

NSCA

COACHES

CONFERENCE 2023

JANUARY 4 – 6, 2023

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.



STEP-by-STEP PROGRESSIONS to MASTERING MULTI-DIRECTIONAL ACCELERATION

Field and Court Sport Athletes AD

BASE POSITION PROGRESSIONS

- ATHLETIC STANCE
- ATHLETIC STANCE | INSIDE EDGE-SWAY
- ATHLETIC STANCE | MULTI-PLANAR PUSH DRILL
- ATHLETIC STANCE | RAPID RESPONSE –IN PLACE
- ATHLETIC STANCE | RAPID RESPONSE-MULTI-PLANAR PUSH



Duane Carlisle, MSc
Learn Step-by-Step Progressions to Mastering Multi-Directional Acceleration for Field and Court Sport Athletes



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FOOT REPOSITION PROGRESSIONS

- REPOSITION STEP | DOMINANT SIDE
- REPOSITION STEP | 10-12-2
- SUFFLE | ACCEL STEP | LEFT SIDE, RIGHT SIDE
- DROP STEP | ATTACK - PUSH - PUNCH
- BACK PEDAL | REPOSITION STEP



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ACCLERATION | DECELERATION | CHANGE OF PACE

- GAS-BRAKES | LINEAR
- GAS-BRAKES | MULTI-DIRECTIONAL
- CHANGE OF PACE INTRODUCTION
- CHANGE OF PACE | FRONTAL PLANE
- CHANGE OF PACE | MULTI-DIRECTIONAL



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