**Hillcrest High School Strength and Speed**

**STRENGTH PROGRAM OVERVIEW**

Our Strength Program is built upon increasing Speed***,*** Strength, and Agility

THE PHILOSOPHY BEHIND WHAT WE DO

**SPEED COMPONENTS**

There are three basic components to speed, Power, Stride speed, and Stride length. We can get you to increase all three. Strength training will increase the power from which you apply force to the ground. Agility training will increase the speed of your stride; we will also be working on the reaction time of the hands and body. Flexibility training will increase your stride length as well as helping to prevent injury.

**POWER**

We will focus on gaining power without sacrificing form or safety. Research has proven that the more force you apply against the ground the faster you willbecome. Every sport requires that the athlete be able to activate the muscles in the body to move faster. Through strength training we are able to train your muscles to move faster, thus, increasing the effectiveness of your sports skills. Exercises such as the Power Clean, Snatch, Squat, and Push Press all work to increase the force that you apply to the ground.Our weight lifting program will be based upon these explosive exercises that are the core to every sport. Training explosively with free weights and other drills allows fast twitch muscle fibers to be activated and in return allows for a greater improvement in an athlete's performance.Therefore, the majority of our lifts will be done quickly and explosively. These lifts are considered ground based explosive exercises. Therefore, these lifts are the core of our lifting program.

**FLEXIBILITY**

The majority of our lifting will be focusing on multiple joint actions. Sport skills such as running, changing direction, jumping, catching, throwing, hitting a ball, shooting, blocking and tackling require that the athlete use multiple parts of the body at the same time to effectively perform the action. Multiple Joint Action exercises increase coordination and the ability to generate explosive force while using different parts of the body. Therefore, our

approach to lifting will also be based upon the foundation of using multiple body parts at the same time. We will also be including three dimensional movementsin our training. Sports skills involve movements in the three planes of space simultaneously,(forward-backward, up-down, side to side). In strength training, only free weights allow movement in three dimensions**.** Not only does this help athletically but it also keeps injuries to a minimum by increasing flexibility.

**AGILITY**

As part of our warm up and part of our weight program we will incorporate various agility based drills. These drills will not just be for the feet but also for the hands and body. In increasing the agility of the whole person all athletic movements will be more effective.