

TRUE HOOPS

Athletic Performance - Phase 1 Week 3 - Day 1 Acceleration

Prep Drills:

Forefoot Snap Down w Vert Jump = 3 x 2

-2 sec hold at bottom before jump

-Heels off the ground / balance & power

Forefoot Snap Down w Broad Jump = 3 x 2

-2 sec hold at bottom, heels off ground

Jump forward land in athl. position

Acceleration Skills:

Positions & Angles are Everything

Wall Drill Position Holds = 2 x 2 each 5 sec holds

Wall Drill Quick Switch = 2 x 10 switches

-Hold each for 2 sec, quick switch

Band March = 4 x 10 yd (strong Resistance)

Band Bound = 4 x 10 yds (less Resistance)

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

-Every exercise mimic form of Wall Drills

First Step Propulsions = 6 xs each leg

-Use Arms Powerfully, 2 point stance

10 yd Sprints = 6-8 reps

-1st run at 90%, build up with reps

Force, Form Speed!

Plyometrics / Strength: (Rest as needed)

Jump Squats = 4 x 8

-Squat to about 90 degrees and explode

-Try to sit and get right back up!

Spring Ankle Series:

-SL Rigid Foot 1/2 Squat = 2 x 30 sec ea.

-SL Plantar Flexed Tall = 2 x 30 sec ea.

Athletic Performance - Phase 1

Acceleration

Notes and Exercise Descriptions

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

Snap Down to Vert or Broad Jump: from a tall hands overhead position you will snap down into an athletic position with arms at your side, feet approx. shoulder width apart, knees over toes, hips back, and weight evenly distributed throughout the entire foot. There should be no sound to the landing. Hold for the given time in athletic position before jumping powerfully either upward (vert) or forward (broad) after which you will hold again in great athletic position. Forefoot only means that you will ever only be on the forefoot and never on the heel, working on foot and ankle strength and a bit more balance on both the snap downs and the jumps.

Wall Drill Position Hold and Switches: Position is leaning against a wall or fence at approx. 45 degrees from the ground with head to heels being a straight line. From there a **hold** is one knee up in front of the hip with the angle of the shin parallel with the body. A **Slow switch** is a smooth controlled switch of the legs from the hold position focusing on full extension of the back leg and raising of the opposite thigh to at least hip height. A **Quick switch** is a quick exchange of the legs simultaneously.

Band March: This is the wall position drill but with actual movement forward. Form is of up most importance as you're teaching your brain and muscles the correct angles and from which to push to accelerate effectively. Forward Lean approx. 45 degrees and Finish the push back underneath your partner who is behind you resisting you heavily both to hold you up and to give you resistance to overcome. Other thigh shoots forward to prepare for the next push back.

Band Bound: Less resistance here than on the March. The athlete being resisted will perform just as with the March except that the steps will be performed explosively maximizing the distance covered. The bounds are literally a series of jumps out forward as you drive the ground back in an exaggerated fashion. Power and forward propulsion are the focus here.

Band Runs: Slightly less resistance here than on the Bound. All of the form from the previous exercises continue as you now sprint away from the partner resisting you. Apply that force from the bounds but now in a smooth and rhythmic manner. The resistance should be definitely felt but the athlete should be allowed to fun Smoothly and Effectively.

First Step Propulsions: This is simply working on the first step of your Sprint. Make sure to have both shins pointing in the direction that you want to go with your body feeling as if it's ready to explode forward before even moving. Both feet help break inertia and start the push backward but the forward foot will finish the push obviously. When instructed **Hands on Hips**, we will do so to only focus on full leg and hip extension without any other inputs. When arms are back Explode out powerfully and forcefully hammering the forward arm back and fully extending through the front leg and hip at the proper angle aiming for 45 degrees. Switch the forward leg each rep.

10 yd Sprints: We put it all the form to use now to practice our starting ability. Focus on your stance feeling like being ready to be shot out of a gun. Drive the arms back to help maximize the leg drive back. Shin angle should be striking the ground going back and not down for the first 3 to 4 steps depending on strength and power level. Try to drive back or push back to get going and gradually rise like an airplane as you build speed.

Jump Squats: Sit to about 90 degrees and then shoot your body up as you drive the ground away as forcefully as possible. Sit as you land softly and then explode up again.

Athletic Performance - Phase 1

Acceleration - page 2

Notes and Exercise Descriptions

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

Jump Squats: Sit to about 90 degrees and then shoot your body up as you drive the ground away as forcefully as possible. Sit as you land softly and then explode up again.

Spring Ankle Series: 5 positions based solely on strengthening the foot and ankle complex. A Stronger Foot and Ankle means more powerful projections, more solid ground contacts, a better ability to absorb and produce force so it serves for both Performance and Safety. They aren't exactly fun but very Important and Effective. They WORK!

Single Leg Rigid Foot ½ Squat: Sit to a half Squat of about 45 degrees at the knees keeping your foot at a Strong / Solid 90 degree angle to your shin and forcefully mash your big toe through the ground. Don't let the heel drop or raise. Remove one leg and hold keeping constant pressure downward with the Big Toe.

Single Leg Spring Ankle Single Leg Tall Flexed: Standing tall you will take your heel up as high as you can off the ground as you drive the Big Toe Through the ground! You will then remove one foot from the ground and keep constant maximum pressure down into the ground with the Big Toe.

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

Prep Drills:

Forefoot Spl. St. Snap Down w Jump = 3 x 3 /leg

-2 sec hold, jump, then 2 sec hold

Lateral Decel Stance to 5yd Run = 3 x 2 reps / side

-2 switches w/ 1 sec hold, then Sprint

-Stay Low, Great angles of shins

Deceleration Skills:

POSITIONS/ANGLES are EVERYTHING

Linear Sticks = 3 x 4 /leg

-Markers 4 yards apart

-1 sec hold, try to stop in one step

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

-1 set is completing both sides. Stay low, good angles, be quick!

5yd 90% Run to Lat. Decel and Back = 5 x 1 /side

-1 set is up and back with decels (cuts) facing the same way. Hold position at end

Plyometrics / Strength:

Heiden Hop and Stick = 4 x 8 hops total

-Hold for 2 sec with full balance

-Greatest Power / distance

Spring Ankle Series:

-SL Plantar Flexed ½ Squat = 2 x 30 sec ea.

SL Rigid Foot 90 Squat = 2 x 30 sec ea.

Athletic Performance - Phase 1

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 w Jumps: Start in Tall posture with arms overhead. Throw your arms down to your side and land in a split stance position (front foot flat on the floor slightly in front of the hip and back forefoot on the ground slightly behind the hip). Hold at the bottom for control and balance before jumping as high as possible and landing again in the same split stance for another short hold. Perform one side followed by the other before taking a short break going into set 2.

Lateral Deceleration Stance: A positional drill to engrain the angles and control needed to decelerate and accelerate quickly, safely, and efficiently out of lateral changes of direction. You will start with your foot on a line with the other slightly wider than shoulder width apart. You'll sit into athletic position and then lean into the line angling your entire body toward the line. Make sure that you feel wide enough to mimic a true cut. From there you will quickly switch over to the other foot on the line and angled the opposite way into the line. When the 5 yard run is added you'll just add a run at the angle that you are facing toward after the 2 switch reps.

Linear Sticks: linear deceleration skill in which you try to stop yourself in 1 or 2 steps max. You'll get low into the stop and extend your leg out in front of you to absorb the sudden stop. Longer Run ups require more strength and technique to stop quickly and efficiently. Hold for the moment prescribed and then run up quickly to the next cone or line.

5 Yard Shuffle to Decel (and Back): shuffle quickly for 5 yards and then stop right at the line with your outside foot. You should be angled away from the line as in the Lat Decel Stance Drill described above except that in this case, you'll be angled away from the line. Body should be low and both shins and torso should be angled away from the line. When given the "and Back" command you will not stop at the top of the drill as before but instead and angel and cut as described and then shuffle right back to the start line where you will stop angled away from the line and hold.

Run to Lateral Deceleration: Instead of shuffling you will run to the lateral Deceleration position. This will be a bit more challenging as you'll be approaching the line with more speed than with the shuffle. Make sure to Decel evenly to both sides and not be turning to the same side of your perceived dominant leg.

Heiden Hop & Stick: Get into general athletic position with feet shoulder width, hips back some, chest over slightly bent knees and weight evenly distributed throughout both feet. Now put all your weight on one foot and keep your hip loaded. From there you will use your arms to help you jump out laterally landing on the opposite leg into the same position. Jump should be powerful but dependent on how much control you have on the landing. Hold before jumping again.

Single Leg Plantar Flexed ½ Squat: Sit to a half Squat about 45 degrees and raise your heel as high off the ground as you can as you drive your Big toe through the ground. Remove one leg and hold yourself up continuing to mash the big toe into the ground.

Single Leg Rigid Foot 90 Squat: Sit to a 90 degree bend in the knee keeping your foot at a Strong / Solid 90 degree angle to your shin and forcefully mashing your big toe through the ground. Don't let the heel drop or rise. Remove one leg and hold keeping constant pressure down with the Big Toe.