

A Typical Speed/Agility/Quickness Class

GROUP GATHERING Reminder of purpose, intention, and inspiration

- Active Stretching/ Dynamic Movement / Aerobic work
- LINEAR MOVEMENT (forward / backward)
 - Breaking down the run cycle form/mechanics
 - Run cycle drills
 - Acceleration / Deceleration
- CORE WORK
 - Local core exercises-
 - ◆ stabilize and protect from rotational forces, compression, improve posture
 - Global exercises -
 - ◆ transfer the load between upper/lower body
 - Movement exercises-
 - ◆ improve concentric force production, eccentric deceleration, and dynamic movement
- LATERAL MOVEMENT (side to side, angles)
 - proper body position, alignment, footing
 - coordination
- CHANGE OF DIRECTION (accelerating/decelerating while changing the direction trajectory)
 - progressive drills
- QUICKNESS
 - Partner challenges

—Mixing some fun into the practice keeps them engaged and enjoying the process

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SIDE NOTE*** this is NOT meant for CONDITIONING. It is designed to improve the athletes ability to perform explosive multi-directional movements by reprogramming the neuromuscular system to work effectively.

i.e Sending athletes through cones and ladder drills repetitively without focus on the execution movement, correct movement and/or proper body alignment/ position. This athlete will be tired, and poor/slow patterns will form and be reinforced. They may be more Conditioned, but generally, they are not faster in all directions.

