

NWA - Learning Basic Skills

DVD's

Drills for Speed .. Introduction to Hurdling .. Speed & Agility



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What do coaches of advanced or advancing athletes want?

They want the athlete delivered to them (or retained by them), able to perform basic skills and drills that can be extended and refined to produce superior outcomes.

The skill of the “**development coach**” will in large measure determine the standard achieved.

Training hard is easy ... **training smart** is the goal that should be sought.

Young athletes should get as far as they can on as little as they can (technique focused) .. there is a right time to train “hard” ... after basic skills are the athlete’s automatic response.

50 repeats forms a habit thousands of repeats to change the habit

The Resources: There is no cost .. It's up to you !!

An eyeful is better than a mouthful

If you want to learn and practice the basic drills for speed, for hurdling, for general sports agility ... speak out .. seek assistance

The world is run by people who speak out



Several DVD's are available to show you fundamental running and hurdle postures .. **skills that are fundamental to your progression;** not the only things, but important things



Following is an outline of what can be found on three such DVD's .. there are many more.



So, it's up to you; if you want help, be pro-active in seeking that help

1.	Drills for Speed DVD: (total time: 60 minutes)
00	Introduction
3:03	Program 1
	1.1 A-Skip
	1.2 Ankling
	1.3 Butt Kicks
	1.4 Fast Leg
	1.5 Double A's
	1.6 Combinations (Fast Leg / Butt Kick)
	1.7 B-Skip
9:15	Program 2
	2.1 B-Skip
	2.2 Fast Claw
	2.3 Straight Leg Shuffle
	2.4 Straight Leg Bounding
	2.5 SLB / Fast Leg
	2.6 Seated Arm Drill
	2.7 Karioka
14:36	Program 3
	3.1 Fast Claw
	3.2 Alternating Butt Kicks
	3.3 A & C
	3.4 Straight Leg Bounding
	3.5 SLB / Fast Leg
	3.6 A-B-C
	3.7 Running the Boards / Sprint

19:20	A Speed Drills Session (Advanced Junior)
23:45	Acceleration Ladder
24:28	Intro .. A-Skip / B-Skip
28:10	Starts
31:26	Crouched Start
33:52	Acceleration
37:05	Acceleration Ladder
38:28	Falling Starts; Upright Starts; Bow-Touch-Go
41:20	Starts .. Carl Lewis
51:40	Various: Windmill; Shuffle; C&A; Seal; Double A; Wide Outs; Side Slide; Fast Foot Karioka; High Step Karioka; Speed Skate; Speed Skate Lunge; Speed Skate Run; Lateral Hurdle Steps; Backward Cycle; Backward Skip; Power Bounds; Speed Bounds; Run-Run-Bounds; 3 Step Bounds; 2 Count Bounds.
56:45	END

The images are not presented as perfect examples .. they are a starting point: **an eyeful is better than a mouthful**



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2. Hurdle Drills ... An Introduction

The drills offered are examples only; coaches and teachers will naturally extend skills with variations.

However, be sure the basic technique requirements are securely in place before any runs over hurdles are introduced.

Drill both sides of the body equally.

00:00	Introduction
2:20	Program 1
	1.1 A-Skip
	1.2 B-Skip
	1.3 A & C
	1.4 Trail Leg Hip Circles
	1.5 Lead Leg Attack
	1.6 Slo Mo
8:30	Program 2
	2.1 A-B-C
	2.2 Trail Leg Hip Circles
	2.3 A-B-Trail Leg
	2.4 Rapid Lead Leg
	2.5 Slo Mo
14:00	Program 3
	3.1 Slo Mo
	3.2 Walking/Marching Stepovers
	3.3 Single Stepovers
	3.4 A-B-Trail Leg
	3.5 Rapid Lead Leg
	3.6 Overload-Release Drills
24:30	Kyle Vander-Kuyp / Colin Jackson (Drills)
26:50	Hurdle Specific Drills
34:30	World Championships '03
	W100H / M110H
51:50	The Learning Progression
1:01:30	END



Karate Kid Hop

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An Introduction: Drills for Speed & Agility

An eyeful is better than a mouthful

A great deal can be achieved in 3-5 (20 min.) sessions per week

00 Introduction

0:21 **Drills:** A-Skip, Alt. Butt Kicks, Fast Leg, Combinations, B-Skip, Fast Claw, Str. Leg Shuffle, Str. Leg Bounding, SLB-Fast Leg, Karioka.

8:40 Frog Stretch, One Leg Over-Under, Modified Hurdle Sit, Simple Twist, Progression to Splits.

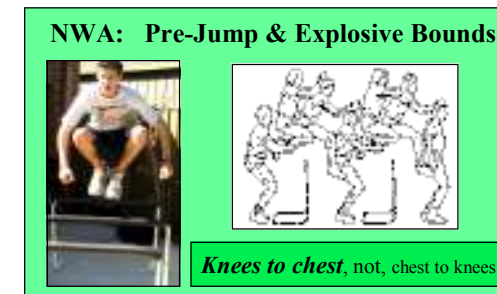
10:40 **Drills:** A-Skip; B-Skip; Fast Leg; Alternating Fast Leg; Quick Rhythm Fast Leg; Single Fast Leg; Command (coach) Fast Leg; Karioka; A-Run; Backwards Cycle; Shake Ups; Fast Feet; Double A's; A&C Drill; Backwards Cycle; **Hip-Glute** series; **Lower Back** series; **Ankle-Shin** series; **Quad-Hamstring** series; Hamstrings-Med. Ball; Hurdle Bounding; Straight Leg Bounding; examples of hurdle drills; step-overs; fast runs- low hurdles; skip step-overs (trail); Karate Kid Hop.

24:30 **Agility Ladder:** 1 Foot Runs; 2 Foot Runs; Breakdowns; Break Runs; Ickey Shuffle; Ickey Shuffle +1; Backwards Ickey Shuffle; In & Out; Backwards In & Out; Lateral In & Out; Lateral Run; Ali Shuffle; Hybrids.

30:50

Work patiently .. Only
Perfect Practice
Produces
Professional Performance

These are a **very** small number of the drills with which you can challenge yourself or your athletes (**in any sport**).



Don't complain that help not sought is unavailable

The samples above illustrate the tags available to help you motivate, instruct and reward youngsters

I repeat: *don't complain that help not sought is unavailable*

The helicopter will not land on the sports oval and whisk you away to an elite sports destiny.

Try to learn (be willing to learn) one thing every time the opportunity presents itself.

Knowledge accumulates quickly

BUT

ONLY in open minds

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