

## **Develop speed first and move out.**

Acceleration

Max Velocity

Speed Endurance (Speed Continued)

## **With a beginner the best gains are achieved by:**

- General Fitness
- Accelerations to 30 meters,
- Medicine ball throws
- Accelerations on grass.

**Athletes are graded or rated by acceleration maturity.**

**Maturity is determined by length of acceleration for example:**

Less than 20 meters = Beginner

20 to 29 meters = Intermediate/High School

30 to 49 meters = Advanced/Collegiate

50 + = Professional

## **Best tools for acceleration development:**

- Weights
- Box Jumps up Progressing to up and down
- Medicine Ball Throws and Hops
- Short sprints (8 seconds or less)
- Bounds
- Single Jumps Progressing to Multi-Jumps
- Short Hill Sprints 10 - 40 meters
- Start Progressions from off the Ground to Standing (high)

There is also a Max Velocity (MV) Maturity level as well. It's not as cut and dry as acceleration but both are developed with related and specific work.

Many of the drills you warm up with are actually MV Drills

***Remember that Practice makes permanent!***

***Drills and reps have a lasting impact on performance***

### **Key components to the Max Velocity Phase**

Erect Posture

Tall Hips

Stepping straight Down  
Smashing cups and breaking lawnchairs

Short ground contact time

- At ground contact, both front thighs perpendicular to the ground
  
- Arms pumping straight down
  
- Relaxed hands and face
  
- Hands working toward an imaginary line mid-body
  
- Shoulders down and relaxed
  
- Pelvis slight posterior tilt
  
- Sternum slightly in front of hip bone
  
- Close recovery of swing leg to hamstring
  
- Stiff stance leg

## **More thoughts regarding Max Velocity**

- 🌐 Focus on front side mechanics, too much rear is wasted.
- 🌐 Too much forward lean interferes with optimal stride length.
- 🌐 A lean to the rear misplaces the hips, directs power out the rear and subsequently limits force application.
- 🌐 Your athlete must be relaxed. If they press, they are either recruiting the antagonist which should be relaxing, or they're using muscles elsewhere in the body which should also be at rest.
- 🌐 Remember you only have so much energy at your disposal at any given time.
- 🌐 Balance, Rhythm, and Coordination are ESSENTIAL!