

Speed is the Key .. Introduction to Basic Drills

(All athletes need Speed)



These guidelines should be viewed in conjunction with the videos:

1. Drills for Speed (Speed is the Key) and/or
2. Intro to Hurdle Drills

The video(s) are **on loan**, and can be retained for five (5) weeks; after that time they should be returned:

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How to use the videos effectively:

1. **Drills can be done informally**; i.e. you can do them any time, anywhere.
2. I suggest 2-4 sessions a week; 10-15 minutes a session .. that's not much to ask, and a regular effort produces significant changes and improvements. Also, one training session a week is plenty (usually one hour).
3. **Focus** on learning one new drill each session .. don't rush, don't be impatient; the video will show you examples of young athletes doing some of the drills; watch and learn.
4. The best coach of **you** is **YOU** .. watch / learn / practice **patiently** / practice **perfectly**; little things are important .. the aim is to establish and develop good habits right from the start .. **we are what we repeatedly do**
5. The **aim** is to help you develop your capacity to move efficiently .. *not to make you the fastest, but, to make you faster.*
6. A drill is part of a movement (running/moving faster) .. we practice the parts, then, put them all together to move/run better.
7. You will be given a small card to recognise your increasing mastery of the drills; collect the cards and keep them in your folder or attach them to your training bag. Sample cards from the Speed is the Key program are shown.



**Learning
New
Skills
is
Fun**



Learning New Skills is Fun ... and,

you are learning skills that others will not be able to perform, unless they practice.

A Starting Point: Each video has three (3) programs .. new drills are introduced and also revised; watch a few minutes at a time, 2-3 times a week; learn the drills patiently .. do not progress to the next drill (e.g. 1.2) until you have mastered the elements of the previous drill (1.1). You will be tested regularly on the drills and cards awarded when you have shown that your execution is of a high standard.

The recommended sequence (order) may be different from that shown on the video(s); but, all key drills are shown.

For example:

Session 1: A-Skip: Toe Up—Heel Up—Knee Up (Card 1)

4-6 x 10m .. 8-10 A-Skips on each leg

Alternating Butt Kick (Card 2)

4-6 x 10m .. 8-10 *snaps* (heel to buttocks) on each side
Slow forward progress—fast snaps; **TALL**; active foot landing **just** beyond the support foot.

Session 2: Revise A-Skip and Alternating Butt Kicks

Ankling ... 3-4 x 5m .. fast; step over the opposite ankle

Fast Leg ... alternating: *Tall—Toes dorsiflexed—active arms
knee lift until thigh parallel with ground
Jog►FL►Jog►FL►Jog►FL...*


3-4 x 20m .. 4-6 fast leg on each side

What does *dorsiflexed* mean?

Session 3:

Revise A-Skip, Alt. Butt Kicks, Ankling, Alt. Fast Leg

Fast Claw: you will need a coach to call the claws; 3 x 5 each leg .. wait for the call; claw **fast** .. note cues on the card.



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Fast Claw

Maximum of 6-8 calls (repeats)

“Preparation” = Tall — active knee to thigh parallel with ground - toes dorsiflexed - “claw” to ground beneath hips - lift heel of active leg to buttock - fast recovery back to “preparation” position - wait for command. Straight support leg - upright - heel lift. Commands by 3rd party.

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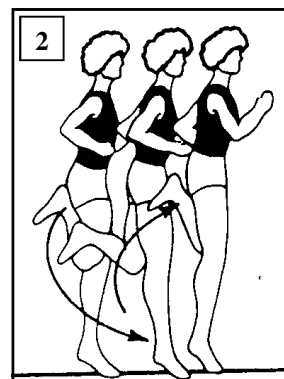
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1

Improving my A-Skip

“Toe Up — Heel Up — Knee Up”
“Step over the support leg knee”
Arms: approx 90°; hand back to hip
“Tall” .. be the tallest you can be
Lots of perfect practice .. 10L / 10R

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2

Butt Kicks

- Right Fast “snaps”; slow forward progress

- Left

- Alternating

Reminders
Tall - Toes dorsiflexed - active arms - snap heel to buttocks

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Each young athlete who continues the program will be videoed so that he/she can see their execution, and, coach themselves to make improvements.

Remember

it takes more courage to try than to win

Movement Skills: The A, B, C of Faster Movement (more efficient)

In General
10 Week Program

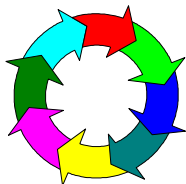
Drills & Skills Evaluation .. 1



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A great pleasure in life is doing what people say you cannot do



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Why Drills?

- To practice **YOU** being in command of your intentions and reactions;
- To improve your technique, incl. rhythm and co-ordination;
- To provide variety;
- To improve balance and flexibility (drill both sides of the body to equal efficiency);
- To improve strength and power with **movements specific to your event interest(s)**;
- To learn new skills in a **fun** way;
- To focus (concentrate) on aspects of movement / technique that need to be improved ... drills are the key to correction and refinement.

Name: _____ Date(s): _____

	Drill / Skill	Rating				
Test One	1. "A" Skip	5	4	3	2	1
	2. Alternating Butt Kicks	5	4	3	2	1
	3. Ankling	5	4	3	2	1
	4. Alternating Fast Leg	5	4	3	2	1
	5. Fast Claw .. Left Leg	5	4	3	2	1
	6. Fast Claw .. Right Leg	5	4	3	2	1
Test Two	7. Combinations (Fast Leg ► Butt Kick)	5	4	3	2	1
	8. Straight Leg Bounding	5	4	3	2	1
	9. Alt. Str. Leg Bounding ► Fast Leg	5	4	3	2	1
	10. Double "A" / Triple "A"	5	4	3	2	1
Test Three	11. Seated Arm Drill	5	4	3	2	1
	12. "B" Skip	5	4	3	2	1
	13. Karioka	5	4	3	2	1
	14. Running the Boards	5	4	3	2	1
	15. Coach Command Drills	5	4	3	2	1
Starts	Standing	5	4	3	2	1
	Falling	5	4	3	2	1
	3 Point	5	4	3	2	1
	Acceleration Ladder	5	4	3	2	1

Ratings:
 5 = Excellent; "lookin' good" .. "real good".
 4 = Very Good; minor improvements in technique / tempo recommended.
 3 = Good; some fundamental technique / tempo elements need attention.
 2 = Fair; improvement evident, but more practice recommended.
 1 = Early days; practice regularly, the improvement will come.

Ratings should be considered and appreciated in relation to the *training age* and experience of the athletes ... a great deal can be achieved with brief **regular** practices.

**Only
Plenty of Perfect Practice Produces Permanent Perfect Performance(s)**