

NSCA

COACHES

CONFERENCE 2023

JANUARY 4 – 6, 2023

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23



Speed Kills:
Don't be a Victim!

Bobby Smith

MS, CSCS,*D, RSCC*D,

Owner / Co-Founder





Who is Bobby Smith

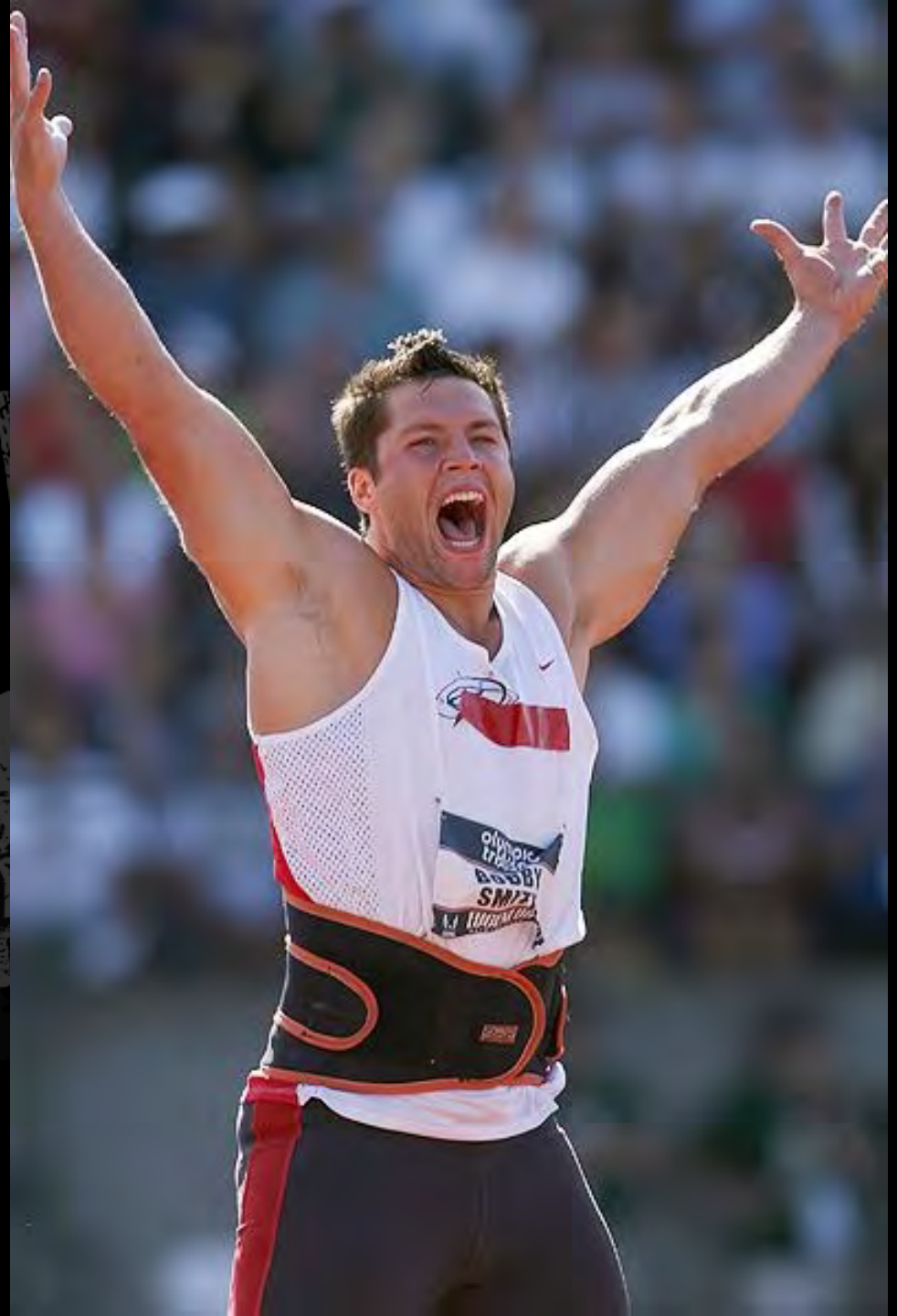
- Hopatcong High School – National Champ in Javelin 2001
- Monmouth University - 2006
 - 2 Conference Titles, All-Conference Running back
 - NCAA Division I All-American
- USA Olympic Trials Champ – 2008
- Olympic Training Center in Chula Vista – 2009
- Elite Sports Performance Center – 2012
- MS, Performance Enhancement and Injury Prevention - 2018

- 2 ACL Reconstructions
- Tommy John Surgery
- 2 Meniscectomies
- Ankle Dislocation

Meat Head



2008 Olympic Trials Champ





Self-Esteem

GET
RYPT
REACH YOUR POTENTIAL TRAINING

RYPT
REACH YOUR POTENTIAL TRAINING



Mental Strength





Physical Dominance

Our Model



EXOS



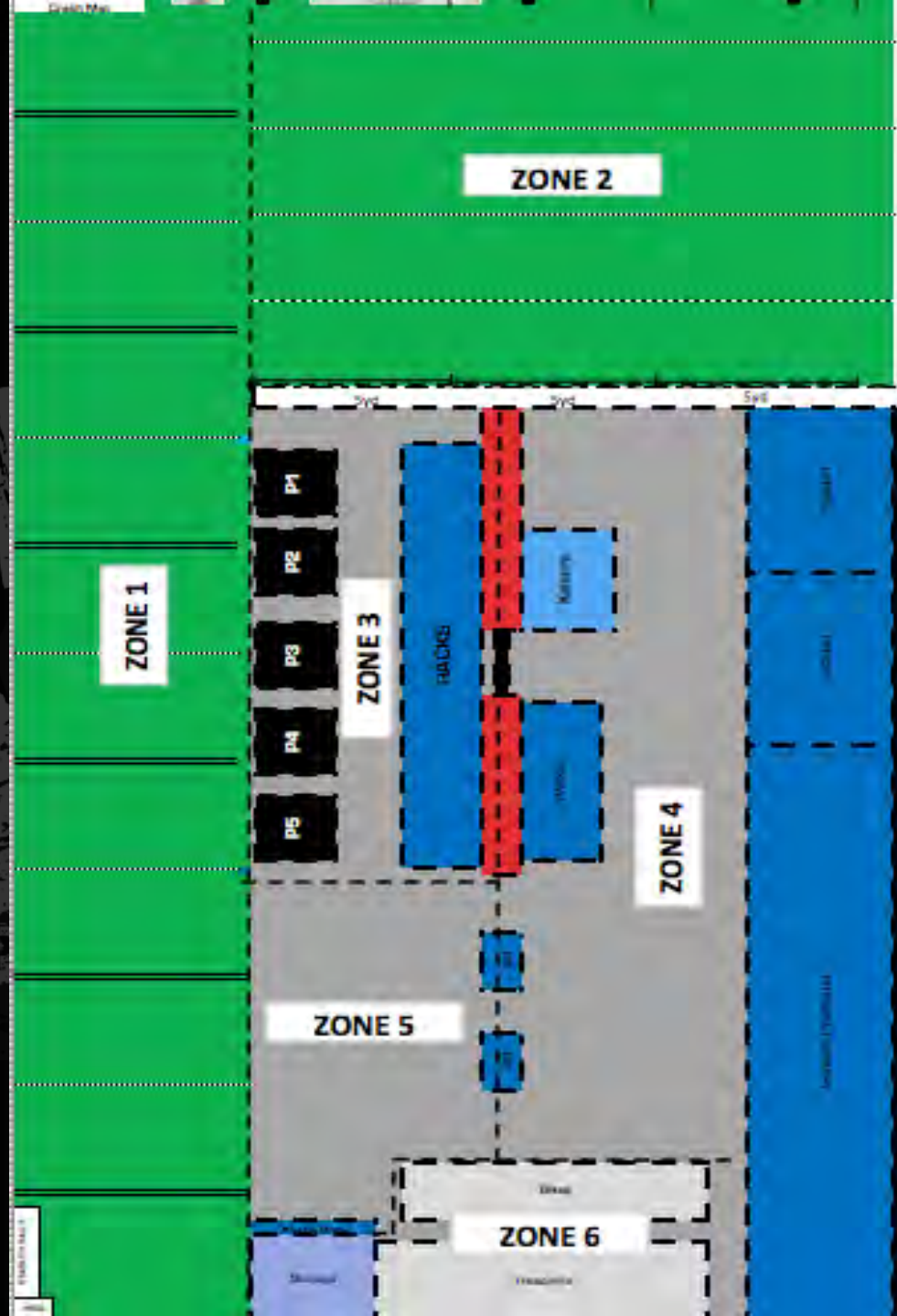
"I've learned that people **will** forget what you said, people **will** forget what you did, but people will never forget how you made **them feel.**"

One **great training** sessions can **CHANGE** an athlete's **LIFE!**



Structure Training Session

- Warm-Up - 15 minutes
- Movement - 21 minutes
 - Day 1 Linear
 - Day 2 Lateral
 - Mechanics - 7 minutes
 - Integration - 7 minutes
 - Application - 7 minutes
- Plyos - 9 minutes



Structure Training Session

- **A Block** - 12 minutes
 - Explosive
 - Activation/ Mobility
- **B Block** - 15 minutes
 - Major Strength
 - Core
 - Pull
- **C Block** - 8 minutes
 - Push & Pull
- **Conditioning** - 10 minutes
 - Day 1- Short Shuttles
 - Day 2- Non-Impact

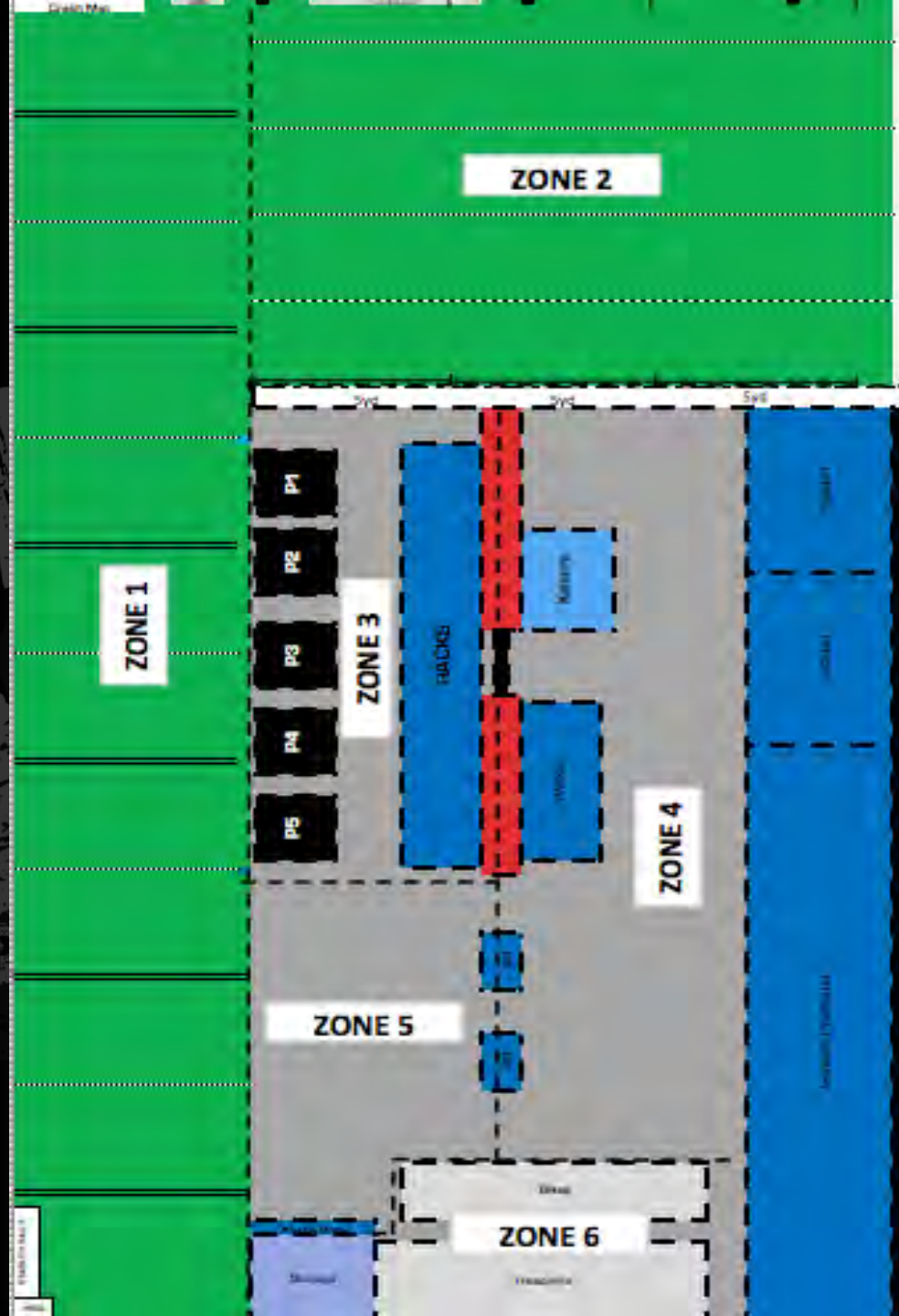


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- **Agility**
 - What is it?
- **The Problem**
 - What are coaches doing **WRONG!**
- **Sway Stop**
 - The money **MAKER!**
- **Acceleration**
 - First step quickness – Everyone wants it
- **Max Velocity**
 - Breakaway speed – What everyone needs!



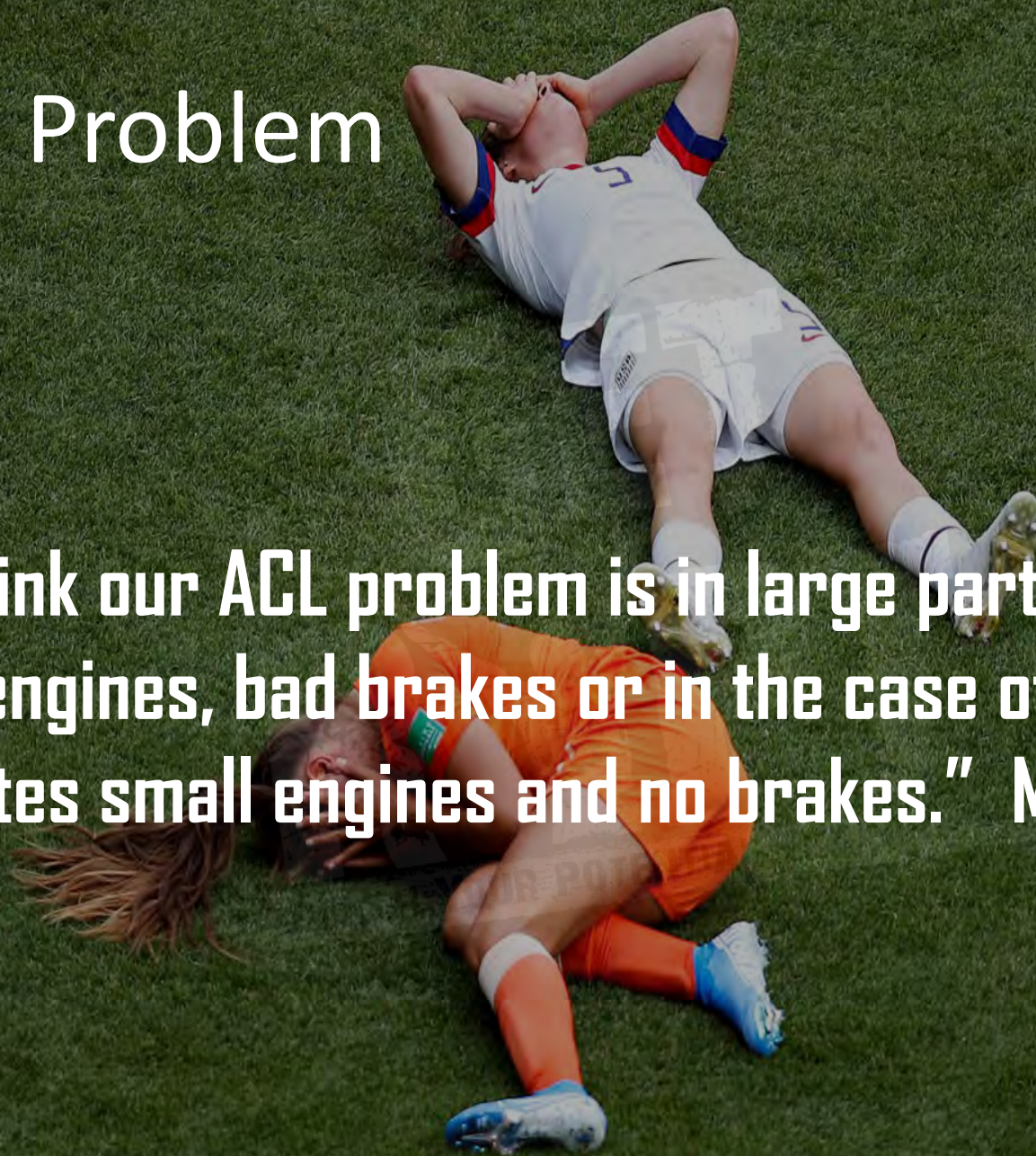
What is Agility

A photograph of Kobe Bryant in a purple and gold Los Angeles Lakers jersey, dribbling a basketball during a game. He is in a low, athletic stance, looking intently towards the right. The background is a blurred crowd of spectators in a stadium.

“Agility is the perceptive and cognitive ability to react to a stimulus (i.e., defender or bounce of a ball) in addition to the physical ability to change direction in response to this stimulus.” *High-Performance Training for Sports.*

The Problem

“I think our ACL problem is in large part due to this. Big engines, bad brakes or in the case of our female athletes small engines and no brakes.” Michael Boyle



A man in a red jacket and black shorts is running on a green turf field in a gym. He is in a dynamic, forward-leaning running posture. In the background, another man in a black t-shirt and grey shorts is standing. The gym has various equipment like kettlebells and cones.

“Big part of agility is developing the ability to stop motion in a given direction” Michael Boyle

Athletic Position

"Playing in the tunnel." Taft



Sway Stop

Shins, hips, & shoulders
lean towards the
direction the athlete
wants to GO.



Directional Step

“To allow the athlete to have efficient and effective pushing mechanics throughout the acceleration.” Taft

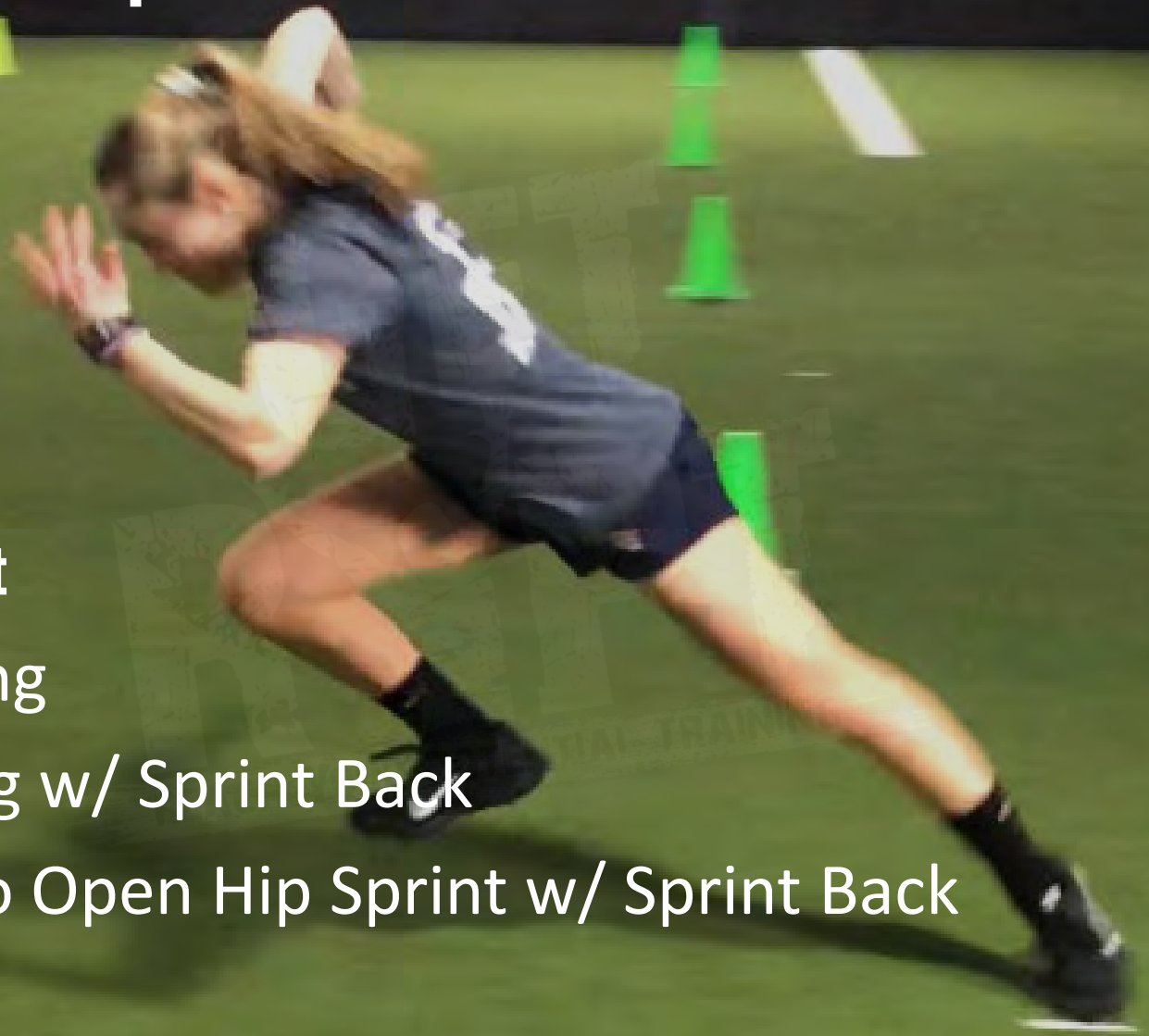


Single Leg – Stability

- Single Leg Snap Down
- Push/Push & Stick
- 1-2 Stick
 - Open Hip Sprint
 - to Sprint



Open Hip



Lateral Sprint

- ½ Kneeling
- Single Leg w/ Sprint Back
- Shuffle to Open Hip Sprint w/ Sprint Back



Closed Drills - "Change of Directions"



Closed Drills

Closed Drills – “Change of Directions”

- Predetermined patterns
- Actions are NOT reactive
- The attention is on the execution of the movement patterns

Closed Drills

- **Examples**
 - 1-2 Stick
 - Open Hip Sprint
 - 3 Cone





Facility Layout - 4 x 4 Grid

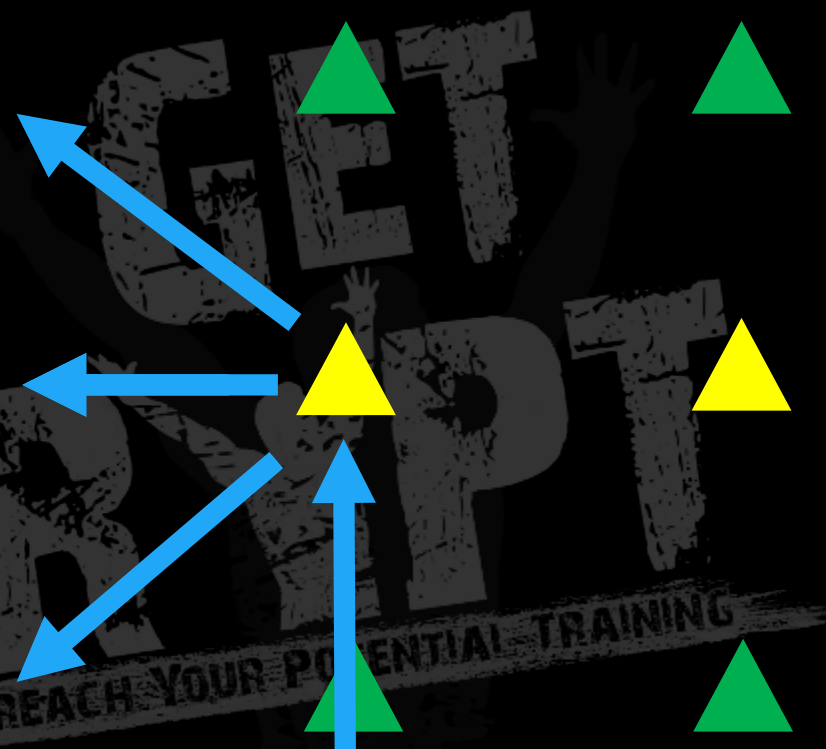
3 Cone

1

2

3

x Start



Open Drills - "Agility"



Open Drills

Open Drills – “Agility”

- Reacts to a given stimulus (Auditory / Visual)
- Chosen movements will be dependent on the stimulus
- Attention turns to the task

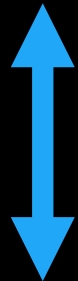
Open Drills

Examples:

- Shuffle Open Hip Sprint with Reactive Sprint Back
- 3 Hip Turn Diagonal Cross Over Run
- Reactive 6 Cone
- Partner 4 Cone Reactive

Shuffle Open Hip Sprint with Reactive Sprint Back

Start



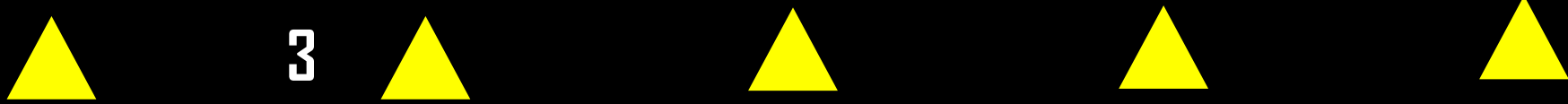
1



2



3

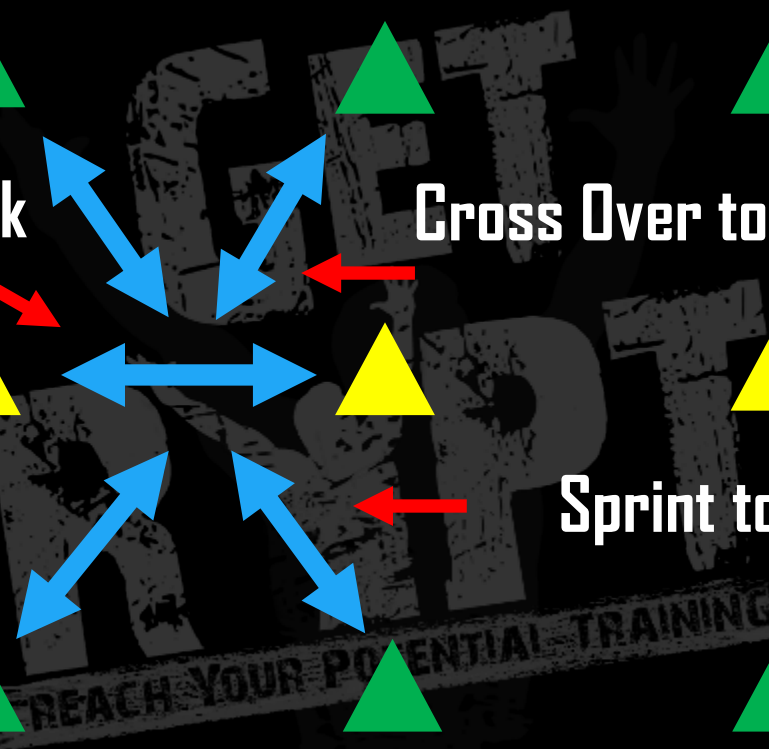


6 Cone

Shuffle to Shuffle Back

Cross Over to Sprint Back

Sprint to Cross Over Back



TIME TO GO FAST!



- **Max Velocity**
 - Breakaway Speed
- **Acceleration**
 - First Step Quickness





The Key to Movement

- **Body Position**
 - THE MOST IMPORTANT
- **Cover Ground**
 - “The Secret” Stride Length
- **First Step**
 - Has to be EXPLOSIVE!!!



Max Velocity Mechanics

- **March Series**

- **FORCE APPLICATION**

- Train on tracks!

- Posture

- Hip positioning

- Iso Knee Raise

- Stable Knee Raise

- Iso Deadbug w/ Leg Ext.

- Alt. Deadbug w/ Leg Ext.

- Hands Across Chest

- PVC in Front

- Med Ball in Front

- Arms



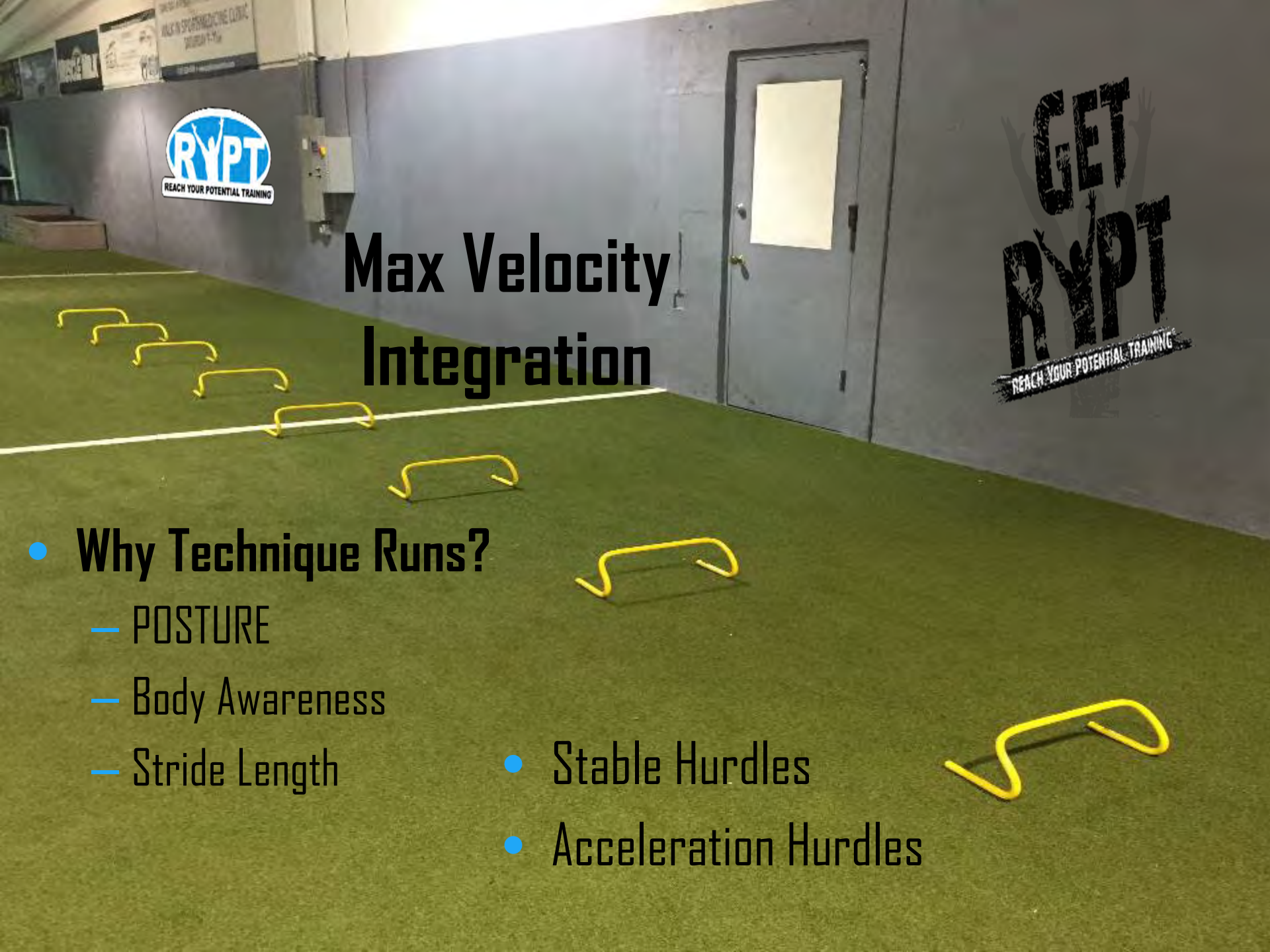
Max Velocity Integration



- **Why Technique Runs?**

- POSTURE
- Body Awareness
- Stride Length

- Stable Hurdles
- Acceleration Hurdles



Technique Run Set - Up

STABLE LENGTH :



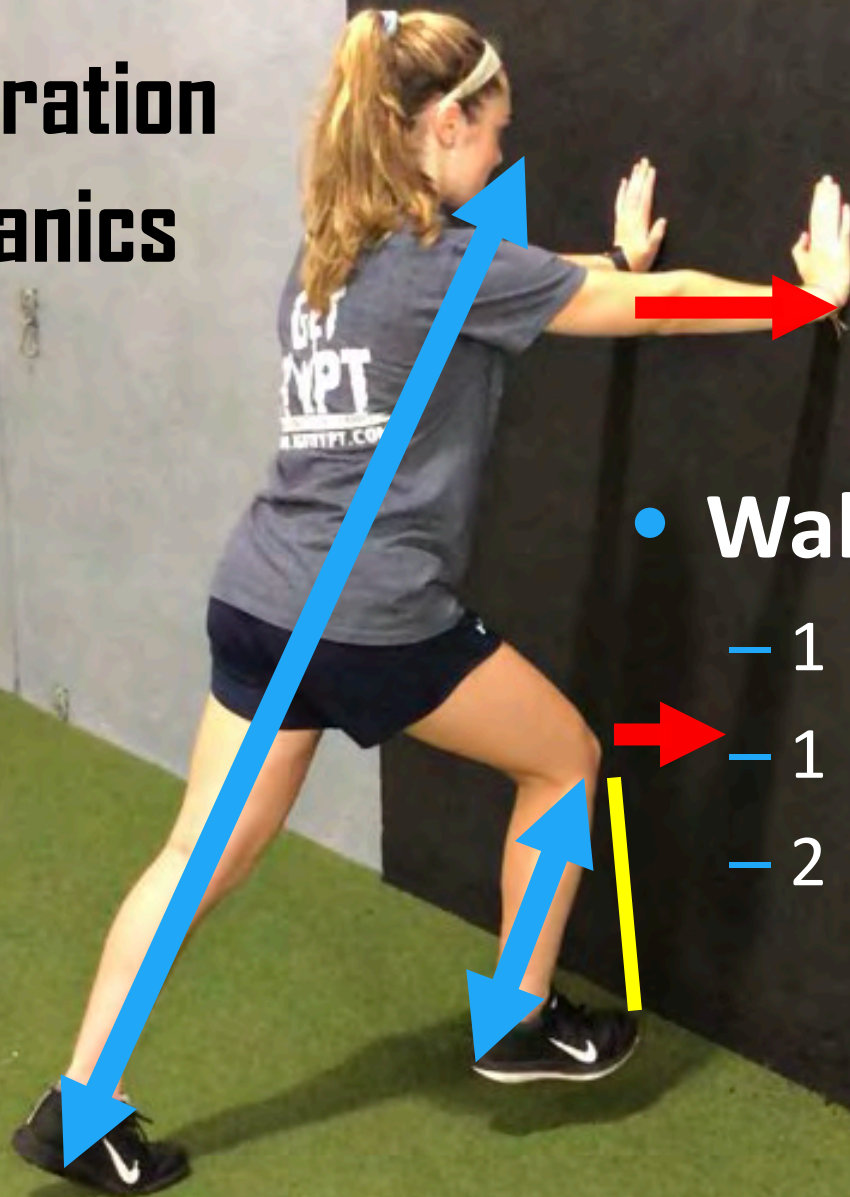
ACCELERATION LENGTH :



JR ACCELERATION LENGTH :



Acceleration Mechanics



- **Wall Drills**

- 1 Hit Stable Knee Drive
- 1 Hit Alt.
- 2 Hit Alt.

Acceleration Integration

- Long Arm Sled Tow
- Static Strap March
- Drive Sled March



Acceleration Application



- Falling Starts
- 1/2 Kneeling Sprint

- 2pt Resisted Sprints
 - Contract Sprints
- Drive Sled Sprints

" The good ones don't get bored of repetition because they are so tuned into the PROCESS."

Dan Pfaff

REACH YOUR POTENTIAL TRAINING

Closed vs Open Drills



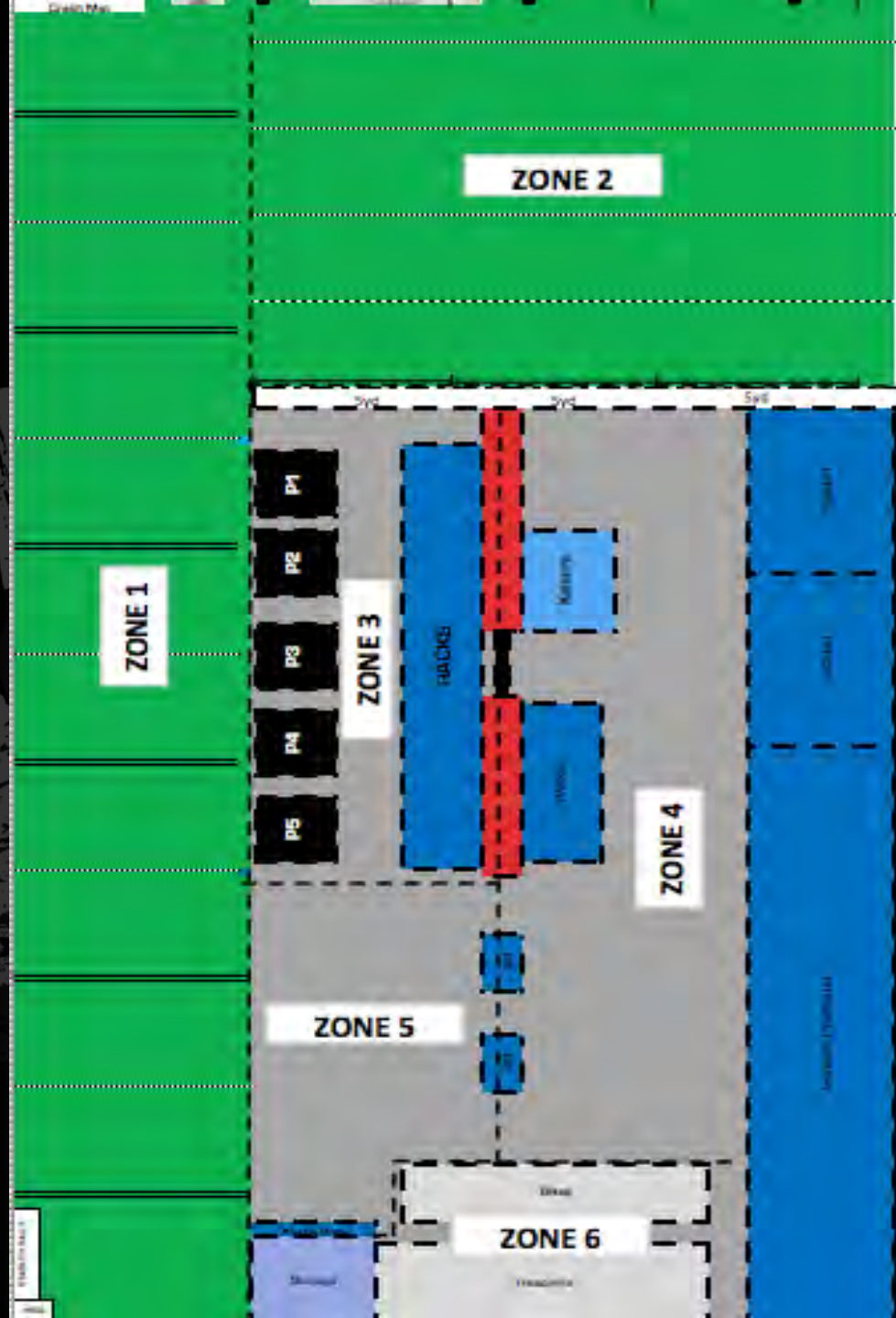
Coach Your File
Week 10/27
The Area Between 10 and 20
Sports Age Study (1)
The Area Between 10 and 20
The Area Between 10 and 20

BOTH!



Structure Training Session

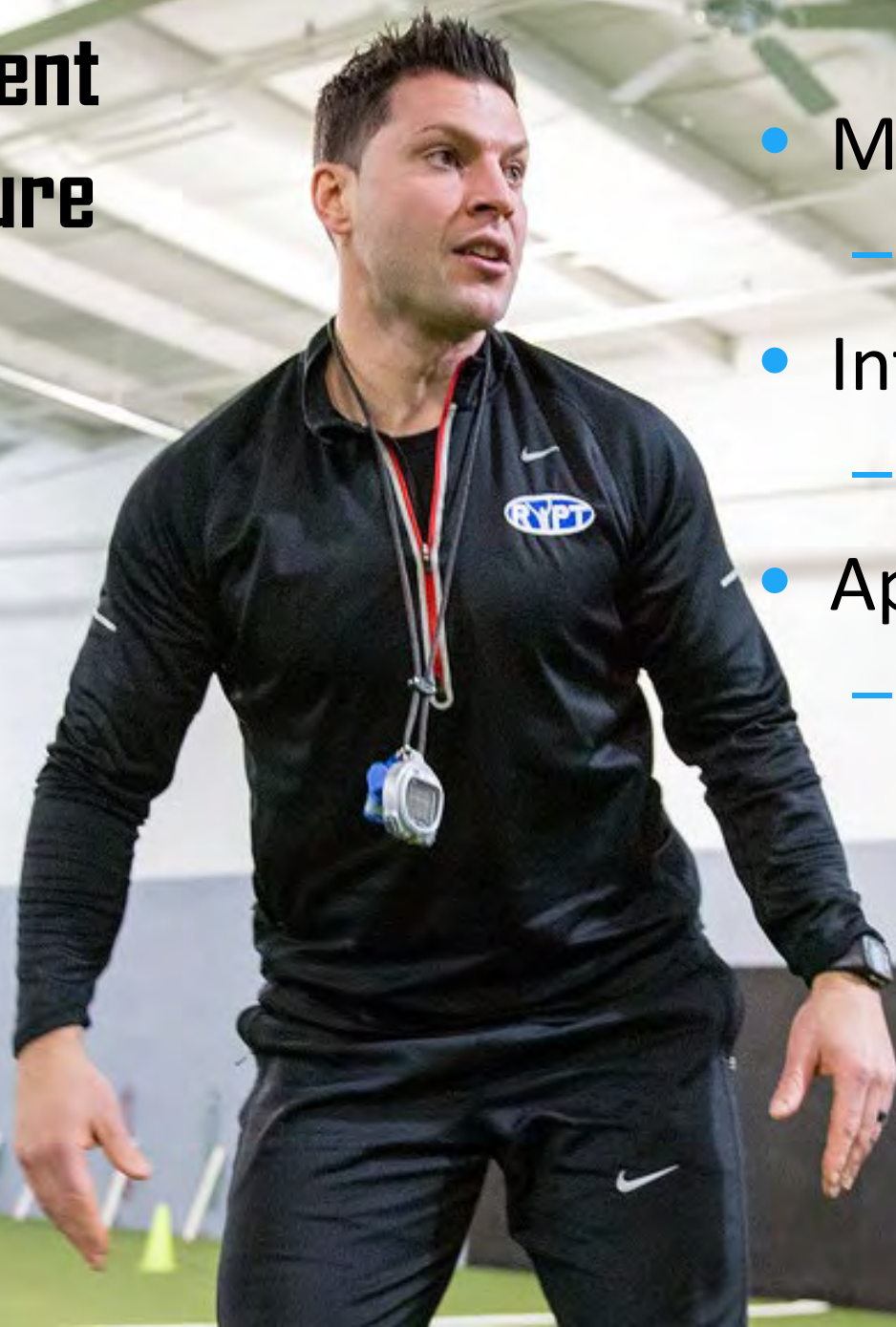
- Warm-Up - 15 minutes
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Movement Structure

- Mechanics
 - Teach it
- Integration
 - Apply it
- Application
 - Have fun with it

GET RYPT
REALISE YOUR POTENTIAL THROUGH TRAINING



Day 1	MECHANICS	INTEGRATION	APPLICATION
Week 1-MAX V 1-Jun	Iso Knee Raise 3-4x6-8s each leg	Technique Run 4-6x~25yds <i>Stable-8 hurdles</i>	Build Ups 20's x6-8 <i>Rolling start</i> 75-85% max speed
	H.A.S. March/Skip 2x10yds each		
Week 2-ACC 8-Jun	1 Hit Alt. Wall Drill 2-3 sets x5-6 each leg	Long Arm Sled Tow x6-8 sets of 15yds	Falling Start x4-6 x20yds <i>Full speed</i>
	Hinge Arm Action (2 Hit) 2-3 x4-5 each way		
Week 3-MAX V 15-Jun	Alt. Knee Raise 2x6-8 each leg	Technique Run 4-6x~25yds <i>Stable-8 hurdles</i>	Flying 10s x3-5 <i>Rolling start</i> Build 15-Sprint 10
	H.A.S. March/Skip 2x10yds each		
Week 4-ACC 22-Jun	1 Hit Alt. Wall Drill 2-3 sets x5-6 each leg	Static Strap March 4-5x10-15 sec	2pt Resisted Sprint x4-5 x20yds <i>Full speed</i>
	Hinge Arm Action (2 Hit) 2-3 x4-5 each way		
Week 5-MAX V 29-Jun	Alt. Knee Raise 2x6-8 each leg	Technique Run 4-6x~25yds <i>Acc-8 hurdles</i>	Flying 10s x4-6 <i>Rolling start</i> Build 15-Sprint 10
	March/Skip 2-3x10yds		

Day 1	MECHANICS	INTEGRATION	APPLICATION
Week 6-ACC 6-Jul	2 Hit Alt. Wall Drill 2-3 sets x5-6 each leg <hr/> 4 arm swing + 10yd sprint w/ Ball Drop	Drive Sled March x3-4 sets of 10yds	2pt Resisted Sprint w/ Contrast Sprint x3-4 x20yds <i>Full speed</i>
Week 7-MAX V 13-Jul	Iso Deadbug w/ Leg Ext. 2x10s each leg <hr/> March/Skip 2-3x10yds	Technique Run 4-6x~25yds <i>Acc-8 hurdles</i>	Timed Flying 10s x2-4 <i>Rolling start</i> Full speed
Week 8-ACC 20-Jul	2 Hit Alt. Wall Drill 2-3 sets x5-6 each leg <hr/> 4 arm swing + 10yd sprint w/ Ball Drop	Drive Sled March x3-4 sets of 10yds	2pt Resisted Sprint w/ Contrast Sprint x3-4 x20yds <i>Full speed</i>
Week 9-MAX V 27-Jul	Alt. Deadbug w/ Leg Ext. 2x5-6 each leg <hr/> March/Skip 2-3x10yds	Technique Run 4-6x~25yds <i>Acc-8 hurdles</i>	2pt 20s x5-8 <i>2pt stance</i> Full speed
Week 10-ACC 3-Aug	Drive Sled Sprint w/ 2pt Contrast Sprint <hr/> x6-8 x10yds push w/ 10 sprint		Ball Drop Sprints x6-8 x8-10yds

Day 2	MECHANICS	INTEGRATION	APPLICATION
Week 1 5-Jun	REVIEW SWAY DRILL Push & Recover x2-3 ea Push & Recover to Sway x1-2 each side	1/2 Kneeling Lateral Sprint w/ Sway Pause to Sprint Back x2 each side	Shuffle to OH Sprint w/ Sway Pause x2-3 each side
Week 2 12-Jun	Push & Recover x2 each side P & R to Sway/Sprint Back x2 each side	Single Leg Lateral Sprint w/ Sprint Back x2 each side	Shuffle to OH Sprint w/ Reactive Spring Back x2-3 each
Week 3 19-Jun	REVIEW SL SNAPDOWN Push/Push & Stick x3-4 each side	Single Leg Lateral Sprint w/ Sprint Back x2 each side	Partner Reactive Shuffle Reactive Spring Back x2-3 each
Week 4 26-Jun	1-2 Stick (LAYER) x5-6 each side	Wall Drill (Shin Angle) [5s Iso] x 3ea ----- Straight X-Over Run x2-3 each side (10yd)	3 Cone Sprint 1 Cone Cut to Sway Breakdown 2x3 each side
Week 5 3-Jul	1-2 Stick (LAYER) x5-6 each side	REVIEW HIP TURN (1HTP) Diagonal X-Over Run w/ Sway x2-3 each side	3 Cone Sprint to Lateral Shuffle to Sprint 2x3 each side

Day 2	MECHANICS	INTEGRATION	APPLICATION
Week 6 10-Jul	1-2 Stick to Sprint (LAYER) x2-3 each side	(1HT) Diag X-Over Run to Sprint w/ Sway x2-3 each side	3 Cone Sprint to Diag X-Over Run to Sprint 2x3 each side
Week 7 17-Jul	1-2 Stick to Sprint <i>(add sway & sprint)</i> x3-4 each side	(3-HT) Diag X-Over Run to Sprint w/ Sway Back x2-3 each side	Reactive 6 Cone x2-3 <i>Sprint - X-Run, Lat. Shuffle</i> <i>X-Run -Sprint Back</i>
Week 8 24-Jul	1-2 Stick to OH Sprint <i>(add sway & sprint)</i> x3-4 each side	3 Cone Sprint to Reactive 2 Way Cut x3-4	Reactive 6 Cone # x2-3 <i>Sprint - X-Run, Lat. Shuffle</i> <i>X-Run -Sprint Back</i>
Week 9 31-Jul	1-2 Stick to OH Sprint <i>(add sway & sprint)</i> x3-4 each side	3 Cone Sprint to Reactive 2 Way Cut x3-4	Partner React. 6 Cone x2-3 <i>Sprint - X-Run, Lat. Shuffle</i> <i>X-Run -Sprint Back</i>
Week 10 7-Aug	1-2 Stick Series to Sprint (LAYER) x3 each side	RYPT GAMES Seek & Retrieve Dodgeball/Team Handball Fit Tag/Laundry Tag/Tic Tac Toe	

Our WHY





SEVEN COMMANDMENTS

- 1. CHANGE YOUR MENTALITY**
 - ◆ You GET to TRAIN here, not workout!
- 2. PREPARE**
 - ◆ If you're early, you're on time
 - ◆ If you're on time, you're late
- 3. BELIEVE**
 - ◆ Believe in us
 - ◆ Believe in our program
 - ◆ Believe in yourself
- 4. COMMIT TO THE PROCESS & TRAIN IN THE MOMENT**
 - ◆ Little things lead to big things
 - ◆ Focus on the present
- 5. BE BETTER WHEN YOU'RE FINISHED THEN WHEN YOU STARTED**
 - ◆ Better athlete
 - ◆ Better teammate
 - ◆ Better person
- 6. ELIMINATE NEGATIVE BODY LANGUAGE**
 - ◆ No hands on hips, heads or knees
 - ◆ Never show weakness by letting them know
- 7. DON'T BE AFRAID TO FAIL OR AFRAID TO BE GREAT**
 - ◆ Fail forward by learning from each mistake

Special Thanks

- Sharon Wentworth – Owner of Elite Sports PT/ Wife
- Dr. Adam & Dr. Mary Kate Feit, Pat Livesey
- RYPT Staff – Jake Ruch, Sarah, Joe, Brandon, & Interns.
- NSCA – Eric, Megan, & Virginia
- Athlete Acceleration – Pat Beith
- YOU!







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GET RYPT
DON'T STOP TRAINING, YOU!

RYPT
REACH YOUR POTENTIAL TRAINING

Thank you

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