Track, Field Events & Speed Development

Strength **Technique** **Organization** **Coaching** **Knowledge**

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SHAPE Convention **St. Louis, MO** **Friday, April 4** **11:30 AM** **Rooms 240-242**

1. **Warm Up**

Max - Jones box jumps – 30 seconds (35/45 touches) identifies the speed/power athletes
3 Person Relay - rope jumping skills (cycling) Rope jumping on the move - undulation
2:1 swing ratio forward, 2:1 backward swing, 2:1 forward transition into 1:1 ratio
Dynamic Leg Swings – 20/20 side to side each leg, 20/20 front back each leg
Partner Chase Tag – a max of two fakes – 8 seconds to complete your turn - 15 yards to base
Stretching – dogs, cheetahs, little kids and bank robbers – Do they do it?

2. **Neuromuscular Drills** – 8 seconds or less, 90% intensity or more, highly complex skills
   Form Running – Mach drills – video using school security cameras, using hurdle marks

a. Sideways Moves – open/close, carioca, high knee crossover
b. Linear Moves – high knees, butt kicks ,straight leg bounds
c. Gravity – narrow stance, wide stance, shoulder width
d. Brain Challenge - Skipping with arm circles in opposition
e. Linear Moves – 4 push accelerations, sprints

The upper body goes backwards as fast as it can (negative acceleration), so the lower body goes forward faster!

3. **Sprint races** – standing starts - crouch starts - from a prone position – this determines the front foot
   Lining up slow to fast….boys fast to fastest…..serpentine the heats…..what place did you finish?
   Re-align for new heats….. positive social development through multiple groups and the chance to compete in changing groups – grows confidence

Scooters – drive phase – hip power – pistons fire up and down! Strength for the drive phase and the other phases benefit – do this because of limited time to actually practice…….keep them competing as much as possible
Block starts – stretch reflexes (middle finger on the floor), squatting body weight 8 times, power jumps when told to take your marks, breathing or not negative thumb drive, toe drag
Undulating and oscillating, joint focus…distal to proximal, thumbs on top of your hand, Torso and shin alignment
Banana hurdles….cycling phase
Relay handoffs – same job 3 times – giver or receiver

4. **Training games** - 5x100m relay, the unforgiving minute, the rainbow game
5. **Hurdles** – flat boxes, ghosts, full races….trail leg – develop hip power and dynamic flexibility at the same time
6. **Med Ball Explosions** (man vs. himself) your speed versus your strength… triple extension like power cleans
7. **High Jump** - the five circles, LPPF , the rolling marble, triangle, giraffe, pinching the penny, cheerleader
8. **Pole Vault –** pole tip ups, banana steps w/pole
9. **Running verses sprinting**
   Race Finishing technique – “On your toes and drive your ‘bows!” Shorten arm stroke to shorten strides
10. **Administering the mile run**
11. Post workout recovery – chocolate milk, static stretching and PNF, ice baths