BIGGER FASTER STRONGER

SPEED & PLYOS

YOUR WINNING SECRET

By Dr. Greg Shepard

CRITICAL MISTAKES

1. **Leave Them Out Entirely.**
2. **Not Teaching Correct Running Form and Starts.**
3. **Not Teaching Explosive and Reactive Jumping.**

THE SECRET

1. **Teaching and Timing Speed All Year Round.**
2. **Teaching Explosive Jumping and Reactive Jumping All Year Round.**
3. **Using Video Analyzation.**

TOTAL SPEED APPROACH

Developing speed, explosive power and jumping ability does not happen by itself nor does it happen overnight. The ideal high school situation is where unity and organization exist. Every coach should teach the technique of sprinting. The football coach should not be the only one teaching sprint techniques. Whether an athlete is running sprints on the football field, lines on the basketball court or bases in baseball, coaches should observe, teach and correct form every day. Just teach the BFS 8-Point Sprint Technique System.

Every athlete should sprint 2-3 times per week and get timed twice per month. If you can't run a 40 outside, run a 20 inside. A tremendous tool to develop speed is to use video analysis. I guarantee your athletes will love seeing themselves and learning at the same time. Using the BFS 1-2-3-4 Flexibility Program is extremely important in speed development. Also, it is imperative to include plyometric training, regular Parallel Squat workouts and light Straight-Leg Dead Lifts for maximum results in speed development.

STARTS

It seems incredible that so many college coaches fail to teach their athletes how to start. Here comes a pro-scout ready to time 40's and the players line up in a football stance. Obviously, some people place much importance on a forty time so it seems prudent to have a great start. It can mean a tenth. Does a pro-scout or college recruiter mark down 4.7 track stance, or 4.7 football stance or just 4.7? I think they just mark down the time, so take advantage of a faster track stance. We have a special stance that's fantastic, especially for football players. It appeared in two issues of past BFS Journals. For reprints send $2.00 to our BFS office.

The new Speed Trap II advertised on page 85 is an incredible teaching tool. It is slick and easy to operate. It's accurate and consistent. You can time 5-yard sprints and thus starts. It gives you an electronic time. Another valuable feature is the reaction time readout. Work on starts three minutes twice a week and it will pay off.

PLYO BOXES - SLJ - VJ

Plyometric Boxes should be standard equipment in every school. You can do many explosive and reactive type jumping drills to improve power, vertical jumps and standing long jumps. At our UPPER LIMIT Athletic Training Center, we feature a plyometric training area. This area is used for training and testing.

The Standing Long Jump measures horizontal explosive power and you can test one jump or test three successive jumps as we do. (Twenty-four feet is about average, 27 feet is a level only about 5-10% of high school athletes can attain while 30 feet is an elite level.)

We measure Vertical Jumps three ways. The standard method of jumping up with one hand is used. We also utilize two new sophisticated pieces of equipment. The "Top Jump" (page 68) and the "Impax" (page 70).

REACTIVE JUMPING

This is a new term I have invented which has great significance. For example, when a basketball player goes up for a rebound and misses, what does he do if the ball is still up for grabs? Obviously he must go up again but he can't spend and hour getting ready he's got to go up again in a split second. I call that "Reactive Jumping."

We can now measure this ability with the "Impax". The athlete jumps vertically 10 times as fast as he can. The "Impax" then tells us how high the average jump was and how long he averaged on the floor. One high school coach brought his team into our facility. His best athlete tried 10 reactive jumps. He averaged 18 inches per jump and spent an average of .45 seconds on the floor. I told him he bent his knees too much and showed him how to efficiently use his arms. Fortunately, he learned quickly. In the next 10 jump series, this same athlete averaged 19 inches per jump and only .14 seconds on the floor. A tremendous improvement made possible by the "Impax" and teaching "Reactive Jumping". The "Impax" can also be used effectively with Plyometric Box Jumping drills.