

Warm Up (activates focus for day): ~15mins

Side Slappers, Cherry Pickers
A March, B March
A Skip, B Skip
Anklets, Backwards Hip Skip
Arm/Knees/Move High Knee
Progression
Buildups

**Station: Reaction Starts ~10mins**

Reaction starts focus on the skill of accelerating movement explosively from less than efficient starting positions. Athlete starts in positions that they will find themselves in games: stance, face down, face up, sideways, on a knee, etc...

- ★ Athlete must stay low and accelerate on an incline (jet take off... not rocket)
- ★ FINISH through the cone (10 yards from start)

Station: 40 yd sprint ~10mins

First day of Strong/speed and we want BASELINE marks in some specific skills. Station 2 will focus on hand timing or free lap timing the 40 yd sprint with a 5 yd build up (athlete runs 5 yds before timer begins).

Station 1: Reaction Starts ~10mins

Reaction starts focus on the skill of accelerating movement explosively from less than efficient starting positions. Athlete starts in positions that they will find themselves in games: stance, face down, face up, sideways, on a knee, plank, etc...

- ★ Athlete must stay low and accelerate on an incline (jet take off... not rocket)
- ★ FINISH through the cone (10 yards from start)

Station 2: Reaction Acceleration ~10mins (RABBIT CHASE)

Reaction chases focus on the skill of accelerating movement explosively from a dead stop and an unknown direction. Two athletes stand next to each other facing the coach. The coach points to indicate which direction they will sprint. The leader must sprint 7-10 yards without being tagged. The follower must accelerate and tag leader before 7-10yds.

- ★ Athletes can face opposite directions, same direction, eyes closed... Key is the acceleration in response to the coach indication.

Station: Falling / Resistance Starts ~10mins

Starting a sprint requires explosive steps. Falling starts focus on the conversion of momentum in the forward direction to acceleration by explosive quick steps to ensure athlete does not fall on face.

1. Left knee up and lean forward... hold fall as long as possible... when left foot hits turf GO!
2. Right knee up
3. Chest forward fall

Station: 30 yd sprints ~10mins (OR AS TEAM SEGMENT...)

30 yards is the baseline for maximum effort to train speed. It is short enough that the recovery is faster and it is long enough to get full strides and turnover. To train speed the REST MUST OCCUR. Set up cones 30yards apart. Each athlete will sprint 30yards at MAX EFFORT to get MAX SPEED.

- ★ 8-10 sprints will occur in 10 minutes. Varsity athletes should be able to sprint 30 yards max speed within 5 secs and recover within 50secs.

Station: Prowler Pulls ~10mins

Link up straps to prowler. Start in sprinting stance with straps secured over shoulders. Focus on start and leg drive for 10-15yds.

Conditioning: 100yd stride sprints

Stride sprints force a focus on the technique of running and maximizing the length of each stride. Arm swing with loose hands, face relaxed, knee lift with foot claw will result in better speed. The goals for each stride are:

- Skills: 14 secs
- Mid: 16 secs
- Big: 18 secs

Execute 8 reps with 45-60 rest in between

Conditioning: 80yd sprints

80 yard sprints challenge the athlete to lengthen strides to maximize speed. The goals for each sprint are:

- Skills: 10 secs
- Mid: 12 secs
- Big: 14 secs

Execute 8 reps with 45 seconds rest in between

Conditioning: 60yd sprints

60 yard sprints challenge the athlete to increase frequency to maximize speed. The goals for each sprint are:

- Skills: 8 secs | Mid: 9 secs | Big: 11 secs

Execute 8 reps with 45 seconds rest in between

Conditioning: Pyramids

Cones set at goal line, 10, 20, 40, 60, 80, 100

Climb UP the pyramid... then climb back down.

Conditioning: 100yd sprints

Four laps... Walk turns (recovery)... straight aways are builds to full sprints (8 total)