

# **Northwest Track and Field Clinic-2013**

**6:00pm -Feb. 8**

**Bryan E. Hoddle**

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**Breathing-3 and 6**

**Time away from electronics**

**How much stimulus is in their lives**

**Know what proper rest really means**

**Focus on is focus on-Focus off is focus off**

**Proper Parental Support**

**5 areas of a champion**

**Brain-Para and Sympathetic**

**Downtime-not another sport to run off to.**

**Foot strength-More important than folks realize!**

**It's important to dream-"now that we have dream teams, we can no longer dream."**

**Proper rehab**

**Speed wins**

**Critical Zones**

**Off season training**

**Benefits of massage**

**Training the correct energy system**

**Joint range of motion**

**Proper "warm up" not "stretch up"**

**Relaxation-"Take time to be dumb and happy!"**

## ***TASK SPECIFIC DRILLS***

***(Different Drills will be needed for different individuals)***

***STRAIGHT LEG BOUNDS-Dynamically strengthen gluts/upper hamstring relative to actually sprint cycle***

***SPEED BOUNDS-Hip Flexor/hip extensor strength-allows correct cycling to occur***

***SHORTER THAN-Stride Frequency-front side mechanics***

***LONGER THAN-Stride Length/push from track to get stride length without overextension***

***INTERMUSCULAR-Coordination/positive effect on front side/foot speed/cyclic and acyclic neuromuscular coordination***

***LUNGES-Acceleration/Poor flexibility/Stride length/Strength endurance (90M)/hip mobility/flexibility***

***HILLS/STAIRS-Strength Endurance formula= $9/9/9 = 9$  or more/90m or longer/more than 9 seconds***

***SHORT HILLS/SHORT DRAGS/BULLET BELT-Acceleration/hip flexor and extensor strength***

***SWIMMING-Recovery/aerobic work/upper body strength***

***HURDLE HOPS/SHORT JUMPS-Hip flexor/extensor strength/ground contact turnaround time***

# Testing

***\*30 METER FLY-Indicator of top end speed***

***\*OVERHEAD BACKWARD THROW WITH SHOT-Indicator of total body power and coordination***

***\*STANDING LONG JUMP-Indicator of leg power***

***\*STANDING TRIPLE JUMP-Leg power, acceleration, and coordination***

***\*30 METER BLOCK-Leg power and ability to accelerate***

***\*60 METER FLY-Toe end speed and mechanics***

***\*150 STANDING START-Top speed and speed endurance***

***\*250 STANDING START-Long Speed endurance and Anaerobic power***

***\*10 BOUNDS-Leg power, coordination, speed endurance, acceleration***



