



# UNDERSTANDING FORCE APPLICATION



## SPEED REQUIRES THE APPLICATION OF VERTICAL & HORIZONTAL FORCE IN THE CORRECT DIRECTION

ATTACK THE GROUND FROM ABOVE



MAXIMIZE FORCE INTO GROUND



MUST GET THE SLACK OUT

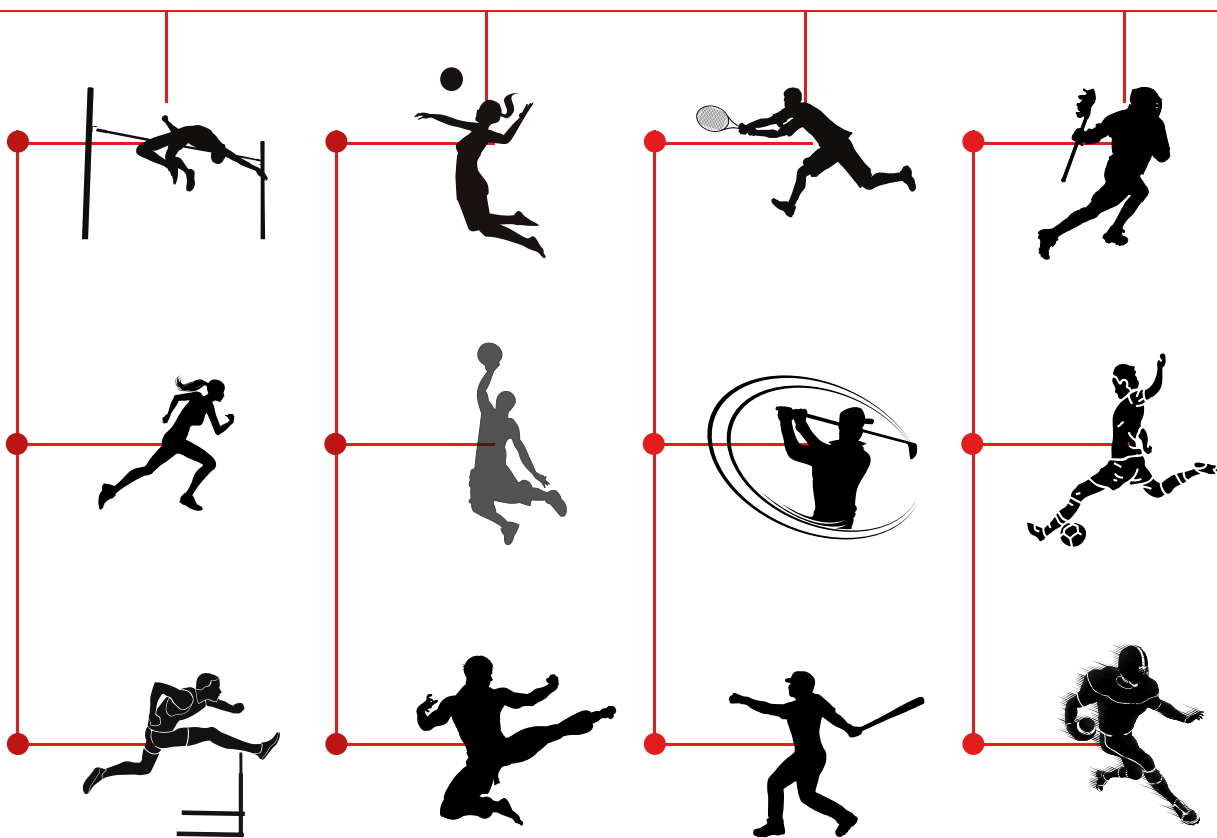
MUST ACHIEVE HIP LOCK



GENERATED BY TRIPLE EXTENSION



SHORT GROUND CONTACT TIME



## DRILLS

- Wall Drives
- Pogos Series
- Snap Downs
- A-Skip,A-March
- Quick Steps
- Hip Lock Drills

- Banded Squat Jumps
- Frans Bosch Drill
- Resisted Runs
- Sled Drags
- Explosive Step Ups
- Bounds

# UNDERSTANDING ACCELERATION

Apply the maximum amount of force to the ground to increase speed before changing directions or reaching maximum speed.

## BACK SIDE MECHANICS

## FRONT SIDE MECHANICS

