

Coaching Explosive Speed Practical Workshop

This workshop allows you to explore the practical application of the knowledge and skills gained throughout the linear and multi-directional speed theory presentations. You will gain skills required to demonstrate drills and exercises to instruct speed training techniques to individual athletes or groups of athletes according to their specific needs. The expected time to completion is 3 hours (2 x 1 hour practical sessions, 1 hour of video self-assessment)

INSTRUCTIONS

Your practical workshop consists of two x one-hour sessions. The first focussing on Linear speed and the second on Multi-directional speed. Using your phone or other video device, during the sessions, record yourself performing the following technical exercises and drills for self-assessment.

1. Acceleration Wall Drill (Single and triple switches)
2. Ankling drill (Foot strike)
3. Wall Slides (Foot recovery)
4. Stride Cycle
5. Acceleration efforts over 5, 10 & 15m
6. Sprinting efforts over 20, 30 & 40m
7. Acceleration to brake over 10 & 15m
8. Change of Direction using plant step
9. Change of Direction using cross over step
10. Change of Direction using drop step or pivot step

PERFORMANCE CRITERIA for Video Assessment

Individual assessment of performance is to be consistent with the evidence guide. This Qualitative analysis looks at the fundamental movement patterns, positions and postures required for the training and execution of sport speed. It identifies compensations and inefficient movements which lead to poor performance and chronic injuries.

Individual elements: AC = Achieved Competency; NYC = Not Yet Competent

PERFORMANCE CRITERIA EVIDENCE GUIDE – Linear Speed Technique

Acceleration Wall Drill (Single and triple switches)	AC	NYC
Straight line posture from head to heel in set up		
Front shin remains parallel to rear thigh		
Hips remain tucked under		
Foot strike is behind hip		
Maintenance of toe-off position		
Maintenance of postural integrity		
Ankling drill (Foot strike)	AC	NYC
Torso remains upright (shoulders over hips)		
Foot remains dorsiflexed		
Lead foot is pulled up stance leg to just above ankle		
Foot strike is mid-foot down		
Action is rhythmical		
Wall Slides (Foot Recovery)	AC	NYC
Foot is pulled directly up stance leg		
Thigh achieves parallel to the ground		
Dynamic action remains alongside stance leg		
Foot remains under hip throughout complete action		
Stride Cycle	AC	NYC
Foot is pulled directly up stance leg		
Thigh achieves parallel to the ground		
Foot steps up and over opposing knee		
Foot strike is a powerful down strike		
Foot strike is mid-foot down		
Action is rhythmical		
Acceleration Action	AC	NYC
Torso remains in front of Base Of Support in acceleration		
Straight line from head to heel in acceleration		
Positive shin position on ground contact		
Knee and Hip are strongly flexed		
Appropriate gluteal and quadricep power present		
Rear foot pulls through beneath stance knee		
Sprinting Action	AC	NYC
Foot lands close to or directly underneath hip		
High leg stiffness present with minimal collapse		
Quick ground contact with no excessive braking		
Strong Knee drive		
Positive shin position on approach to and ground contact		
Return to neutral / Dorsi flexed foot position		

Strong down and back foot strike		
Torso remains close to upright when running at speed		
Torsion in the trunk without excessive axial rotation		
Arms are relaxed, fluid and elastic with close to 90 degree elbow angle		

PERFORMANCE CRITERIA EVIDENCE GUIDE – Change of Direction Technique

Acceleration to brake over 10 – 15m	AC	NYC
Shortening of stride length		
Centre of mass lowers		
Base of support widens		
Breaks with stability and control		
Change of Direction (Plant Step or Cut)	AC	NYC
Decreases stride length approaching plant step		
Centre of mass lowers		
Base of support widens		
Plants foot outside mid-line of body		
Landing leg (plant foot) has flexed Knee		
Shoulders / Torso rotates to lead movement		
Increases stride length coming out of first step		
Change of Direction (Cross Over Step)	AC	NYC
Decreases stride length approaching cross over step		
Centre of mass lowers and Base of support widens		
Uses toe steering of the inside leg		
Landing leg has flexed Knee		
Outside leg closes hip, crosses over mid line of body		
Shoulders / Torso rotates to lead movement		
Plant step is with positive shin angle		
Increases stride length coming out of first step		
Change of Direction (drop Step)	AC	NYC
Decreases stride length approaching plant step		
Centre of mass lowers		
Bodyweight shifts to the rear		
Turns hips so outside foot plants diagonally toward new direction		
Inside foot plants in positive shin angle		
Bodyweight shifts and rotates toward new direction		
Increases stride length coming out of first step		
Dynamic balance and stability maintained throughout COD		



LINEAR SPEED PRACTICAL SESSION

Please note: Videos of all drills are located in the linear speed presentation.

WARM UP 10 mins

Perform a generalised warm up including movement prep and dynamic actions to increase heart rate, increase synovial fluid lubrication of joint structures and warm the tissues for training.
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LINEAR SPEED TECHNICAL – 40 min
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Ankling – 4 x 10m walk back recovery

Wall Slides – 4 x 8 each side with 1 min rest between sets
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Step Overs – 4 x 15m walk back recovery

Progressive Stride Cycle (over ankle, calf then knee) – 4 x 20m with 90 sec rest between sets

Wall Drill – 3 x 4 x single switches each side, 3 x 4 x triple switches each side

Short Accelerations from standing start – 4 x 10m with 45 sec rest
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Short Sprint from rolling start – 3 x 20m, 3 x 30m with 30 sec rest per 10m

Sprints – 3 x 50m with 45 sec rest per 10m
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COOL DOWN 10 mins

Perform a generalised cool down including slow rhythmical actions for heart rate return and static stretching of all major muscle groups used within the session.

NOTES:



MULTI-DIRECTIONAL SPEED PRACTICAL SESSION

Please note: Videos of all drills are located in the mutli-directional speed presentation.

WARM UP 10 mins

Perform a generalised warm up including movement prep and dynamic actions to increase heart rate, increase synovial fluid lubrication of joint structures and warm the tissues for training.

MULTI_DIRECTIONAL SPEED TECHNICAL – 40 min

Overs and unders – 4 x 8 each side with 1 min rest between sets

Side shuffles – 4 x 10m walk back recovery

Short Sprint to Hard Brake – 3 x 5m, 3 x 10m, 3 x 15m with 30 sec rest per 10m

Acceleration to brake – 4 x 15m walk back recovery

Acceleration to lateral brake – 4 x 15m walk back recovery

Multi-directional skipping – 4 x 16 foot strikes

4 x varied distance sprint with at least 1 plant step (cut) with 30 sec rest per 10m

4 x varied distance sprint with crossover steps and COD with 30 sec rest per 10m

4 x varied distance sprint with drop steps and COD with 30 sec rest per 10m

COOL DOWN 10 mins

Perform a generalised cool down including slow rhythmical actions for heart rate return and static stretching of all major muscle groups used within the session.

NOTES:
