



Speed and Change of Direction

Category: Physical: Speed
Difficulty: Moderate

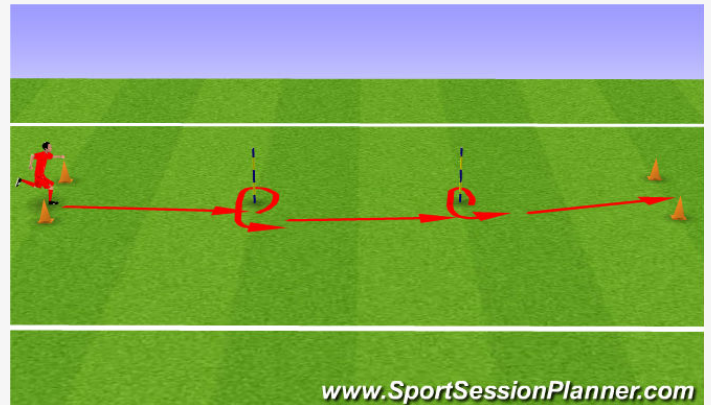
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Individual-Adult Member

Acceleration/Deceleration

10 yards between each equipment piece for your 10 yard acceleration zone

Falling start
Accelerate to the first pole
Decelerate
Quick Feet around the pole
Accelerate to the second pole
Decelerate
Quick Feet around
Accelerate through the gate

Complete on the right side of the poles four times (down and back is two)
Complete on the left side of the poles four times (down and back is two)

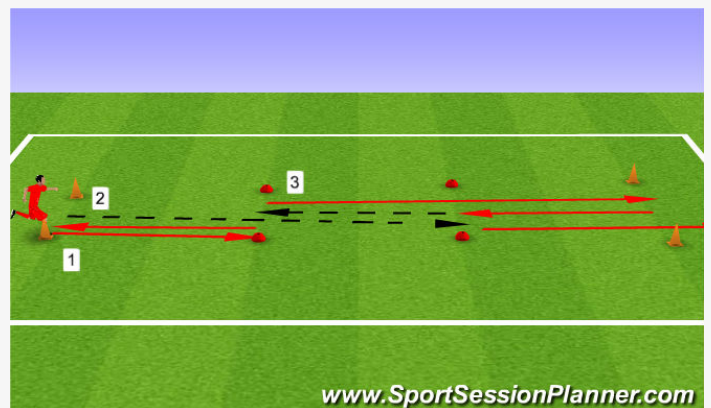


Change of Direction

10 yards between each equipment piece for your 10 yard acceleration zone

Accelerate to the first set of cones
Quick cut- flip of your hips back to the starting cones
Accelerate and stride to the second set of cones
Quick cut back to the first set of cones
Accelerate through to the end cones
Quick cut back to the second set of cones
Finish through the end cones

Repeat six times total

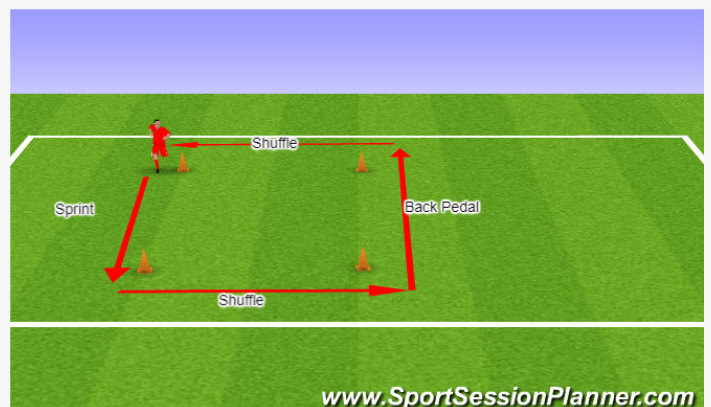


Loading

Cones 10 yards apart

Sprint
Shuffle
Back Pedal
Shuffle

Work on getting extra low to cut and shuffle to properly load and build that fast twitch explosiveness



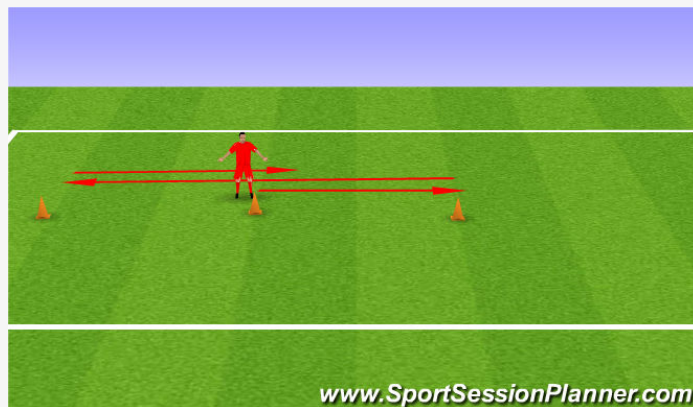
Change of Direction

Cones all 10 yards apart

Sprint to the left cone
Quick Cut-flip your hips
Accelerate to the far cone
Quick Cut-flip your hips
Accelerate through the middle cone

- 1) Switch Directions
- 2) Back to the same direction, but shuffle to the first cone before sprinting the rest
- 3) Switch Directions again with the shuffle

Complete each task 3 times each



Change of Direction

All cones are 10 yards apart

1) Accelerate to the middle cone
Sprint out and back to the center for each cone
Continue to sprint and cut the entire way

2) Sprint out, shuffle out to the first cones, shuffle back in, sprint forward, sprint back to the center, shuffle out, shuffle back in, sprint to finish

