



2017, Fair Lawn, NJ

*Speed and
Strength
Summit*



Organizing Chaos
Steve Leo

Steve Leo

20 YEARS OF TRAINING ATHLETES

OWNER/OPERATOR PARISI SPARTA- 6 YEARS
PARISI SPEED SCHOOL MASTER TRAINER/ADVISORY COMMITTEE
CHAIRPERSON

HEAD STRENGTH AND CONDITIONING COACH AT
GILL ST. BERNARD'S SCHOOL

NATIONAL ACADEMY OF SPORTS MEDICINE CPT
USA WEIGHTLIFTING LEVEL 1 COACH
NATIONAL STRENGTH AND CONDITIONING ASSOCIATION
USA TRACK AND FIELD LEVEL 1 COACH
FMS FUNCTIONAL MOVEMENT SCREEN EXPERT LEVEL 2, FCS
VERTIMAX MASTER TRAINER
TRX SUSPENSION TRAINER
DYNAMAX TRAINER
RUTGERS S.A.F.E.T.Y CLINICIAN
NJ STATE RECREATION SUPERVISOR
HEAD TRACK AND FIELD COACH ROCKAWAY YOUTH TRACK
PROGRAM



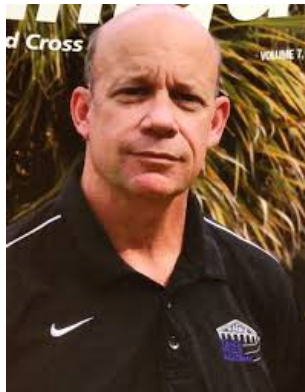
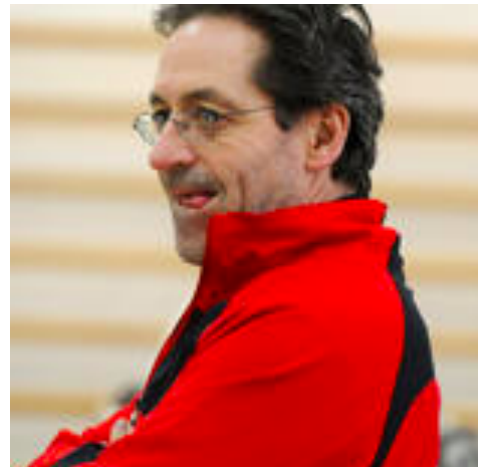
So you
want to be
a master?

You want to know the
difference between a
master and a beginner?
The master has failed
more times than the
beginner has ever tried.

Spirit Science



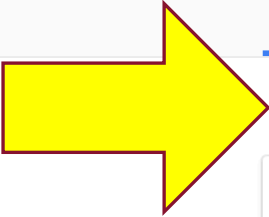
Speed Coaches Hall of Fame



Just Google it!

Google

speed drills



All

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About 36,900,000 results (0.41 seconds)

Speed Training Drills

- Stride Length: The amount of distance covered between strides. ...
- Sets/Distance: 4x30 yards.
- Sets/Distance: 4x15 yards (five yards of Quick Feet; 10 yards of High Knees)
- Acceleration: The ability to increase speed over a given distance. ...
- Sets/Distance: 4x30 yards.

More items...



Basic Speed Training Drills for Any Sport | STACK

www.stack.com/a/speed-training

About this result Feedback

Basic Speed Training Drills for Any Sport | STACK

www.stack.com > [Training](#) > [Get Faster](#) ▼

Mar 22, 2012 - **Speed Training Drills**. Stride Length: The amount of distance covered between strides. Sets/Distance: 4x30 yards. Sets/Distance: 4x15 yards (five yards of Quick Feet; 10 yards of High Knees) Acceleration: The ability to increase **speed** over a given distance. Sets/Distance: 4x30 yards.



Are we Born to Run?



HOW DO YOU LOOK AT SPEED?



Biomechanics
Center of Gravity
Acceleration
Top Speed
Stride Length
Stride Frequency
Force Application
Recovery
Deceleration
Change of Direction

Where do we start?



We need to Build Robust Runners (John Pryor)



Acceleration
Top Speed
Change of Direction
Work
Capacity/Speed
Endurance
Competition

WHAT DO SPEED DRILLS ACCOMPLISH?

It all starts with learning how to move with Intensity

Our ADW is the best way to start the process of Increasing BW strength, mobility, work capacity are keys

They must be able to perform all these phases effectively and efficiently

Drills are an Investment\$\$\$

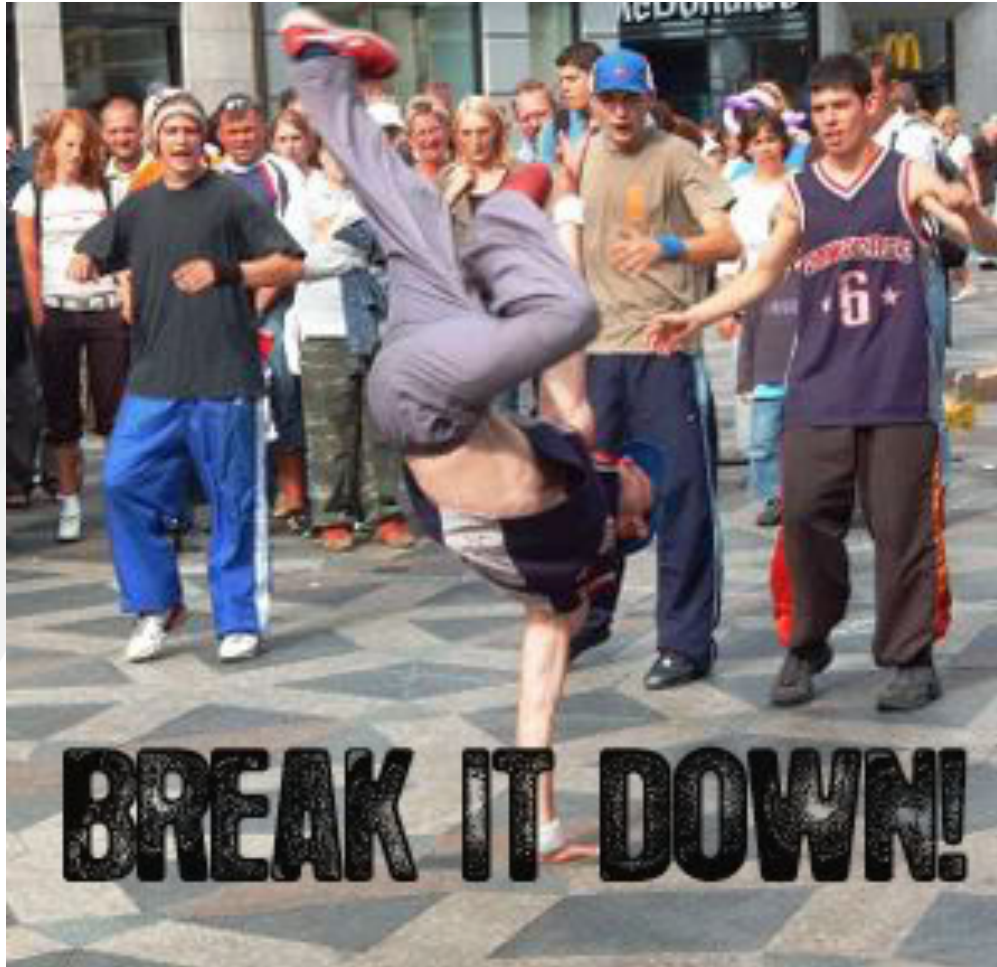


“The drills are not the skill, the drills are to Elicit a response” S.Leo



Old School is Real School!

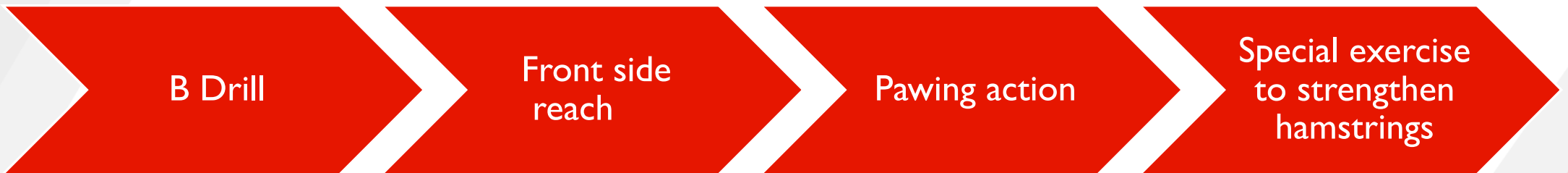
Breaking Down Movement Prep



- **Active Dynamic Warm Up**
- **Strength**
- **Mobility**
- ***Movement Prep***
- **Work Capacity**

- 1. Technique Development***
- 2. Coordination***
- 3. Rhythm***
- 4. Specific Strength-Force***
- 5. Rehab***
- 6. High Intensity***
- 7. Need to have purpose***
- 8. Variety***
- 9. Game Speed***

March-Skip-Run



CUES. OTHERWISE KNOWN AS COACHING

Internal Cues

- Thoughts that focus on specific positions and technical aspects to move the joints a specific way
- Useful for technical kinetic and kinematic factors of initial teaching
- Could lead to over thinking

External Cues

- Focusing on external environment utilizing action words to create context to help visualize goal within the environment
- Used for immediate performance benefits
- Focus on outcome
- May cause technical compensations that should direct you back to internal cues

Next Level



- **Pogo Series 2.0**
- **Hip Lock-Stability/Strength**
- **Stick drills**
- **Med Ball/Dowel**
- **Sand/Aqua Bags**
- **Work capacity**



ADW

**Increase Work
Capacity
Mobility**

**Movement
Prep**

**Increased
Strength Change
Sprint Patterns**

Program

Response



Summary

1

ADW

1. **Stationary Movements**
2. **Mobility Exercises**
3. **Body Weight Strength**
4. **Stability/Posture**
5. **Increase Neural pathways**

2

Work Capacity

1. **Increased Local Muscular Endurance**
2. **Increase Relative Body Strength**
3. **Work on RFP**

3

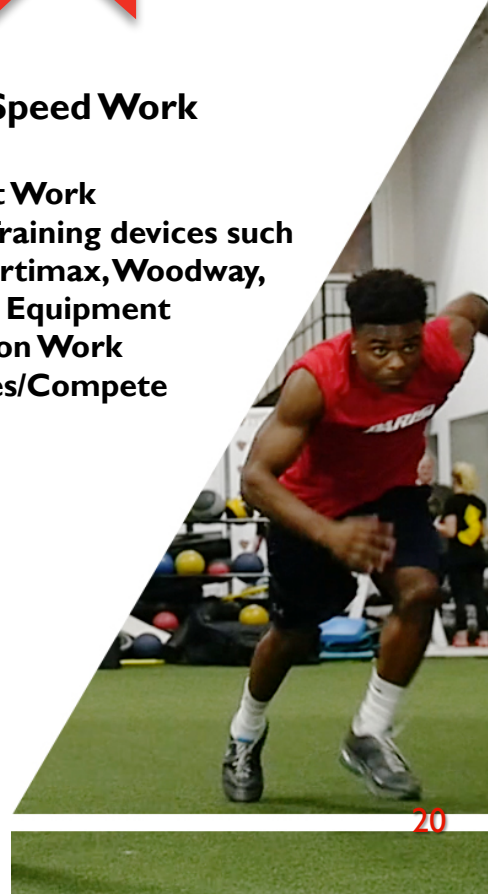
Movement Prep (AKA Drills)

1. **Couple each drill with a sprint I any direction**
2. **Use both Internal and External Cues**
3. **Do not over load with Drills**
4. **Pick 2-3 /session and focus on using those to elicit a response**
5. **If they do not work try something else**
6. **Master the drills as a coach**

4

Specific Speed Work

1. **Sprint Work**
2. **Add Training devices such as :Vertimax, Woodway, SKLZ Equipment**
3. **Position Work**
4. **Games/Compete**



**Example of
An
External
Cue**



***Judge your
coaching/teaching
effectiveness by the
progress of your
weakest athlete***



ANY
QUESTIONS
?





THANK YOU

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20 MINUTE HANDS ON STATION

- **Pogo Series**
- **Hip Lock-Stability/Strength**
- **Stick drills**
- **Sand/Aqua Bags**
- **Work capacity**