 2

Wall-sit test x 2



DREAM BIG!