

TRUE HOOPS

Athletic Performance - Phase 3 Week 1 - Day 1 Acceleration

Prep Drills

Snap Down w/ Double Vert Jump= 3 x 2

- No holds except for after all 3 jumps. 2 vert jumps in a row followed by 1 Broad and stick.

Single Leg Hops (forefoot) = 3 x 6 yds each leg

- Power with quick ground contacts

Acceleration Skills

Positions & Angles are Everything

Wall Drill Fast Switch = 2 x 4 each

- Double switch then hold 1 sec. for 4 reps

Band Bound - 2 x 15 yds (light-medium resistance)

First Step Propulsions = 8 reps total

- Sports Specific Position, 3 point stance, lateral baseball stance, 2 point, etc.

Jog in Sprints (15 yards) = 4 reps

- Jog 5, accelerate for 15 yards.
- Force, then increasing cadence – Speed
- Full Recovery 2 -3 minutes

Superset of Banded or Hill Runs with Sprint Starts = 4 x 10 yard resisted / 15yd un-resisted

- 1 minute between supersets
- 2-3 min between sets. Full Recovery

Plyometrics / Strength - (Rest as needed)

Spring Ankle Series:

- SL Rigid Foot 1/2 Squat = 1 x 60 sec ea.
- SL Plantar Flexed Tall = 1 x 60 sec ea.

Athletic Performance - Phase 2

Acceleration

Notes and Exercise Descriptions

Rest enough for Full Recovery between Sets – We want to get FAST, not just Tired.

Snap Down to Double Vert and Double Broads: Same as before but taking away the hold at the bottom and going right into the jumps again working on reactivity and Elasticity to a degree. All of the Jumps lead into the others so power and balance/ control are all in play. Pay attention to the amount of jumps as well as which are doubles and which are singles. Hold athletic position for a moment of full control and balance at the conclusion of each rep.

Single Leg Hops: the goal is to cover the distance as fast as possible hopping on one foot, more specifically the forefoot. No heels should touch the ground while you are covering the prescribed yardage. Push into the ground as fast and as powerfully as you can to cover max distance with each hop.

Wall Drill Doubles: Start with a knee up and quickly exchange that thigh back into the ground and then rebound that same initial thigh up again. Full Range of motion each rep. Don't cut the movements short trying to be extra quick.

First Step Propulsion from Sports Specific Stances: This is just to take things from more general to more relevant in your sport or position. Where would you be starting from or have to make an explosive first step? Are you testing in a 3 point stance or Lateral Stance as in a baseball 60? Etc.

Jog in Sprints: as the name implies, you will jog nice and easy for 5 yards and then accelerate for the prescribed Distance. Remember that you should go from power with speed initially to Speed with Power relaxing more and more as you cover the ground. After you initially build some momentum with powerful steps driving the ground back, you will gradually transition more upright, like a plane taking off, as you emphasize relaxation and speeding the limbs up driving the ground down.

Superset Resisted Runs and Un-resisted: A proven method to improve Sprint Acceleration is using Resisted Sprints (either hills or bands) to overload the muscles and then taking the resistance away a short time later to improve the performance of a sprint. It is as if you were taking that exaggerated power from the resisted run right into the un-resisted run. Make sure that you follow pretty closely to the prescribed rest times between the superset exercises (approx 1 min) and fully recovering between sets

Athletic Performance - Phase 3
Week 1 - Day 2
Change of Direction

Prep Drills:

Split Stance Snap Down into Heiden = 3 x 3 / leg

- Snap down right into explosive Heiden and stick
- 1 min rest after both legs

Lateral Deceleration, Quick Switch to 5 yd Sprint and Stop = 3 x 1 / each side

- Fast exchange to sprint and stop at 5 yard mark
- Low, Angles, Suddenness, Speed

Deceleration Skills:

POSITIONS/ANGLES are EVERYTHING

Diagonal Sticks on Movement = 4 x 4 sticks total

- start and cut at 90 degree on movement
- angles / smooth / quick

5yd Shuffle to 5-yard Run to Lateral Deceleration and Back = 2 x 1 / side (4 total)

- No hold on first lat deceleration to shuffle & run back. Decelerations facing the same way per rep

Games: Make it Competitive and Challenging

Mirror Run / Backpedal = 3 mirrors per athlete

- 5 sec max / switch sides

Diagonal Cut Chase = 3 chases per athlete

- Chase starts in Lateral Deceleration position
- Till caught or max of 4 cuts

Shuffle Circle Chase = 3 chases per athlete

- 6 sec max or till caught / Angles!

Plyometrics / Strength:

Continuous Heiden Hops = 3 x 8 hops total

- Smooth / Control / Force

Spring Ankle Series:

- Plantar Flexed 90 Squat = 1 x 60 sec each side
- Rigid Foot ½ Squat = 1 x 60 sec each side

Athletic Performance - Phase 3

Change of Direction

Notes and Exercise Descriptions

Rest enough for Full Recovery between Sets – We want to get FAST, not just Tired.

Split Stance Snap Down into Heiden: As soon as you land in split stance explosively push off the front leg laterally into a Heiden and stick the landing holding for a least a second.

Lateral Deceleration Quick Switch (or Double Switch) to 5 yd Sprint n Stop: Start on one side of the line and quickly jump into lateral deceleration position exploding into a 5 yd run suddenly stopping linearly at the 5 yd mark. Drop and take 1 or 2 big steps to completely stop yourself. Week 3 double switch and then sprint to linear stop.

Diagonal Sticks on Movement: same as before but you will react to partner movement to stick and cut as opposed to set cones. Smoothly and suddenly dropping and sticking the cuts is the goal. Partner will signal you to completely stop at the end.

Shuffles and Runs on Movement: you will face your partner who will signal you to run up at them, shuffle right, or shuffle left. The signaling partner will continue with varied combinations for the prescribed number of seconds. Make sure the changes of direction incorporate great angles to ensure efficiency, smoothness, and fluidity.

Change of Direction Games:

Mirror Run and Backpedal: Partners will line up side by side and one will attempt to mirror the other exactly only running forward or backpedaling for 5-6 seconds.

Diagonal Cut and Chase: Partners will line up a few yards apart (1-3 yards based on level). When the chaser moves the chase begins and the chaser can take a maximum of 4 approximately 90 degree cuts or the drill stops when the chaser is caught. The chaser will line up in either a sideways stance or facing the chaser to make things more challenging and decrease the advantage. Starting laterally from a knee is also an option for the chaser. Use the different positions to make things challenging and interesting as well as to get a feel for staring and reacting from different positions.

Shuffle Circle Chase: Make a Circle out of Cones about 2 - 4 yards in diameter depending on level of athletes to make things challenging and competitive. Athletes will start at opposite sides of the circle with one designated as the chaser. On the chaser's move the time begins and using shuffling and lateral decelerations only, the game begins until time expires or the chaser is caught. You can change to running a few reps as well for a different feel and challenge.