



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

#NSCAGoaches22

CONFLICT OF INTEREST STATEMENT

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

LINEAR SPEED DEVELOPMENT AT ALL AGES

Training Objectives by Age



High School

- Increase Max Velocity
- Improve Force Production
- Improve Motor Unit Sequencing
- Improve Connective Tissue Integrity

Middle School

- Improve Balance
- Improve Coordination
- Improve Contractile Response
- Improve Movement Efficiency
- Improve Eccentric Loading

Movement Evaluation



Middle School Evaluation

- Body Position
- Full Body Integrity
- Optimal Hip Mobility
- Ankle Integrity
- Core Strength



High School Evaluation

- Foot Strike Position
- Pelvic Ant/ Post Position
- Foot Path throughout Stride
- Transition to Max Velocity Position
- Front-Side Mechanics



Create the Plan



Program Design

Soccer Yearly Training Cycle												
2022												
In- Season		Post Season		Off- Season				Pre-Season		In- Season		
SPP		CP		GPP			SPP					
MICRO	TAPER	CHAMP	DELOAD	BASE	ACCELERATIVE STRATEGIES I	ACCELERATIVE STRATEGIES II	TRANSITIONAL	POSTURAL	MINIMAL MAX VELO	OPTIMAL MAX VELO	MAX. EFFECTIVE	MICRO

Know Your Tool Box



Program Design

Soccer Yearly Training Cycle

2022																																																					
In- Season				Post Season				Off- Season																				Pre-Season								In- Season																	
SPP				CP				GPP																SPP																													
MICRO TAPER				CHAMP				DELOAD				BASE				ACCELERATIVE STRATEGIES I								ACCELERATIVE STRATEGIES II								TRANSITIONAL				POSTURAL				MINIMAL MAX VELO				OPTIMAL MAX VELO				MAX. EFFECTIVE				MICRO	
W	W	F	F	-	-	-	-	-	T	T	T	T	W	S	TF	AF	St	St	St	St	St	St	St	St	St	St	St	St	St	St	St	St	PV C	PV C	PV C	PV C	PV C	PV C	M B	M B	M B	W	W	W	PV C	PV C	M B	M B	W	W			
F	F												S	TF	AF	St	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	M B	M B	M B	M B	M B	M B	W	W	W	F	F	F	W	W	W	W	F	F				
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Organizing Your Speed Progression

“With the context of your evaluation and an understanding of the sport movement demands you should be able to create the linear speed progression that suits your athletes”

***“If you are failing to plan, you are planning to fail.”
-Benjamin Franklin***

Level 1	Level 2	Level 3	Level 1	Level 2	Level 3
BW Squat	Goblet Squat	Front Squat	Wall Drill	Sled March	Sled A Run
Split Squat	Step Back Lunge	Walking Lunges	Step Overs	A Skip	A Series Switches
Push Up	DB Bench	Bench Press	Tall Falling	Athletic Falling	Staggered
Chin Up Hold	ECC Chin Up	Band Chin Up	Top Down Kneeling	Bottom Up Kneeling	Lateral Top Down Kneeling

Put It All Together

Soccer Yearly Training Cycle

2022																																																					
In- Season				Post Season		Off- Season																				Pre-Season						In- Season																					
SPP				CP				GPP												SPP																																	
		CHAM								BASE				ACCELERATIVE STRATEGIES I								ACCELERATIVE STRATEGIES II								TRANSITIONA				POSTURAL				MINIMAL MAX				OPTIMAL				MAX.							
MICRO TAPER		P		DELOAD																										L								VELO				MAX VELO				EFFECTIVE				MICRO			
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W	W	F	F	-	-	-	-	-	T	T	T	T	W	S	TF	AF	St	St	St	St	St	St	St	St	St	St	St	St	St	St	St	C	C	C	C	C	C	C	C	B	B	B	W	W	W	C	C	B	B	W	W		
F	F												S	TF	AF	St	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	B	B	M	M	M	M	M	M				W	W	W	F	F	F	W	W	W	W	F	F
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280		200											30	50-80			120-240			150-200*				250-300				200-260				200-400	435	550		475		395		475				320									

Don't Get Stuck in the Weeds



- Long to Short vs Short to Long?
- Lift and run on same day or separate?
- Where should the volume be?
- How long should our prep take?
- Tempo runs?

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