



Speed Session One -Warm Up

<p>Raise</p>	<p>In a space marked out at 25m x 25m, students will be asked to jog, skip in different directions, and hit the deck when called.</p> <p>Continuous skip and react to calls</p> <ol style="list-style-type: none"> 1- Touch floor with right hand 2- Touch floor with left Hand 3- Jump and touch the sky.
<p>Activate</p>	<p>All students will be asked to make a circle, coach will stand in the middle.</p> <p>Circle will have a 15m radius between coach and student.</p> <p>Students will move towards coach with lunge exercises, and back pedal to return to their original starting position.</p> <p>Students will do one set of the exercises below.</p> <p>Activation Exercises:</p> <ol style="list-style-type: none"> 1. Squats with hands on shoulders- 8 reps 2. Lunge- 5 each leg 3. Lateral Lunge- 5 each side 4. Squat Jumps- 5 on the spot, stick the landing, reset and repeat
<p>Mobilise</p>	<p>Dynamic Stretching of the major muscle's groups for sprinting.</p> <ol style="list-style-type: none"> 1. Hip Flexors- Hold for 5 seconds, release, switch leg and repeat both sides. 2. Quads- Hold for 5 seconds, release, switch leg and repeat both sides. 3. Hamstring – 5 swings each leg, hold for 3 seconds. 4. Calves- Hold for 5 seconds, release, switch leg and repeat both sides. 5. Active glute stretches- Standing on one leg, lift the opposite leg and allow the foot to rest on knee. Repeat these 3 times on each side. <p>Mobilisation:</p> <p>Leg swings with partner- 5 each side (Lateral swings and front swings)</p>
<p>Potentiate</p>	<p>2 strides @ 50-60% of max speed over 30m</p>

Speed Session**One****Plyometrics
(Activation)**

Exercise	Sets	Reps
Pogo	2	8
Bunny hop and stick	2	6
Single leg hop on spot	2	6 each leg

- Emphasis here is on technique, maintaining control and stability when moving.
- Try to minimise ground contact time with pogo's

Technical Skills	Exercise	Reps/Distance	Sets	Rest	Cue
	Ankling	15m	2	Walk back.	Quick ground contact time. Imagine "Lifting feet through water".
	A Walk	10m	2		
	A Skip	10m	2		
Methods and Drills		(Reps/Distance)	Sets	Rest	Coaching Cue
Wall Drives		5 seconds 10 seconds	2		'Pop' the knee with every stride. When driving, maintain a long line from ear, shoulder, hip, knee and ankle.
Skill Application		(Reps/Distance)	Sets	Rest	Coaching Cue
Standing start		3 x 15m	1		A forward lean from ankle to ears.
'Fall' in Start		3 x 20m	1		Step over the opposite knee and drive the foot down . Push the ground away from body.
Running Start with 10m approach	(jog or run at 50% speed into line)	3 x 15m	1		