

## Practice makes Permanent!

### Speed drills.

All drills must be done with proper form and technique to gain the benefits of increased strength and speed.

Drills prevent injury by increasing strength and flexibility

Drills increase speed by increasing stride length, stride frequency, and coordination.

If crunched for time skip a drill. Do NOT reduce the amount of recovery between each drill!

#### A-Day Drills 2 sets of 30 meters

- |                            |   |
|----------------------------|---|
| 1 lunge walk               | <a href="http://www.youtube.com/watch?v=tAulYfv6ago">http://www.youtube.com/watch?v=tAulYfv6ago</a>   |
| 2 A skips                  | <a href="http://www.youtube.com/watch?v=-AHcvwMF8KA">http://www.youtube.com/watch?v=-AHcvwMF8KA</a>   |
| 3 ankling                  | <a href="http://www.youtube.com/watch?v=5BEmEDsMwLA&amp;feature=related">http://www.youtube.com/watch?v=5BEmEDsMwLA&amp;feature=related</a> |
| 4 Butt Kicks               | <a href="http://www.youtube.com/watch?v=BK3TAmcLBjk">http://www.youtube.com/watch?v=BK3TAmcLBjk</a>   |
| 5 High knees               | <a href="http://www.youtube.com/watch?v=aH4HVrUPY8s">http://www.youtube.com/watch?v=aH4HVrUPY8s</a>   |
| 6 straight leg bounding    | <a href="http://www.youtube.com/watch?v=5-NITRNbcZw&amp;feature=related">http://www.youtube.com/watch?v=5-NITRNbcZw&amp;feature=related</a> |
| 7 Quick leg right leg only | <a href="http://www.youtube.com/watch?v=lqyj7zh0x3w">http://www.youtube.com/watch?v=lqyj7zh0x3w</a>   |
| 8 Quick leg left leg only  | <a href="http://www.youtube.com/watch?v=lqyj7zh0x3w">http://www.youtube.com/watch?v=lqyj7zh0x3w</a>   |
| 9 accelerations            |   |

#### B-day Drills 2 sets of 30 meters

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|------------------------|---|
| 1 Backward lunge walk  | <a href="http://www.youtube.com/watch?v=IUoTn2zI4Z4">http://www.youtube.com/watch?v=IUoTn2zI4Z4</a>   |
| 2 Side Slide           | <a href="http://www.youtube.com/watch?v=hkOXoEQ52Xg">http://www.youtube.com/watch?v=hkOXoEQ52Xg</a>   |
| 3 A skips              | <a href="http://www.youtube.com/watch?v=-AHcvwMF8KA">http://www.youtube.com/watch?v=-AHcvwMF8KA</a>   |
| 4 B skips              | <a href="http://www.youtube.com/watch?v=fdKdTxD6cMI&amp;NR=1&amp;feature=fvwp">http://www.youtube.com/watch?v=fdKdTxD6cMI&amp;NR=1&amp;feature=fvwp</a> |
| 5 C skips              | <a href="http://www.youtube.com/watch?v=_Zakk5RbqxY&amp;feature=related">http://www.youtube.com/watch?v=_Zakk5RbqxY&amp;feature=related</a>             |
| 6 High knee carioca    | <a href="http://www.youtube.com/watch?v=cNTw1ALehH4">http://www.youtube.com/watch?v=cNTw1ALehH4</a>   |
| 7 Quick leg alternator | <a href="http://www.youtube.com/watch?v=lqyj7zh0x3w">http://www.youtube.com/watch?v=lqyj7zh0x3w</a>   |
| 8 Accelerations        |   |

