

Middle School Sprint Training
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Speed.....The Most Prized of all Athletic Qualities

A. Speed Principles

1. To get fast you must practice fast
2. Train movements, not muscles
3. Train the limbs to move at high rates of speed
4. Train the core
5. Flexibility training is important
6. Training Acceleration Mechanics is a priority
7. Train to have a “pusher” mentality
8. Always train to improve coordination
9. Speed is developed in small increments over long periods of time
10. Speed Development is largely a matter of the Central Nervous System (CNS)

B. Speed Basics

1. Speed Training is a gradual process
2. Speed Training is a skill
3. Must Learn to push hard
4. Need plenty of recovery between workouts
5. Teach them to run tall
6. Do lots of coordination work

C. Speed Training P.A.L. System

1. Train Posture

- a. Coaching Points
 1. Alignment of the Body
 2. Hips over feet
 3. Shoulders over hips
 4. Staying Tall
 5. Head is level
 6. Relaxation of the face and shoulders

- b. Posture Drills
 - 1. Walking with good posture
 - 2. Controlled fall
 - 3. Fall and Catch
 - 4. Lean – fall – run

2. Train the arms

- a. Coaching Points
 - 1. The arms anticipate and initiate leg movement with the hands
 - 2. Arms move forward and backward only
 - 3. Hands move to the centerline of the body and at shoulder height
 - 4. The backhand in the pocket
 - 5. Move through the shoulder (push elbow back)
- b. Arm Drills
 - 1. Giant swings
 - 2. Exchange drills
 - 3. Seated arm action

3 .Train the Legs

- a. Coaching Points
 - 1. Toe up heel up knee up
 - 2. Step over the knee
 - 3. Lifting the thigh
 - 4. Heel recovery (pull heel to the glute)
 - 5. Active plant
 - 6. Acceleration of the thigh
- b. Leg Drills
 - 1. Push - Pull Drill
 - 2. Push – push and release
 - 3. Push up start
 - 4. Scramble out
 - 5. Crouch starts
 - 6. Roll over starts
- c. Reaction Drills
 - 1. 1-2-3-4 Drill
 - 2. Fast Leg Drills