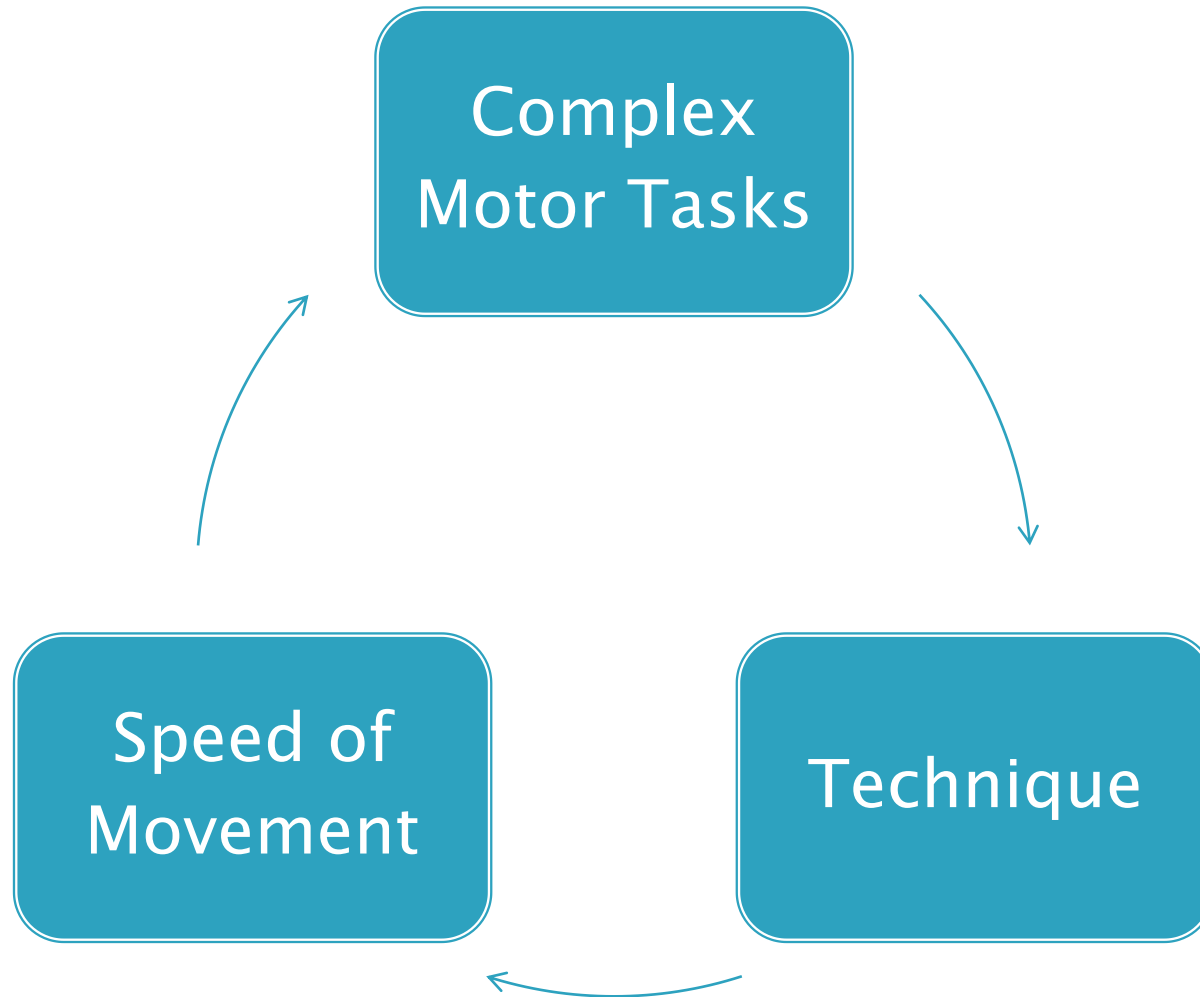




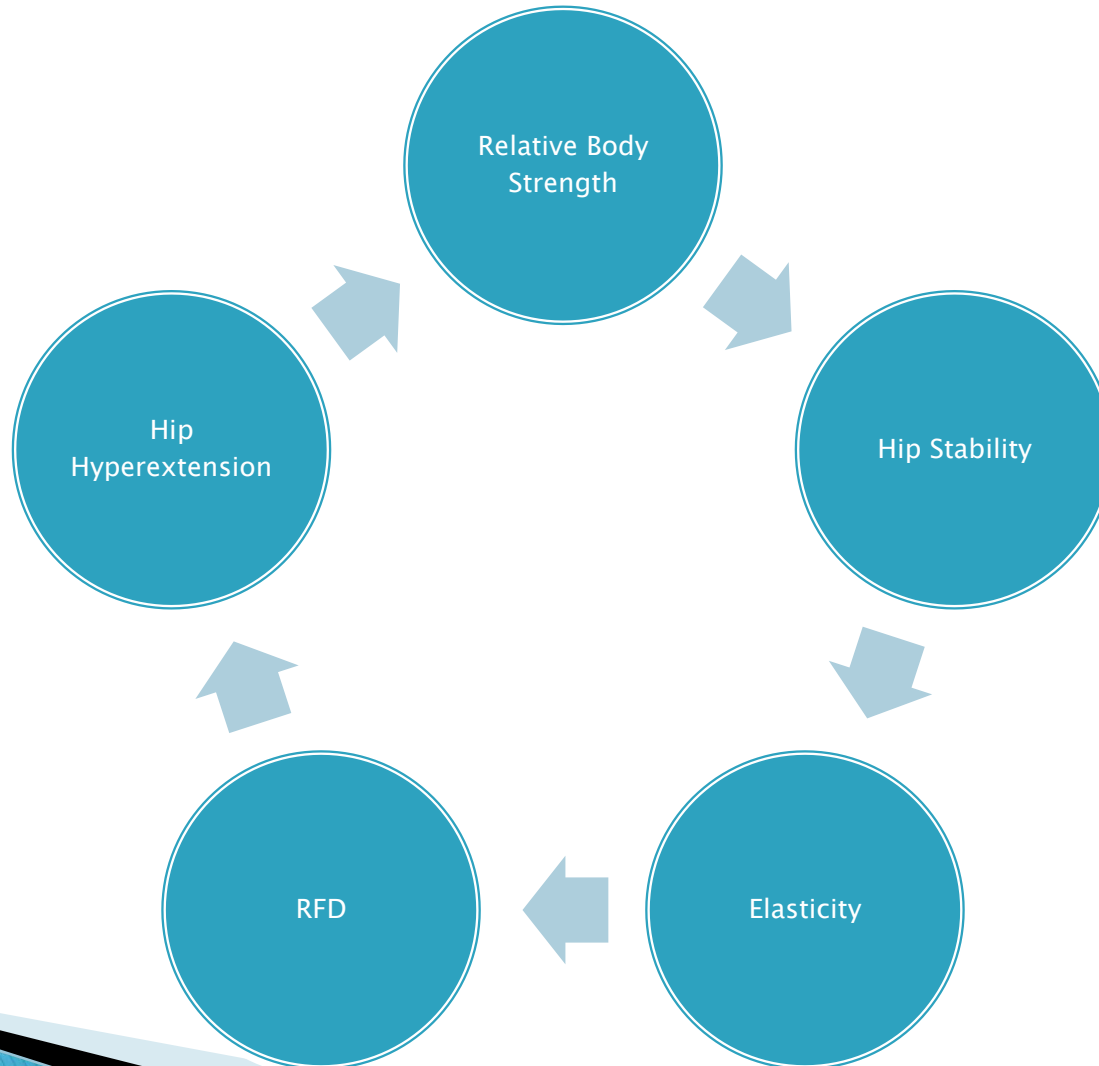
# Speed Development Master Class.

John Quinn.  
Brisbane – 24<sup>th</sup> October 2010.

# Central Nervous System



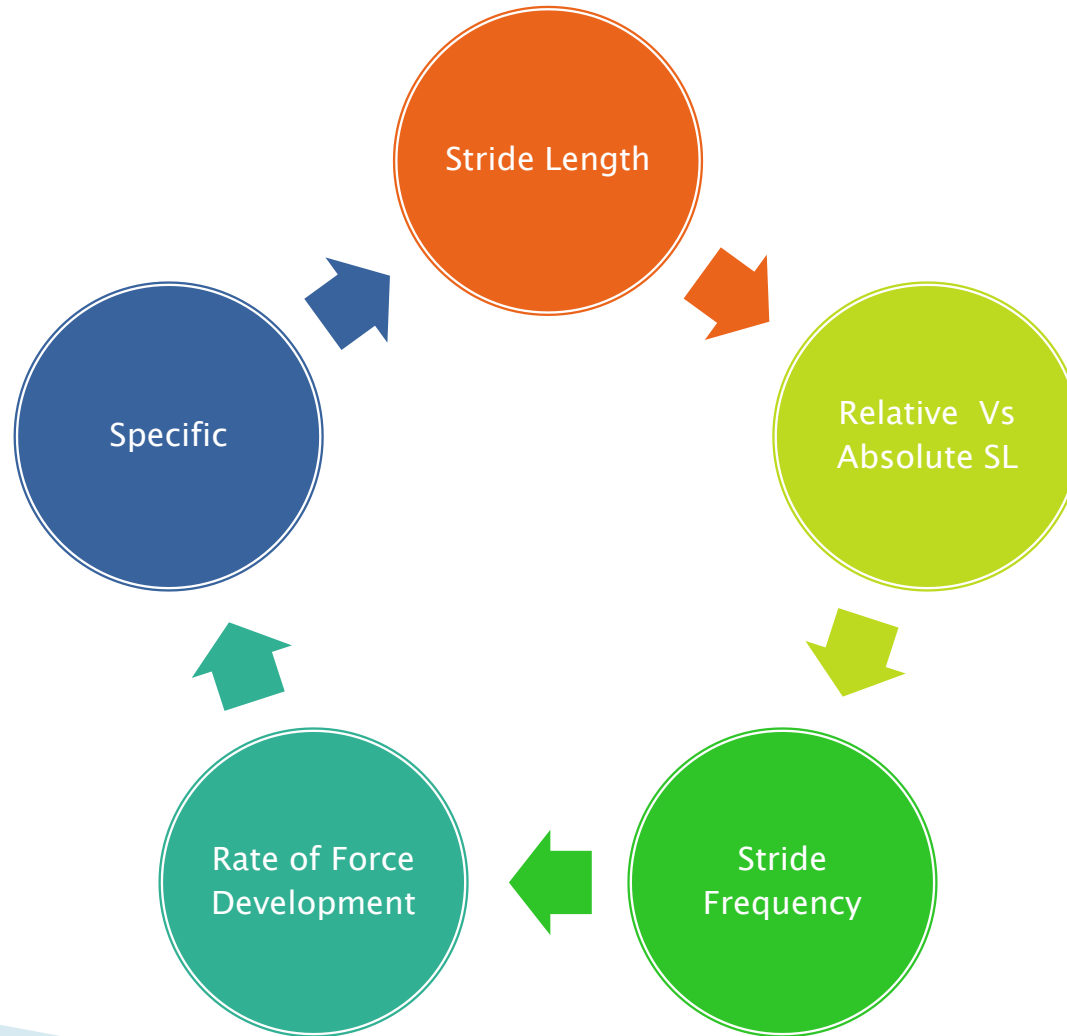
# Technique Development





Note that Tyson Gay's femur is past his hip at toe off – still applying force into the ground. (Erik Korem; FSU)

# Speed Development



# Performance Development



- Speed Development



- Agility Development



- Sports Specific Movement



**Make them  
athletic – it's  
all about the  
movement.**

# Needs Analysis

- ▶ [Bronson BOOTH\\_Running .dpa](#)

MONDAY	TUESDAY	WEDNESDAY	THURS	FRIDAY	SATURDAY	SUNDAY
pm Speed & Strength session	pm Hill session – 6 minute reps x 3 with 3 min recovery between sets.	Rest Day	pm Strength session	Am Easy run 30 Pm Pool session	am Cardio Circuit session – 45+ minutes.	Day Off
Mobility	<b>HCR</b> Stability	Massage	Mobility	HCR Stability	Mobility	Recovery session – pool.
8.30 – 3.30 Yr 10 at Kerang.	8.30 – 3.30 Yr 10 at Kerang. 4.20 Footy training	8.30 – 3.30 Yr 10 at Kerang.	8.30 – 3.30 Yr 10 at Kerang. 4.20 Footy training	8.30 – 3.30 Yr 10 at Kerang.	Play football	Rest day

SL Squat	SB Bench Press	DB In Place Lunge	Upright row	Reverse Flyes	Abs
3 sets of 8	3 sets of 8	3 sets of 4 each leg	3 sets of 8	3 sets of 8	Superset 3 sets of 3 reps
▲▲▲ Box Jumps x 6	▲▲▲ Push ups with rotation x 4 each side	▲▲▲ Step up x 8 (Weighted back pack)	▲▲▲ Dips off bench x 8	▲▲▲ SB Back Extension x 6	Dead Bug x 30 x 2



# Agility to Specific Movements

# What do you want to achieve?





# Concepts & Learning Sequence

- ▶ 1. Pelvic Position
- ▶ 2. Knee lift
- ▶ 3. Push and drive NOT reach and pull
- ▶ 4. Extension – hip; knee; ankle; toe
- ▶ 5. Not stride length – hip displacement.
- ▶ 6. Head position – the governor.
- ▶ 7. Arm action – cadence; arc and lever.
- ▶ 8. Shoulder position – core.
- ▶ 9. Acceleration pattern – position/foot placement.
- ▶ 10. Postural control and centre of gravity

# Learning Sequence – Final

- ▶ A. One step quickness
- ▶ B. In close agility
- ▶ C. Game specific agility
- ▶ D. Game reinforcement speed.
- ▶ E. Maintenance speed.



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