



RESPECT ALL - FEAR NONE

## DEVELOPMENT

5/2/2024

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*SKIES Athletic Development Inbound 5-2-2024 (# 27 Week)*

*Good afternoon SKIES Athletic Development participants.*

*We are excited for Monday! "BLACK OUT" Outdoor Track & Field Dual Meet vs. South Suburban at Campus Middle School! The team will debut the "SKIES Venom Series" uniform kit/top Monday morning 30 minutes before school, wear them on campus during the school day, and to the Track meet. We are excited about the buzz going around SKIES among staff and learners and others in the SKIES community about both the debut of the "SKIES Venom Series" uniform kit and the Meet.*

*Today's session will focus on Maximum Velocity ( $V_{max}$ ) development utilizing the "complex" method. "Complex" method training enhances both training efficiency and PAP (Post Activation Potentiation). Speed Training will consist of 40 yd progression build ups/accelerations, SL Bound for Distance intersped with a 10 yd Sprint for 10-10-10-10 yd. Strength training will include Triple Bound with a short (fast) amortization phase, SL Glute Bridge 3 second Isometric hold, Maximum Effort Overhead Medicine Ball Slams for Block A and Partner exercises of Seated Banded Row and Isometric Row Hold, Abdominal Throw, Partner Push Up. Elite Speed will be joining us today.*

*EQ (Essential Question): How can we improve our Maximum Velocity, Ground Contact Time, and Comprehensive Strength profile, on a day tilted toward Velocity on the Force-Velocity Curve/Speed end of the Strength x Speed (Power) Spectrum?*

**Quote Feeding for the week:** *"If my mind can conceive it and my hear can believe it, I can achieve it" - Muhammad Ali ,*

'Family!!!',

Shane

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

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

## 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 (5/2/2024)
- 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



**DREAM BIG!**

1. Speed: Directly addressed through 40 yd Sprint Progression, Intersped 10-10-10-10 yd SL Bound/Sprint
  2. Strength: Directly addressed through Strength exercises
  3. Endurance: Indirectly through Strength Endurance exercises
  4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
  5. Skill/Coordination: Directly addressed through skips
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## Warmup

### 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

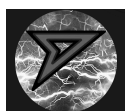
A skip R/L leg

A skips Alt.

Heel to hamstring SKIP Alt.

Heel to hamstring RUN frequency

### Movement- (Outside)



**DREAM BIG!**

40 yd sprint progression (Use cones spread 10 yds apart): 6 x TOTAL

-SL bounds (10 yds)—>Sprint (10 yds) —> SL bounds (10 yds) —> Sprint (10 yds)

\*Look for smooth transition between SL bounds and sprint. No acceleration phase

Strength and Power

Block A x3

-SL GB (3 sec. Hold at top) x10 ea. side

-Med Ball Slams x12

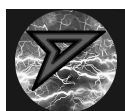
-Broad Jumps x6 (Use band for more advanced aka Braylon)

Block B x3

-Partner seated band row (elbows in-sit toe to toe) 1 person rows at a time other person holds isometrically in shortened position)x 10 each

-Partner ab leg throws x20

-Partner high five pushups x12



**DREAM BIG!**