RESPECT ALL - FEAR NONE

DEVELOPMENT
5/9/2024

SKIES Athletic Development Inbound 5-9-2024 (# 28 Week)

Good afternoon SKIES Athletic Development participants.

The team had a very impressive showing at the "BLACK OUT" Outdoor Track & Field Dual Meet vs. South Suburban at Campus Middle School Monday! There was a palpable "buzz" around campus with the unveiling of the "SKIES Venom Series" uniform kit/top Monday morning and throughout the day and the Meet! Let's keep the momentum going. Stay humble. Work hard. Remember always that anything is possible with attitude and effort.

Today's session will focus on Maximum Velocity (Vmax) development utilizing a serial ordering of exercises. Speed Training will consist of 40 yd progression build ups/accelerations and 60m Sprints incorporating Curve Running and Speed Endurance. There will be plyometric training that will consist of Unilateral (single) leg and bilateral (double) leg snapdowns to reinforce deceleration mechanics, SL Bounds for distance with a full recovery landing/reload phase, and repeat Vertical Jumping with a short amortization (ground contact) phase to improve ground contact times. Strength Training will include medicine ball push ups to provide an unstable apparatus for all three phases of contraction(triphasic - eccentric, isometric, concentric) for each repetition, dead bugs for anterior (frontside)/posterior(backside) training of the trunk, and superman's with band lat pull down to increase core strength. Elite Speed will be joining us today! Thanks to Elite Speed for creating the programming for today's training session! We are so

Quote Feeding for the week: *"You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy." —Arthur Ashe*

fortunate to have a nationally elite and recognized leader in Sports Performance in our corner and partner with SKIES Athletic Development!

EQ (Essential Question): How can we improve our Maximum Velocity, Speed Endurance, Curve Running ability, Ground Contact Time, and Rate of Force development and upper body + core strength during our strength training segment?

'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/ → /ˈpen.te/ → /ˈpen.de/

Εξουσία = Power
Phonetic: exousía
Pronunciation: ex-oo-seeʹ-ah;

Development Group:
- High CNS/Low CNS sessions for the week: 1 High CNS demand / 0 Low CNS demand
- Session date: Thursday (5/9/2024)

DREAM BIG!

- Grade level: 6th-8th Grade
- Sports: Field and Arena Sports, Track & Field
- Session objective: Universal Athlete development
- Duration: 60 minutes

<u>Session at a glance - High CNS demand day</u>
1. Speed: Directly addressed through 40 yd Sprint Progression, 60m Sprint
2. Strength: Directly addressed through Strength exercises
3. Endurance: Indirectly through the total volume and pace of the session
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips

Dynamic Warmup (Inside)

Lunge w/ twist

Knee hugs

Quad pulls

Hamstring scoop

Shin Cradle

Side Lunges

Frankensteins/Toy Soldiers
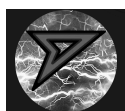
Skip Prep (Inside)

Pogos

Alt. Pogos

Backwards Pogos

Backwards Alt. Pogos

A skip R/L leg

A skips Alt.

DREAM BIG!

Heel to hamstring SKIP Alt.

Heel to hamstring RUN frequency

Plyometric Circuit (Inside) x3 rounds

-Snap downs x5

-Snap downs to SL x3 ea.

-SL broad jumps (stick landing)(MB in hands if advanced) x 5 ea. (jump on 1 land on 1)

-Quick max height jumps (low GCT) x5

Max V

60 m sprints @ 7 RPE using curve of parking lot. 4 minutes rest.

x4 (2 starting on each side of parking lot)

Strength (Upper and Core only)

-Med Ball partner push up (push med ball to partner after each pushups) -x10

-Superman w/ band lat pulldown x10

-Dead bugs x20 (10 ea.)

DREAM BIG!