

TRUE HOOPS

Athletic Performance - Phase 2 Week 3 - Day 1 Acceleration

Prep Drills:

Forefoot Snap Down w/ Double Vert Jump= 3 x 3

- 1 sec hold at bottom athl. position
- no hold between jumps, but after 1 sec.

Forefoot Snap Down w/ Double Broad Jump = 2 x 3

- 1 sec hold at bottom athl. position
- No hold between jumps, but after 1 sec.

Acceleration Skills:

Positions & Angles are Everything

Wall Drill Fast Switch = 2 x 12 switches

- Hold each for 1 sec, fast switch

Band March = 2 x 12 yd (Strong Resistance)

Band Bound = 3 x 12 yds (less Resistance)

Band 10 yd Runs = 3 x 12 yds (even Less Resist.)

- Every exercise mimic form of Wall Drills

Kneeling First Step Propulsions = 6 xs each leg

- Powerful Arms, propel out!

15 yd Sprints = 8 reps

- 1st Run at 90%/Increase Cadence from force to speed gradually

Plyometrics / Strength: (Rest as needed)

Skips for Height = 3 x 10 skips

Band March = 3 x 15 yds (Heavy Resistance)

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 or Broad Jump: Same as before except that now the jumps will be doubled up without hesitation in between however still being cognizant of athletic position form in between the jumps. It is a small test of keeping good form in between jumps while also introducing a more reactive / elastic effect to the body.

Wall Drill Fast Switch: much like the quick switch before, this is just an intention to switch or exchange the legs as fast as possible still maintaining full range of motion, and proper angles.

Kneeling First Step Propulsions: Same as before except that you will start from a kneeling position. The knee up Foot is right on the line with opposite knee down around the heel of the knee up foot. Make sure that you are leaning forward and have a good angle of the front shin. Powerfully drive out of there with the legs and arms at the proper 45 degree angle as you must overcome more inertia than normal to get going forward.

15 Yard Sprints: Same as before except that now with a slight longer run we can work on transitioning to continue building acceleration into top end mechanics. Although the starting steps are marked by Fast Force (Power) driving back toward the starting line, the run will gradually turn faster and faster with every step moving forward. As you gradually rise like an airplane, you will start relaxing the body, letting turnover start to increase, and putting force down and back as opposed to just backward. This is all gradual and individual to everyone based on strength, speed, and level. Just remember that in the beginning its power back and as you proceed past driving out off the line, you start to relax while putting force down into the ground. Don't just switch at a certain point, but instead smoothly transition from power to speed, forward lean to more upright position.

Skips for Height: The same skip that we all know except that we will try to elevate as high as possible with each skip driving the ground down and away. There should be emphasis on power production but also good ground contacts and rhythm on landing and into the skip.

Band March: Heavy resistance as if you are dragging a heavy sled. Getting Strong at the right angles.

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

Prep Drills:

Forefoot Split Stance Snap Down into Double Jump = 3 x 2/leg

- Snap Down right into dbl. jump / 2 sec hold at end. No heels on ground.

Lat. Decel Pos. Double Switch into 5yd Run = 3 x 3 /side

- 3 Quick double switch w/ 1 sec hold betw. except for the switch just before the run

Deceleration Skills:

POSITIONS/ANGLES are EVERYTHING

Diagonal Sticks = 4 x 6 sticks total (6 cones)

- Set makers 4 yards apart
- Move quickly, 1 sec hold per cone

Linear Sticks on Movement = 4 x 4 /leg

- Start and Stop on Partner's movement
- 5 yd dist. Max per stop.

5yd Shuffle to 5yd Run to Lat. Decel and Back = 3 x 1 / side

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

Plyometrics / Strength:

Heidens w/ Stutter Hops = 4 x 10 hops total

- Smooth / Control / Force

Spring Ankle Series:

- Plantar Flexed 90 Squat = 1 x 60 sec ea.
- Rigid Foot ½ Squat = 1 x 60 sec ea.

Athletic Performance - Phase 2

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 Double Jump: Same as before but there will be no hold between the snap down and the jumps. The hold will only come to display control and balance at the end of both jumps. As I stated also different than before will be 2 consecutive jumps as opposed to 1.

Lateral Deceleration Position Double Switches (into run): Instead of doing one switch at a time you will do 2 in a row staying low, keeping good feet width, and with great angles. A double is 1 rep. When adding the **5yd run** do 3 double switches using a 1 sec hold between each rep except for the last switch which will go immediately into the run.

Diagonal Sticks: Cones will be set at 90 degrees from each other making a zig zag. The distance between cones is prescribed. You'll run toward a cone just as with the linear sticks and come to a stop with the **OUTSIDE** Foot. After holding for a brief moment you'll then cut 90 degrees toward the next cone where you'll stop with the opposite **Outside** Foot. Use the back foot at each stop as the first step toward the next cone.

Linear Sticks on Movement: Same as before but you will stop not a seen cone but on a partner's movement. A simple hand up can be stop and hand down or in toward you can be go. Stand in front the runner for a few sets before moving around a bit for more of a challenge. Don't take your partner much more than 5 yards but you can adjust if the athlete is more advanced.

5yd Shuffle to 5yd Run to Lateral Deceleration (and Back): Now we are just combining the transition of a shuffle to a run which will mean even more speed into our lateral cuts making it more challenging. When the "**and Back**" command comes you will laterally decel. and cut quickly returning to the starting line with the shuffle and Run again. Stop each rep facing the same direction.

Heidens with Stutter Hop: Same as before but you won't stick and hold in the ground. Instead you will take a short vertical stutter hop and then jump right back into the next Heiden. Think of a stutter hop as what happens when jumping rope slow and taking an extra small hop while the waiting for the rope to come back around.