



Speed Session Two -Warm Up

Raise	Students will be asked to jog, skip, stride and crawl at various times and getting faster as it goes on 30 -40seconds.
Activate	<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 athletes.</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 arms raised over head- 8 reps 2. Dynamic Lunge Lateral Lunge- 5 each side 3. Single leg glute bridge- 5 each leg 4. Plank with rotation- 8 reps
Mobilise	<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>Iron Cross- 5 each side (Supine and Prone)</p>
Potentiate	2 strides @ 60-70% of max speed over 30m

Speed - Session**Two****Plyometrics
(Activation)**

Single leg hops over cones	2	8 each leg
Skips for Height	2	Over 15m
Skips for Distance	2	6 each leg

- Emphasis here is on technique, maintaining control and stability when moving.

Technical Skills	Exercise	Reps/Distance	Sets	Rest	Cue
	Hamstring Pull Backs	15m	2	Walk Back	Both legs must remain locked out. Must pull from hamstring and land leg directly under body. "Under, under, under"
	Cycle Over Knee	10m	2		Calf must be glued to hamstring.
	B Skip	10m	2		No kick out, emphasise pull back again.
Methods and Drills		(Reps/Distance)	Sets	Rest	Coaching Cue
Raise arms overhead & A Skip into Run @70-80% speed		10m Approach, 25m Run	2		Open chest and long trunk. When running, don't allow the trunk to collapse. Keep the body tall !
Skill Application	Approach	(Reps/Distance)	Sets	Rest	Coaching Cue
Prone position (chest on ground)		3 x 20m	1	Walk Back	Push the ground away from body.
Walk in Start	(Approach 2m)	2 x 30m	1		Open chest and prevent body from collapsing.
Jog in Start	(Approach 10m)	3 x 40m	1		Keep feet active and feel bouncy.
Stride @50% speed to line then accelerate for distance	(Approach 15m)	2 x 30m	1		Maintain technique and bounce, stay relaxed and avoid over tensing!