



Sample Program ... How to learn and practice the drills

The drills (and stretches) are fundamental to
the *Speed is the Key* program; improved speed & co-ordination carries over into **all** sports



(Example) WEEK: (2 Drills Sessions; 1 Pool or Cycle or Aerobics)

Session 1: Walk-back recoveries ... adequate recoveries will encourage **perfect** execution.

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Session 3: 1. 2 x 20m A-Skip (*Critical Cue: "Toe Up" - "Heel Up" - "Knee Up" - "Step over the support leg knee".*)
2. 2 x 10m Ankling

Drills and Stretches can be done informally; i.e. you do not have to be at "training" .. e.g. stretch when the adverts are on TV.

Stretches: separate sheet

3. 1 x 6 Fast Claw (Left) .. coach commands
4. 1 x 6 Fast Claw (Right) .. coach commands
5. 1 x 20m Butt Kick (Left)
6. 1 x 20m Butt Kick (Right)
7. 1 x 25m Butt Kick (Alternating)
8. 2 x A-Skip (3-5m) - *Running the Boards* (3-4 secs.) - Sprint 15m.
9. 3 x 3pt. Start from Standing (Bow-Touch-Go) - sprint to 20m.
10. 3 x 4pt. Start to 20m (Back foot firmly against back block/wall)
11. 20-30 Bent Knee Sit-Ups / Crunchers .. followed by 3 x 5 secs. back extensions
12. 2 x 10 Side Dips .. broomstick to assist posture (count one side only)
13. 1 x 100 Rapid Form Skipping: *light, fast.*
14. **Complex Drills** ... over a 20-30m distance perform 4-6 drills; best if changed on coach command; e.g. A-Skip / Double A's / Running the Boards / Alternating Butt Kicks ... w/b recovery .. complete 3-4 Complex sequences.

Drills for Speed (video): Watch; learn by looking.
An eye is better than a mouthful

There are many forms of sit-ups: explore variations

Session 2: Pool Session ... the session may be modified to suit any pool.

You will need to have all materials organised before you commence the session, and runners will probably find the session very demanding at first ... why?

... because it is probably something different. (You may need advice on the execution of such sessions)

You will (may) need a buoyancy belt, such as a *Back Float*, or similar. Only enough buoyancy to keep you afloat easily when running in the water. (Do **not** buy expensive back floats .. a belt, with a couple of polystyrene learn-to-swim back floats attached is adequate.)

Swimmers: you may enjoy using the water differently (i.e. following the Pool Session Ideas),
or,

complete an "easy" swimming (ICS) series .. stroke variations; drills, etc. ICS ???
e.g. 25 / 50 / 100 / 150 / 100 / 50 / 25 .. stroke counts; stroke and breathing variations
but bilateral focus; 15-30 seconds recovery (break) between swims (called "Broken Swims")

Pool sessions are a chance to recover .. to exercise in an environment that is different and where there is little or no chance of injury.

Pool Session Ideas are presented on the back of this sheet.

Almost any drill you can do out of water, can be done in the water; and, in water activities are almost injury-proof.

Recovery Sessions are your **most important** training sessions ... you grow stronger while you are recovering / resting .. **not** while you are exercising strenuously.

So, RUN (Exercise) / Recover / Exercise / Recover, .. perhaps alternate days

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A great deal can be achieved by practicing drills regularly .. 15-20 minutes ..

Do drills in EVERY warm-up, for EVERY sport ... gradually, but certainly, YOU will improve.

A series of program ideas are available to those who are interested in making a regular effort.

There are 168 hours in a week; are you willing to organise your efforts for 2-3 hours? a great deal can be achieved from regular endeavour.
Walk the Walk, don't just talk the talk.

**Not trying when the opportunity presents itself,
may mean wondering (or making excuses) all your life**



Look and Learn

An eyeful is better than a mouthful

A great deal can be achieved in 10-15 minutes / 2-3 times a week.

In a **very** short time (with regular practice) you will develop sound skills with basic movement drills:
(and, **improved co-ordination, movement and speed skills carry over into all sports**).

A-Skip
Butt Kicks .. Right; Left; Alternating
Fast Claw
Fast Leg .. Right; Left; Alternating
Double A's
Combinations (Fast Leg – Butt Kick .. Alternating)

Watch the video; don't be impatient .. **Never Give Up**.

(**Critical Cue for A-Skip:** "Toe Up" - "Heel Up" - "Knee Up" -
Step over the support leg knee".)

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Drills ►
enhanced movement
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