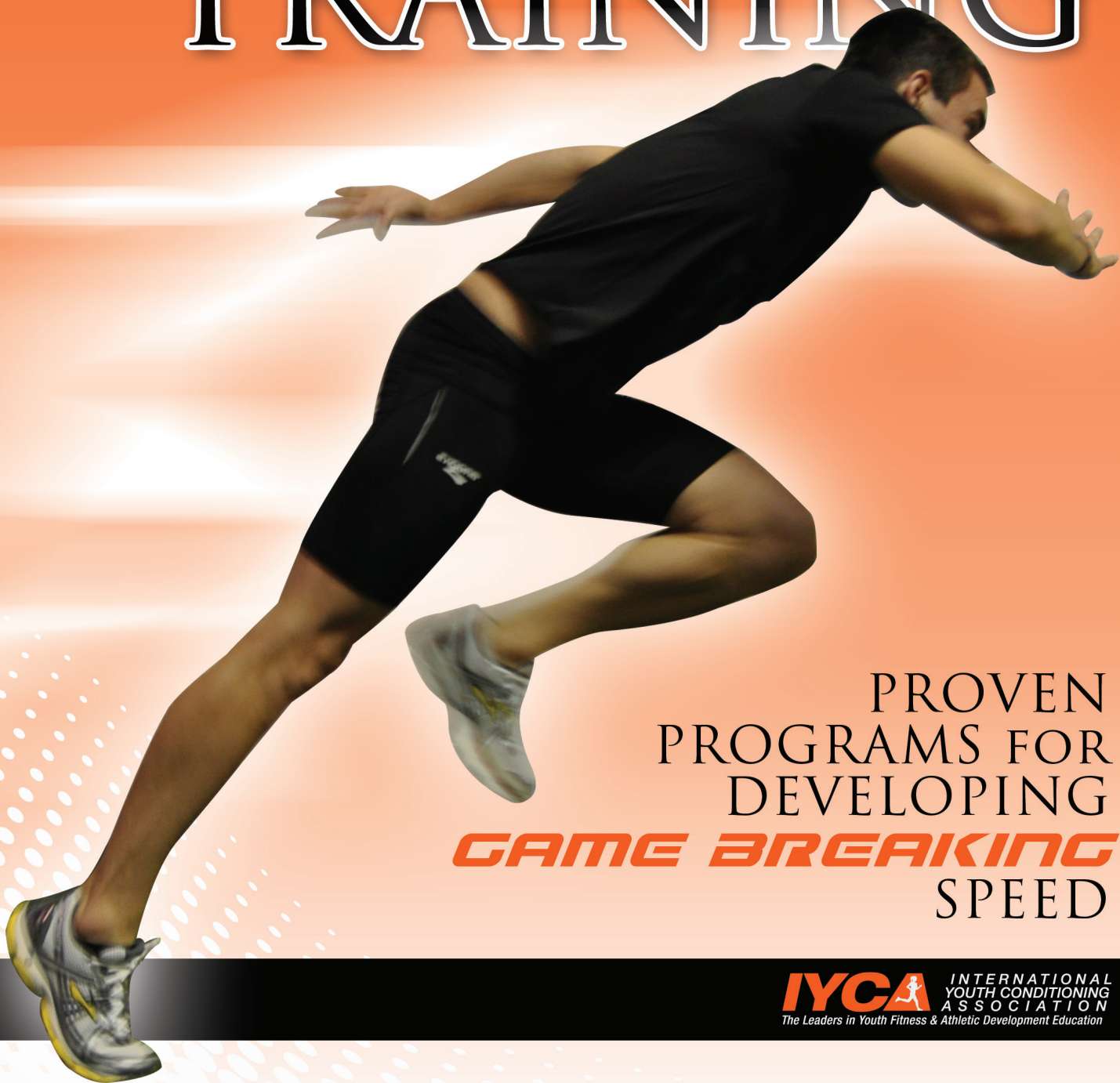


YOUTH *SPEED* TRAINING



PROVEN
PROGRAMS FOR
DEVELOPING
GAME BREAKING
SPEED

Youth Speed Training

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6-9 YEARS:

GUIDED DISCOVERY



6-9 YEARS: GUIDED DISCOVERY

PROGRAM 1	
	DAVE GLEASON
Monkey Walks	
Inch Worms	
Log Rolls	
Rainbows (2 lb. Medicine Ball)	
Bear Crawl (4 lb. Medicine Ball)	
Back Side Shuffle w/ Continuous Hip Turn	
Jumping Jacks to Sprint	
SL Mirror Game	
Obstacle Course	
Zig Zag Hopping	
Sprint (Big Arms)	
Balance Bar Step Overs	
High Skips	

PROGRAM 2	
	DAVE GLEASON
Skip Tag	
Crab Walk with Ball (Gates)	
Side Roll to Jumping Jacks (on Coach Command)	
Silly Runs	
Dodge Ball (Pins)	
Cone Catch	
Helicopter	
Mirror Game (Lateral Shuffle)	
Rhythm Machine	
Circle Tag	

PROGRAM 3

DAVE GLEASON

Monster Walks

Forward Roll to Skip

Valslide Letters (Prone bridge, draw letters with Valslide under one hand, A-J)

Throw to Target Game

Overhand Right Hand

Overhand Left Hand

Overhead Two Hands

180 Jumps

Obstacle Course

Two Foot Hops

Run Through Cones

Bear Crawl

Side Shuffle

Clean the Back Yard

Rope Relay (with 40 foot battle ropes)

PROGRAM 4

DAVE GLEASON

Skipping with Arm Circles

Rainbows with Playground Ball

Scramble to Balance + One Foot Lateral Hop

Hop and Twist

Bear Crawl with 2 lb. Medicine Ball Through Obstacle Course

Low Level Around the World

180 Jump/Hold

Simon Says

Team Throw to Target

PROGRAM 5	
DAVE GLEASON	
Forward Roll/Run to Target	
Follow the Coach Bear Crawl	
Dragon Walks	
Ball in the Air/Clap	
One Foot Balance Pass (playground ball)	
Helicopter: Jump	
Helicopter: In/Out	
Stop/Go Game: Side Shuffle	
Speed Course	
Scamble to Balance: 1X Each Leg	
Low Hurdles	
110 Degree Cuts Through Cones	
Jump Rope 10 Times	
Single Leg Windshield Wipers	

PROGRAM 6	
TOBY BROOKS	
Walking Lunges	
Forward Rolls with PopUps	
Bird Dog Game	
Target Throws	
Two Hand Catches	
Trash Ball	
Stationary Jump Rope	
Clap and Stomp	
Gallop Tag	
Team Sorting Game	
Team Tag: Participants Dictate Rules	
Free Play	

PROGRAM 7

TOBY BROOKS

Standing Crab Walks

Backward Rolls with Star Jump PopUp

Implement Push Overhead

Shape Throws with Bean Bags

One Hand Catch (foam ball)

Hit Pitch to Target

Moving Jump Rope: Two Hands

Wiggle and Dance (interval music cues)

Hop Relay Race

Color Sorting

Team Tag: Coach Dictate Rules

Simon Says

PROGRAM 8

TOBY BROOKS

Wall Push Ups

Diagonal Rolls

Rotational Rope Pull

Quick Toss Target

Non-Dominant Hand Catch with Dominant Hand Trap

Bat Swings

Moving Jump Rope: One Hand

Obstacle Course

Skipping Relay Race

Shape Sorting

Team Tag: Rules Change Midway

Movement Tag (skip, hop, etc.)

PROGRAM 9

TOBY BROOKS

Log Rolls with PopUp Sprints on Command

Follow the Leader Obstacle Course

Frog Jumps

Line Jumps/Throttle Jumps (closest to line without touching "wins")

Two Hand Catch (foam ball) and Throw to Coach

Roll Theraball/Swiss Ball Catch

Stationary Jump Rope: One Hand

Musical Cones (interval music cues)

All-Fours/Bear Crawl Relay Race

Color and Shape Sorting

Lateral Shuffle Tag

Free Play

PROGRAM 10

TOBY BROOKS

Cats & Camels (All Fours Stability)

Soldier Crawls

Hands to Belly Rope Pull

Slow Motion Target Toss

Scoop & Throw to Color Target on Command

Ball Roll Catch with Partner

Fast Forward/Slo Mo/Rewind Tag

Rhythm Machine

Three-Legged Relay Race

Line Drill Monster/Animal Pretend (Frankenstein Walk, Grizzly Bear Walk, Frog Hop, etc.)

Trashcan Football

Backward Simon Says (only do things Simon DOESN'T say)

10-13 YEARS:
LEARNING EXPLORATION



10-13 YEARS: LEARNING EXPLORATION

PROGRAM 1	
	DAVE GLEASON
Knee Hugs	
Active Quad	
Forward Crab Walk to Table Top	
Bottle Caps	
Jogging 180, 360, 540	
Single Leg 90 Degree Hops to Cone	
Skip Loops	
Balance Wars (hopping)	
Bear Crawl to Push Up	
Front Squat Game (levels)	
Tubing/Band Pull	
Broad Jump for Distance	
Leg Tracing (A-J)	
Cobra Stretch	

PROGRAM 2	
	DAVE GLEASON
Around the Worlds	
Heel/Toe Walks	
Bootstrap Squats	
Backward Jog, Walk Back	
High Skips, Walk Back	
Scramble to Balance/Contralateral Touch X 2 (4 each leg)	
Rhythm Machine	
Hand Walk (4) + 2 Pushups	
Over Head Split Squats	
Tag	
Jump Rope Chase	

PROGRAM 3	
	DAVE GLEASON
Knee Hugs	
Straight Leg March	
Side to Side Jumps	
Rotational Skips	
Heel Kicks	
Single Leg Balance on AirEx Pad (20 seconds)	
180 Jumps to Cones	
Jump Rope: Skip Loops	
Obstacle Course	
Horizontal Hanging Hand Walk	
Walkouts	
Overhead Lunge Walk	
Backward Crab Walk to Table Top	
Skipping Tag	
Team Handball	

PROGRAM 4	
	DAVE GLEASON
Prone Extensions	
Forward Crab Walk	
Table Tops	
Scissor Jacks	
A Skips	
Jump Rope: 2 Feet, In and Outs, Skipping	
360 Jumps	
Squat to Lunge Walk	
Plank/Side Arm Raise	
Stop/Go Game: Linear Deceleration, Rotational Deceleration	
Torpedo (dodgeball variation)	

PROGRAM 5	
DAVE GLEASON	
Foam Roller	
Thoracic Spine	
Hip Flexors	
Hip Circles	
Forward Roll to Run	
Jumping Jacks	
Burpees	
Side Jumps across turf (50 ft.)	
180 Jump and Ball Catch	
Medicine Ball Deadlift and Chest Pass (4 lb. medicine ball)	
Medicine Ball Catch and Lunge	
Leg Tracing (addition and subtraction)	

PROGRAM 6	
TOBY BROOKS	
Frankenstien Walk	
High Knees/Butt Kickers	
Lateral Glide & Slide	
Duck Under/PopUp	
Back Squat Skill Set (broomstick)	
Front Lunge (broomstick resistance)	
Agility Hurdles: 2 Foot Hops Front	
Speed Ladder: 2 Foot each hole high knees	
Reaction Starts (on color, on number, etc.)	
X Cone Drill	
Linear Deceleration Sprints to Cone	
AROM/PROM Stretch with Jumpstretch Bands	

PROGRAM 7

TOBY BROOKS

Walking Thigh Hugs

Duck Under/Pop Up

Pivot Shuffle Lateral

Overhead Squat to Overhead Lunge (broomstick)

Hang Clean Technique (broomstick)

Agility Hurdles

Shuffle through and sprint

Lateral hops over

Zig Zag hops front

Speed Ladder: 1 foot each hole high knees

Partner Mirror Drill

Box Cone Drill

Burpees

AROM/PROM Stretch with Jumpstretch Bands

PROGRAM 8

TOBY BROOKS

High Knees/Butt Kickers

Skip for Height

Skip for Distance

Walking Lunge Elbow to Instep

Front Squat Skill Set (broomstick)

Medicine Ball Hang Clean with partner pass

Interval Circuit: 3 rounds 30" work, 30" rest

Level Change: Tuck Jump

Locomotion: Backpedal/Sprint Back

Push/Pull: Partner Band High Pull

Rotation: Medicine Ball Partner Side Toss

AROM/PROM Stretch with Jumpstretch Bands

PROGRAM 9

TOBY BROOKS

Frankenstien March

Lateral Glide & Slide

High Knee Skip

Overhead Squat (dumbbell or medicine ball)

Dumbbell Hang Clean

Speed Circuit: 3 rounds, 20" work, 40" rest

Lateral Shuffle/Touch/Reverse (cones placed 15' apart)

Partner mirror drill, shoulder to shoulder, front sprint & backpedal only

Reactivity starts & stops

V-cut cone sprints

Speed ladder

Icky shuffle

Ali shuffle

Lateral 1 foot each hole

AROM/PROM Stretch with Jumpstretch Bands

PROGRAM 10

TOBY BROOKS

Walking Lunge Elbow to Instep

Frankenstien March with contralateral reach

Duck Under Pop Up

Overhead Lunge and Medicine Ball Toss with Partner

Medicine Ball Rotational Toss with Partner

Lawnmower Pull with Medicine Ball

Skips circuit

A Skips

B Skips

Skips for height

Skips for distance

AROM/PROM Stretch with Jumpstretch Bands

14+ YEARS:

TRAIN WITH APPLICATION



14+ YEARS: TRAIN WITH APPLICATION

PROGRAM 1	
DAVE GLEASON	
Foam Roll	
Quadriceps	
Gluteals	
Thoracic Spine	
Around the Worlds	
Single Leg Windshield Wipers	
Prone Extensions	
Mini Band Lateral Steps	
Skipping Patterns	
Hip Turn Acceleration to Rotational Deceleration	
Overhead Split Squat	
1A. Lateral Hand Walk to Push Ups	
1B. Front Squat/Lunge/Push Press	
2A. Horizontal Pulls	
2B. Split Squat with Cycle	
Box Jumps: 24"	
Glute/Ham Stretch	

PROGRAM 2	
	DAVE GLEASON
Foam Roll	
Quadriceps	
Gluteals	
Thoracic Spine	
90-90 Drill	
Prone Extensions	
Descending Press (Split Squat)	
Knee Hugs	
Heel Kicks	
Lunge Walk/Rotation	
Bottle Caps	
Single Leg Squat Technique	
Lateral Hop Linear Acceleration	
Log Roll to Push Up	
Cobra Stretches	

PROGRAM 3	
DAVE GLEASON	
Foam Roll	
IT Band	
Hip Flexors	
Thoracic Spine	
Single Leg Hip Lifts	
Overhead Shrugs	
Planks: Prone, Side	
Skip with Sweep	
Jog Backward	
Lateral Lunge	
Clean Technique	
RDL Technique Review	
RDL/Hang Clean/Front Squat Complex X 5	
Leg Raise (active static hamstrings)	

PROGRAM 4	
	DAVE GLEASON
Foam Roll	
Thoracic Spine	
Lumbar Spine	
IT Band	
Quadruped Opposite Arm/Leg (Bird Dogs)	
Single Leg Kneeling on AirEx Pad with Scapular Retraction	
90/90 Drill (thoracic mobility)	
A Skips, B Skips, Lateral Skips with Crossover, Lateral Skips with No Crossover	
Jog/360 Degree Turn/Jog	
Kettlebell Swings	
Hip Turn to Acceleration to Rotational Deceleration	
Hand Walk to Push Ups	
Front Squat to Alternating Lunge to Push Press	
Static Stretches: Hamstring & Chest	

PROGRAM 5	
DAVE GLEASON	
Foam Roll	
Single Leg Quads	
Tensor Fascia Latae/IT Band	
Gluteals	
Figure 4 Hip Lifts	
Monkey Walks	
Bottle Caps	
Fire Hydrants	
Side Planks	
Straight Leg March	
Active Quad	
High Skips	
Hang Clean Technique	
Scapular Pulls	
Horizontal Rows	
Box Jumps	
Positional Accelerations	
Figure 4 Glute Stretch	
Scorpions	

SPECIALTY

PROGRAMMING



BASKETBALL

PROGRAM 1	
	DAVE GLEASON
3 Way Ankle	
Monster Walks with Mini Bands	
Scapular Pullups	
Cobra Stretch	
Jumping Jacks to Jog	
2 Foot Lateral Jump to COnes	
Squat Game (Levels)	
Clean to Front Squat to Push Press Complex X 5	
Bear Crawl Transition to Crab Walk	
Scoops	

PROGRAM 2	
	DAVE GLEASON
Overhead Shrugs	
Up and Over Drill	
Lateral Slow Walks	
Bird Dogs	
Jumping Jills to Jog	
Stop/Go Game (side shuffle, lateral deceleration)	
180 Jump/Catch	
Ipsilateral Ankle Touch	
Front Squat to Lateral Lunge	
Walkouts to Push Ups	
Cobra Stretch	

PROGRAM 3	
DAVE GLEASON	
Foam Roll	
Thoracic Spine	
Gluteals	
Calves	
Descending Press	
90/90 Drill	
Arm Circles	
Single Leg Side Hop Hold	
Skip Loop (twists, side to side, skip)	
Continuous Crossover	
Renegade Row	
Jump Squat	
Seated Slam Ball	

PROGRAM 4	
DAVE GLEASON	
Rainbows	
Heel/Toe Walks	
Reach, Rock and Roll	
Backward Monster Walks with Mini Bands	
Continuous Side Shuffle/Hip Turn	
180 Jump To Cone	
Contralateral Ankle Touch	
Horizontal Row	
Medicine Ball Figure 8's	
V-Sit Hamstring Stretch	

PROGRAM 5	
DAVE GLEASON	
Prone Extensions	
Figure 4 Hip Extensions	
Reverse Lunge with Rotation	
Lateral Bridge	
Lateral Skip with Arm Sweep	
360 Jump to Cone	
90 Degree Side Shuffle Carioca	
Static Lunge/Rotational Row (tubing or bands)	
Deadlift/High Pull	
IT Band Stretch	
Calf/Achilles Stretch	



SOCCER

PROGRAM 1	
DAVE GLEASON	
Prone Bridge	
Supine Bridge	
Lateral Mini Band Walks	
Toe/Heel Walks	
Form Walking	
Knee Hugs	
Straight Leg March	
Active Quad	
Light Directional Skipping	
Romanian Deadlift Technique	
Scramble to Balance + 2 RDL's X 4	
Horizontal Row with Rotation (TRX, Jungle Gym, or Rings)	
Single Leg 90 Degree Cone Jumps	
Up and Over IT Band Stretch	

PROGRAM 2	
DAVE GLEASON	
Clams	
Up and Over Hurdle Drill	
Ankle Glides	
Descending Press/Split Squat (pvc pipe)	
Cross Over Runs	
360 Degree Skipping	
5 Point Cone Touch	
Static Repeats: Lateral Deceleration	
Spiderman Crawl for Distance	
Lunge Complex	
Forward	
Backward	
Lateral	
Lateral with Rotation	

PROGRAM 3

DAVE GLEASON

Hip Circles

Prone Bridge/Hand Taps

Lateral Bridge with Rotation

Jumping Jills

Cowboy Skips

Side Shuffles/180 Pivot/Hip Shuffles

Box Jumps (single leg landing if tolerated)

Positional Accelerations (single knee)

Step Ups

Medicine Ball Slams

PROGRAM 4

DAVE GLEASON

Fire Hydrants

Prone Extensions

Supine Bridges

Wood Choppers

Skipping with Arm Circles

Jog/540 Turn/Jog

Stop/Go Game (linear deceleration)

Single Leg Deadlift

Pushup Hold 15 Seconds/2 Pushups X 3

Monkey Bars

Static Glute/Hamstring Stretch

PROGRAM 5	
DAVE GLEASON	
Foam Roll	
IT Band	
Hip Flexors	
Thoracic Spine	
Around the Worlds	
Single Leg Hip Lifts	
Straight Leg March	
Knee Hugs	
Active Quad	
Skip Loops: In and Outs, Trists, Carioca, Slalom	
Lateral High Knees to two touch soccer pass	
Medicine Ball Overhead Throws	
Stability Ball Roll Outs	



