

Lee Taft Speed Academy - Day #1 Linear Speed Correctives/Drill Work

Exercise	Sets	Reps	Intensity	Rest
Posture: 1. Acceleration: -One leg holds -Piston up -Piston down -Wall (March, 1, 2, 3, continuous) -Wall Piston up to snap down and switch 2. Sprinting: -Supine Pelvic Posterior Tilt -Standing Slow Single Leg Cycle -Strike and Recover -Marching -A-Skips -Snap Skips and Runs	3-6	3-6	Low – High Resistance band	:20-:60s
Starting Footwork: 1. Slant Board Start 2. 2 point stagger 3. 2 point parallel 4. 3 point 5. 4 point				
Drive Phase (first 3-4 steps) 1. 2 point stagger 2. 2 point parallel (repositioning) 3. 3 point 4. 4 point 5. Falling (coordination) 6. Crouch (Power) 7. ½ kneeling (Power) 8. Prone (Strength/Power/Quickness) **Add Resistance To Increase Force production				
Acceleration (6-10 steps) 1. 2 point stagger 2. 2 point parallel (Repositioning) 3. 3 point 4. 4 point 5. Falling (coordination) 6. Crouch (Power) 7. ½ kneeling (Power) 8. Prone (Strength/Power/Quickness) **Add Resistance To Increase Force production				
Dynamic Stiffness/Posture 1. Fake Throw lunge (Vertical start to chest, waist,				
Sprint/Max Velocity Mechanics				

<ol style="list-style-type: none"> 1. Single Leg stationary cycle 2. Single leg strike down with step forward 3. Thigh pop (stationary and moving) 4. Thigh pop w/calve smash w/ one leg 5. Thigh pop w/ calve smash both legs 6. Straight leg runs 7. Straight leg runs w/ thigh pop and smash 8. Snap Run Progression (pause, 1-2, continuous) 9. Snap Skip progression (pause, 1-2 continuous) 10. Dead Leg 11. Lateral Dead Leg 12. Step over 13. Alternate step over 				
<p>Arm Action-</p> <ol style="list-style-type: none"> 1. Carioca quick knee drive w/ quick arm drive 2. Starting speed/acceleration <ul style="list-style-type: none"> -Parallel stance free swinging acceleration arms -Staggered stance acceleration drive and pause 3. Max Velocity <ul style="list-style-type: none"> -Parallel stance free 90 deg. max velocity arms -One Leg stance w/ opposite leg at 90 deg. Max velocity arm swing with pause. 				

Lee Taft Speed Academy - Day #2 Lateral Speed Correctives/Drill Work

Exercise	Sets	Reps	Intensity	Rest
Stance/Footwork: (Align and push correctly) 1. Shuffle: -One step push (done slow and controlled) -Two step push (done slow and controlled) 2. Backpedal -One step push to chop feet- repeat	3-6	3-6	Low- High Resistance bands	:20s-:60s
Rotational/repositioning Footwork: 1. Lateral Run: -Directional step (translation of mass) -Directional step plus one step 2. Hip Turn Positioning -Quick hip -Hip turn one shuffle -Hip turn one lateral run				
Reactive Repositioning (use light band to force reaction) 1. Ladder straddle jumps (light band) 2. Low box straddle jumps (light band) *Drills are used to teach RR and body awareness as it relates to external forces acting on body.				
Deceleration/Mass and Momentum Control 1. Band assisted lateral shuffle walk steps 2. Shuffle stop/Lateral stop 3. Low box shuffle stop 4. Band assisted low box shuffle stop 5. Jump stop/split step 6. Rotational stop (shuttle run) 7. Horizontal Fake Throw one step (1, 2, 3 levels) 8. Horizontal Fake Throw one shuffle (same) 9. Horizontal Fake Throw two shuffle (same) 10. Vertical Fake Throw one step (Vert. 1,2,3 levels) 11. Vertical Fake Throw one shuffle (same) 12. Vertical Fake throw two shuffle (same)				
Acceleration (2-5 steps) 1. Shuffle 2. Lateral run 3. Resisted Shuffle 4. Resisted lateral run 5. Partner chase shuffle 6. Partner chase lateral run 7. Sideway facing turn and run 8. Resisted sideway facing turn and run				

<p>9. Resisted low box one shuffle and stop **Add Resistance To Increase Force production</p>				
<p>Change of Direction</p> <ol style="list-style-type: none"> 1. One shuffle change of direction 2. Power shuffle 3. Reactive one shuffle COD 4. Resisted one shuffle COD 5. Low Box COD (Pause and no pause) 6. Partner mirror shuffle COD 7. One lateral run step 8. Reactive one lateral run step/(crossover) 9. Resisted lateral run step 10. Cone Stack 11. Backpedal to COD sprint forward 				
<p>Retreating:</p> <ol style="list-style-type: none"> 1. One step backpedal 2. One step w/ foot chop backpedal 3. Short backpedal (4-6 steps) 4. V-Drill hip turn shuffle 5. V-Drill reactive hip turn shuffle 6. V-Drill hip turn crossover 7. V-Drill hip turn reactive crossover 8. Continuous hip turn 				