

NIKE INDOOR NATIONALS

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POSTURE AND POSITION= STRENGTH, SPEED AND EXPLOSION

LECTURE NOTES:

Why should we use the weight room? - Not to lift weights but to prepare the body to.....

Preparing to move explosively, using muscles in the correct order, the correct time etc.

Do we create a picture in our minds...are those pictures the same from athlete to athlete? (Vertical jump example.) How do we display force-- how do we position ourselves---Do we go vertical? What do the hands do? What do the feet do? Are we turning on at the right time?

What are we willing to do to get stronger and faster?

What is over training what is self-limit? Do we know our own limits? Bulgarians 1 max attempt every hour for eight hours.....every day

How do we regulate volume?

What % of our effort will yield results?

Russians used their money to perfect systems that we created

Position is everything in all that we do. Start right end right.....forget what happens in the middle for the most part

If we have faulty movement patterns, we will compensate or inhibit to protect. Why then do we move right into running and jumping? Fix the problem

With position comes posture and balance- when we talk about being explosive are body will always hold back and save for stability. **If we show high levels of stability through the nervous system, we can create more power.**

Once the body becomes more and more efficient you can challenge it with more volume the higher loads

Exercises that increase speed

1. ***Bounding***
2. ***Calf Pops***
3. ***Russian lunges***
4. ***Speed Russian Lunges***
5. ***Straight leg runs or Deons***
6. ***Straight leg broad jump / split leg broad jump***
7. ***Plyosodial Running***
8. ***Full body pulses***
9. ***Groucho walks or runs***
10. ***Roll down- lower abs***