

A Typical Strength/Speed/Explosion Class

Group Gathering Welcome, Reinforce Focus and Intention, Motivate

- STRETCHING/MOBILITY
 - Hips/Legs/Shoulders

- DYNAMIC WARM-UP
 - prepare the body and the mind, increase the Energy!

- CORE SEGMENT
 - Muscles of the trunk and lower back support twisting, turning, jumping, lateral movement, they are the link which all movement passes.
 - *Local exercises to stabilize the core, protect from forces, improve posture
 - *Global exercises to transfer the load between upper/lower body, stabilize the pelvis
 - *Movement exercises improve concentric force production, eccentric deceleration during activities

- STRENGTH BUILD
 - Lower body focus
 - pushing and pulling exercises
 - Balanced program
- PLYOMETRICS & BALLISTICS
 - improve Power and Explosiveness
- Metabolic Conditioning
 - all athletes need cardiovascular and muscular endurance/stamina

SIDE NOTE

A strength and conditioning coach devises workouts on a macro (yearly) cycle, though MODIFIED for youth, teens, junior athletes.

- Typically there is a phase for
 - Building Phase- develop Strength
 - Transition Phase- Sharpening, turning strength into Power
 - Competition Phase-IN-SEASON of sport (Maintenance)
 - Recovery/Repair/Balance/Stabilization Phase

In addition, the coach incorporates metabolic conditioning, speed, agility, quickness, in a phasic pattern as well.

AT THE YOUTH/JUNIOR/TEEN level, it's about developing strength, speed, agility by BREAKING IT DOWN to a FUNDAMENTAL LEVEL; focusing on the mind/muscle connection, mechanics and safety via PROPER FORM.

to run fast, you've got to be able to lift your knees (one aspect of the run cycle), but to lift your knees you've got to have a strong core... no matter how hard you try, if the mechanics are not correct, and/or if your muscles are weak, you won't get faster!