

**MTCCCA Clinic**

- Prepping for the season
  
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**Themes for Preparation**

- Introduce Vocabulary
- Teach Proper Warm-Up
- Acceleration Development
- Improving Sprint Mechanics
- Introducing Field Event Technique
- Introduce Strength Training

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**Introducing Vocabulary**

- Inertia
- Force
- Mass
- Velocity/Speed
- Momentum
- Center Of Mass
- Power
- Post
- Posture
- Stability
- Balance

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### Intro to Warm up

- Dynamic in Nature
- Should include some injury prevention component
- Multi Planes/Med ball Core/Balance /Stability
- Mini-band Warm-up routines
- Coaching early season Warm up
- Posture
- Front side Mechanics
- Foot Strike

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### Long Rotation Lunge



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### Short Rotation Lunge



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Overhead



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Figure 8



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Mini Band Routine  
Warm Up

- Side Step Out/Back X 10
- Forward Step Out/Back X10
- Monster Walk Out/Back X10
- Carioca/Grapevine Out/Back X10
- Hip Flexor X10 each Leg
- Push Back X 10 each Leg

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### Sprint Mechanics Warm Up

- Mach Drills
- A Skip
- B Skip
- Speed Dynamics
- Hip Pop
- Fast Leg Drills

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### Plantar Flexion Timing



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### Plantar Flexion timing



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### Acceleration Development

- Acceleration Development allows you to reach Maximum Velocity efficiently.
- Horizontal in Nature
- Longer Ground Contact Times
- Allows for more push.
- Flatter Shin Angles

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### Hill Sprinting Acceleration Development



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### Wicket Drill Acceleration Development



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Wicket Drill  
Acceleration Development



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Sled Push  
Acceleration Development



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Flat Starts  
Acceleration Development



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### Sprint Mechanics



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### Jump Rope Run



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### Overhead Stick Run



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### Stick Runs



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### Wall Drill



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### Field Event Technique Jumping Events

- Slow Responsible Progressions
- Keep Technique in mind.
- Establish Good Technical Models
- Coaching is a visual discipline, use any device to help point out technical correctness or flaws.
- Good technical models are grounded in science.

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### 4 Stages of Technical Aquisition

- 1 Unconscious-Incompetent
- 2 Conscious-Incompetent
- 3 Conscious- Competent
- 4 Unconscious-Competent

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### Same, Other, Both



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### Standing Triple Jump



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### Standing Triple Jump Off Box



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### Walking Triple Jump



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### Short Run Triple Jump



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Hopping with Landing



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Hopping with Landing



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Stepping With Landing



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### Introduce Strength Training

- General Strength: Stuff that doesn't look like the events
- Specific Strength: Stuff that does look like the events
- Reactive Strength: Plyometric Work
- Let Technique Drive the Strength Training not the other way around.
- Technique must be present in all strength work.

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### General Strength

- Push-Ups
- Prisoner Squats
- V-Sits
- Side Lunges
- Back Hypers
- Rocket Jumps
- Straight Body Dips
- Burpees
- Speed Skaters

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### General Strength

- Develops Total Athletes
- Med Ball Work
- Hurdle Mobility Work
- Improves Joint Integrity
- Balance/Stability/Core Integrity
- Platform For Building Specific Strength
- Good For Pointing out Dysfunction in joints or muscle.

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### General Strength

- Must Be
- Multi Dimensional
- Multi Planar
- Address all 3 Axis of the body
- Coordinative in Nature
- Helps Predict problems before they become major injuries

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### Reactive Strength

- Plyometrics Slow Progressions. Error on the side of Caution before moving along too quickly
- Start Small with little things like Skipping for Height or Double Support, (Ankle Bounces, Slalom Ski Jumps, Stride Jumps) Single Support Straight Leg Bounds or Hops. Make Sure athletes know how to land. We are good about teaching explosion but after every explosion there is a yeild. Make sure athletes land correctly to prevent chance of injury. (Ankles, Heels etc)

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### Leg Circuits



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Leg Circuits



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Leg Circuits



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Leg Circuits



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### Dumbbell Complex (DBC)

- DBC I
- High Pull X6
- Alternate Press X6 each arm
- Squat X 6
- Dumbbell Rows X6
  
- DBC II
- Snatch X6 Each Arm
- Curl and Press X 6 each arm
- Step Up X6 each leg
- Dumbbell Row X6 each Arm

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### Dumbbell Complex



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### Other Strength Exercises and Drills



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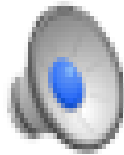
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Other Strength Exercises and Drills



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Other Strength Exercises and Drills



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Other Strength Exercises and Drills



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### Special Strength Jumps



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### Special Strength



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### Special Strength



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Special Strength



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