



# Speed and Power Training - Maximum Sprinting Ability

Category: Physical: Speed

Difficulty: Moderate

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## Screen 1 (10 mins)

### Practice Organization

- Power and speed training for the team to enhance teams maximal sprinting ability
- Players are expected to work on the respective bosus Infront of them
- Various exercises (strength) will be executed on the bosus in order to augment our players quick initial steps

### Key Coaching Points

- Players are distributed into 5 groups of players
- Players will execute 8\* maximal sprints
- Distance between the bosu and the mannequins is 14 meters
- Coach blows the whistle and a wave of 5 players proceeds Infront
- Players execute single leg stomp and propulsion in the space
- At the point that players pass from air time to the ground contact time, our players have to push hard and execute the least possible steps while trying to reach the mannequins
- For the first 4\* of the repetitions, players are required to touch the mannequin and quickly turn (turnover) and execute change of direction with maximal voluntary effort
- Players are expected to sprint with their maximal voluntary capability
- Players Should not decelerate (we aim to minimize deceleration loads)
- Players for the remaining 4\* repetitions have to "drive" deep around the mannequins and sprint over the height of the position of the bosu (white line) 16 meters
- Rest between each repetitions for all the players range between 35" to 50" seconds
- Coach motivates the players and praise them in order to deliver their maximal possible effort
- Players have to execute quick feet around the mannequins, and the golden standard is the "least contact with the ground"
- We should observe the level and the quality of the executions, from the moment that the speed - velocity of the majority of the execution seems diminished we should terminate the exercise as it is not anymore beneficial for our players
- Proper activation and flexibility is required before the offset of this training session as it is highly demanding and energy consuming

