

GABRIELE

FITNESS & PERFORMANCE



Is Speed and Agility Training making your kid slower?

These days every parent in the world wants their kid to be faster and more agile. This is always what we are measuring because it is what we see when our kids are on the field.

We see them run like a milk truck to first base and immediately call the local speed gurus and say "My son needs speed and agility training" Most young athletes struggle with how they move and immediately think I need to get speed and agility training.

This is definitely true but is usually done the wrong way. The way for a young athlete to get more agile or develop more speed is NOT necessarily just to practice running around cones or to run a bunch of sprints.

Performing drills like these before they are ready can actually make an athlete slower and more prone to injury. This is because these cone drills and sprints done poorly hammer bad movement patterns into their nervous system, to make it worse young athletes are a sponge for new skills and when they practice them poorly it usually takes years to unravel. It is like putting your shirt on before your tie or adding more horsepower to a car that has terrible brakes.

All young athletes need a long period of General Physical Preparation before performing more advanced speed and agility drills.

So what should these kids be doing?

Here is a list of the top exercises we use to improve athletes speed and agility without actually doing true speed and agility training.

1. Skips
2. Bear Crawls or other animal crawl variations
3. Split Squat Holds

4. Wall Squats
5. Lateral Squats
6. Turkish Get-ups
7. Jump Rope
8. Sled and Prowler Work
9. Medicine Ball Throw Variations
10. Plank and Push-up Holds
11. Body weight Pulls
12. Scramble to Balance
13. Shuffle, Stick and hold

The drills listed above prepare athletes by making them more coordinated, better balanced, stronger and less prone to injury.

One of the reasons why this stuff works is that is performed at slower speeds. If an athlete cannot perform a drill correctly at a slow pace there is no way they will accomplish it at a higher speed.

Once athletes prove they can perform all these exercises with great form they have earned the right to perform more traditional Speed and Agility Drills.

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