



TRAINING MIDDLE SCHOOL SPRINTERS

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DISCIPLINE

“I discipline my body like an athlete, training it to do what it should. 1Corinthians 9:27 NLT

- Speed, Sprinting fast
- Strength
- Power
- Coordination
- Mobility
- Work capacity



DISCIPLINE by having fun

- Form, Technique and Sprint
- Low dosage Sprinting (helps them with relaxation)
- Plyometrics
- Elastic strength, foot and ankle strength
- Posture, body position



DISCIPLINE

Speed endurance

- Sprint hard and Sprint often
- Anaerobic energy system
- Start with 150's



DISCIPLINE

General strength

- Squat star jumps
- Squat jumps, jump lunges
- Pull-ups
- Jump tucks, one leg jump tucks
- One leg push-ups
- Ad jumps
- Hurdle hops single and double leg



DISCIPLINE

in the Method

How do you get it done?

- Proper warm-up (dynamic stretches, sprint drills)
- Some form of sprinting, jumping or bounding
- Strength training
- Proper cool down and static stretch



DISCIPLINE

in what they eat
Proper Nutrition

- The right water
- Fruits and veggies
- Nuts and seed
- Meat



in their character

- Discipline
- Dedication
- Hard Work
- Integrity
- Respect
- Honor
- Vision
- Persistence