



The Academy of Sport Speed & Agility Australia

1 Day Sport Speed for Coaches course



What you will learn: Sport speed presenter Ranell Hobson will take you through leading technical drills to maximise performance in straight line and multidirectional speed. These drills and combinations can be applied to any field or court based sport to unlock the true athletic potential of your players. You will also gain an understanding of the science foundations behind explosive speed – how to maximise every players potential and keep them injury free.

8:15am – 5:30pm

Time	Subject
8:30 – 8:45	Registration
8:45 – 9:15	Introduction to Speed Coaching
9:15 – 10:15	Mechanics in speed for explosive force - theory presentation
10:15 – 10:40	Questions and Answers – quick break
10:40 – 12:20	Acceleration and linear speed - practical session
12:20 – 1:20	Lunch Break
1:20 - 2:20	Athlete functional mechanics - theory presentation
2:20 – 3:20	Plyometrics & Core strength - theory presentation
3:20 – 3:40	Questions and Answers – quick break
3:40 – 5:15	Multidirectional speed & COD – practical session
5:15 – 5:30	Questions and Answers – Final Wrap Up - Photo

