



RESPECT ALL - FEAR NONE

DEVELOPMENT

5/16/2024

SKIES Athletic Development Inbound 5-16-2024 (# 29 Week)

Good afternoon SKIES Athletic Development participants.

Today's session will focus on Acceleration development and frequency focus. Speed Training will consist of 15 yd Sprints. There will be plyometric training that will consist of exercises to improve frequency. Strength Training will focus on Strength Endurance. Elite Speed will be joining us today! Thanks to Elite Speed for creating the programming for today's training session! We are so 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 Acceleration ability, Frequency, and Strength Endurance during our strength training segment?

'Family!!!'

Shane

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

2-Dimensional Coaching- 1st Dimension – Fundamental Development

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*

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;

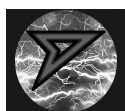
Development Group:

- High CNS/Low CNS sessions for the week: 1 High CNS demand / 0 Low CNS demand
- Session date: Thursday (5/16/2024)
- 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 15 yd Sprints
2. Strength: Directly addressed through Strength exercises
3. Endurance: Directly addressed through Strength Endurance exercises
4. Flexibility: Directly addressed through Series Active Isolated Stretching flexibility
5. Skill/Coordination: Directly addressed through skips

Acceleration (Frequency focus)



DREAM BIG!

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.

A position run for frequency

Block A (3 rounds)(Inside)

-Banded High Knees x15 yds

-Hurdle hops x5 hurdles x3 (low GCT)

-Trailer in ladder (2 feet in each)(knees in A position)- x3

-Sprint x15 yds x1 (look for frequency and proper knee drive)

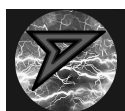
Strength Circuit: (Muscle endurance focus)

45 seconds on-15 seconds off (rotate from exercise to exercise for 3 rounds)-15minutes total

-Wallsit

-Reverse Lunges

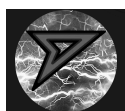
-Push up w/ shoulder tap at top



DREAM BIG!

-Superman

-Burpees



DREAM BIG!