

## Speed Performance Workshop: Systematic Approach to Game Speed

### Day 1:

- + 8:30-9:00 Course Registration and Expectations
- + 9:00-9:30 Lecture: Introduction to EXOS
- + 9:30-9:45 Break
- + 9:45-10:15 Lecture: Positioning for Acceleration
- + 10:15-10:30 Break
- + 10:30-12:00 Practical: Positioning for Acceleration
- + 12:00-1:00 Lunch
- + 1:00 -1:30 Lecture: Patterning for Acceleration
- + 1:30-1:45 Break
- + 1:45-2:45 Practical: Patterning for Acceleration
- + 2:45-3:00 Break
- + 3:00-3:30 Lecture: Power for Acceleration
- + 3:30-3:45 Break
- + 3:45-4:45 Practical: Power for Acceleration
- + 4:45-5:00 Break
- + 5:00-5:30 Practical: Acceleration Programming Workshop
- + 5:30-6:00 Q&A

### Day 2:

- + 9:00-9:45 Lecture: Positioning for Multi-Directional Speed
- + 9:45-10:00 Break
- + 10:00-11:00 Practical: Positioning for Shuffle
- + 11:0-12:00 Practical: Positioning for Crossover
- + 12:00-1:00 Lunch
- + 1:00 -1:30 Lecture: Patterning for Shuffle
- + 1:30-1:45 Break
- + 1:45-2:45 Practical: Patterning for Shuffle
- + 2:45-3:00 Break
- + 3:00-3:30 Lecture: Power for Multi-Directional Speed
- + 3:30-3:45 Break
- + 3:45-4:45 Practical: Power for Multi-Directional Speed
- + 4:45-5:00 Break
- + 5:00-5:30 Practical: Multi-Directional Programming Workshop
- + 5:30-6:00 Q&A

## Course Description

Over the course of this 2-day model we will explore in detail the technical model for Acceleration and Multi-directional speed. From both a theoretical and practical perspective, the goal is to provide the mentee with an in-depth understanding of a system that develops these patterns. The system focuses on three key areas Position, Pattern and Power. Points covered include:

- + Preparation for both Acceleration and Multi-Directional Speed (Position)
- + Biomechanics and Coordination for Acceleration and Multi-directional speed (Patterning)
- + High intensity and Reactive Training for Acceleration and Multi-directional Speed (Power)