

Acceleration & Speed – Teaching Progression by Jeff Bolender, Cedarville University (3-1-16)

Concepts (tools- rope, pole, starting blocks)

1. Strong Core - Body (pick up by neck) - Can't push a rope, when the waste collapse you lose some of the force that was put into the ground
2. Legs are more like springs
3. We don't paw or pull the ground- think "stair machine" we push or drive the foot into the ground
4. Push a car?
5. Keep ankle, hips, shoulder, and head in a straight line
6. Can't collapse at waist
7. Triple extension- ankle – knee- hip (engine is the hips)
8. Heal up – knee up- toe up (heel under tail)
9. Vigorous arm swing/drive

LEARN BY DOING -DRILLS

1. "Run into wall" (push wall) "wall sprints"
2. Tall fall
3. Wall Drive- start low, step up (lean into wall)
4. Wall Lean- hold each leg at 45, then switch and increase speed then do 3,4,5,6 times fast (use good heel up knee up toe up, return foot to starting point)
5. Stairs// hill runs
6. Push your partner- stand straight up and push your partner then lean into them and push
7. Back Side Mechanics- over active (hold partners shoulders and "kick" then hold partners shoulders and drive
8. Hips tilted forward- lift knee (wrong posture)
9. Hips neutral- lift knee (correct position)
10. Acceleration Position- shoulders below hips, feet separated by about 12-14 inches
11. Tip – toe (how fast do you move) not applying enough force into ground
12. Step up onto plyo- box to show and/feel force it takes to move

DRILLS - Sprint Mechanics (Regular arm action and hands to the sky)

1. Heel up, knee up, toe up
2. Rhythm- forward & side
3. Fast leg
4. Quick feet
5. Ankle bounce
6. High knees
7. Straight leg march

Hurdle Mobility – over under / over over / over 2 back one / high knees