



THUNDER^N**LIGHTNING**
PERFORMANCE

SPRINTING MECHANICS GUIDE FOR

**HIGH SCHOOL & MIDDLE SCHOOL
ATHLETES**



CONNOR ABREU | **@TNLPERFORMANCE**



PHASE 1-ACCELERATION

General Concepts:

- Distance 0-20yd
- Build Up Movement Velocity & Speed

DO'S

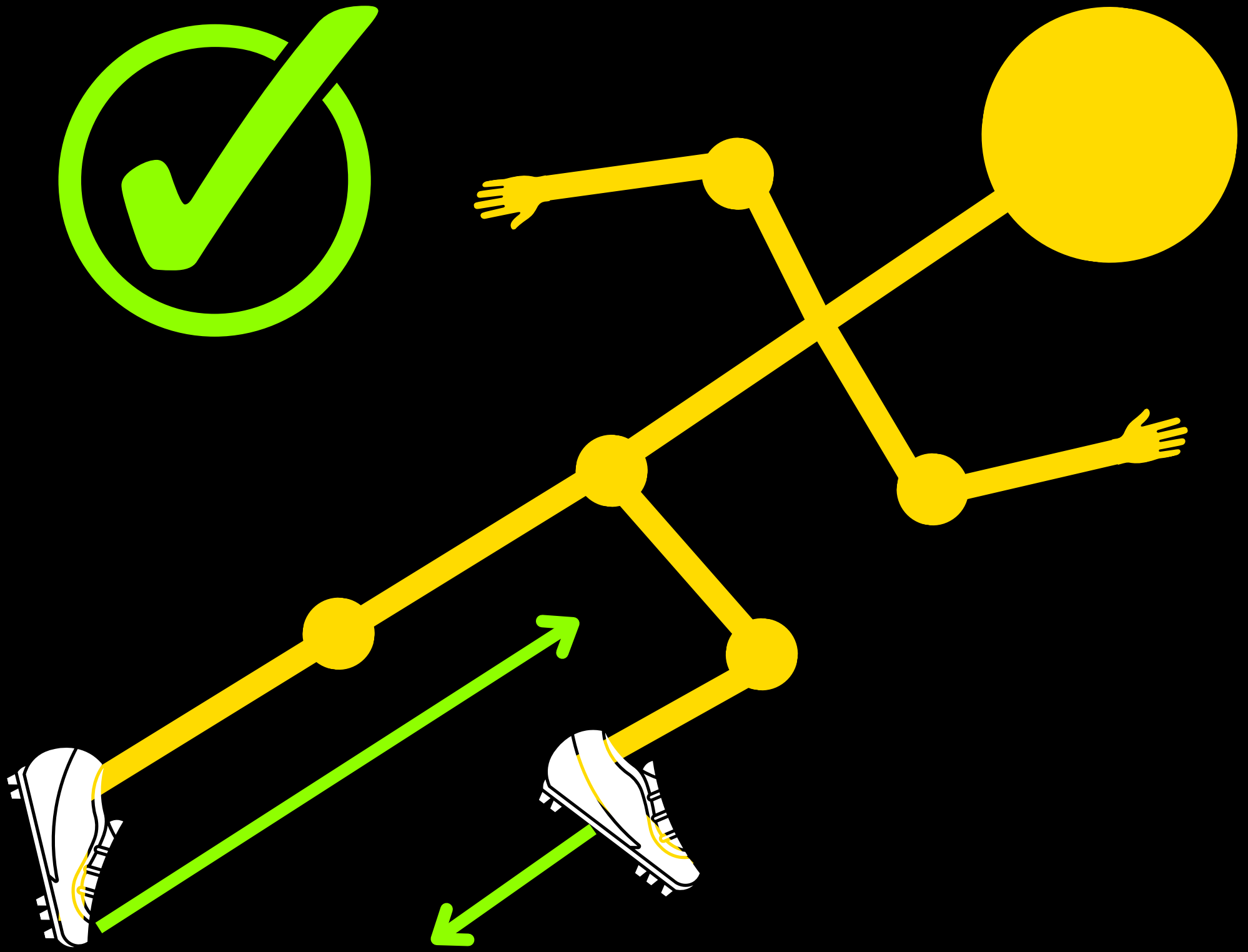
- FOOT STRIKES BACK & DOWN
- PISTON ACTION LEG ACTION VIA HIP
- GROUND CONTACT UNDER THE HIPS
- LONGER GROUND CONTACT TIMES
- LOWER STRIDE FREQUENCY

DONT'S

- REACH STRIDES FORWARD
- GROUND CONTACT IN FRONT ON HIPS
- HIGH HEEL RECOVERY OR BUTT KICK
- EXTEND THROUGH KNEE ONLY

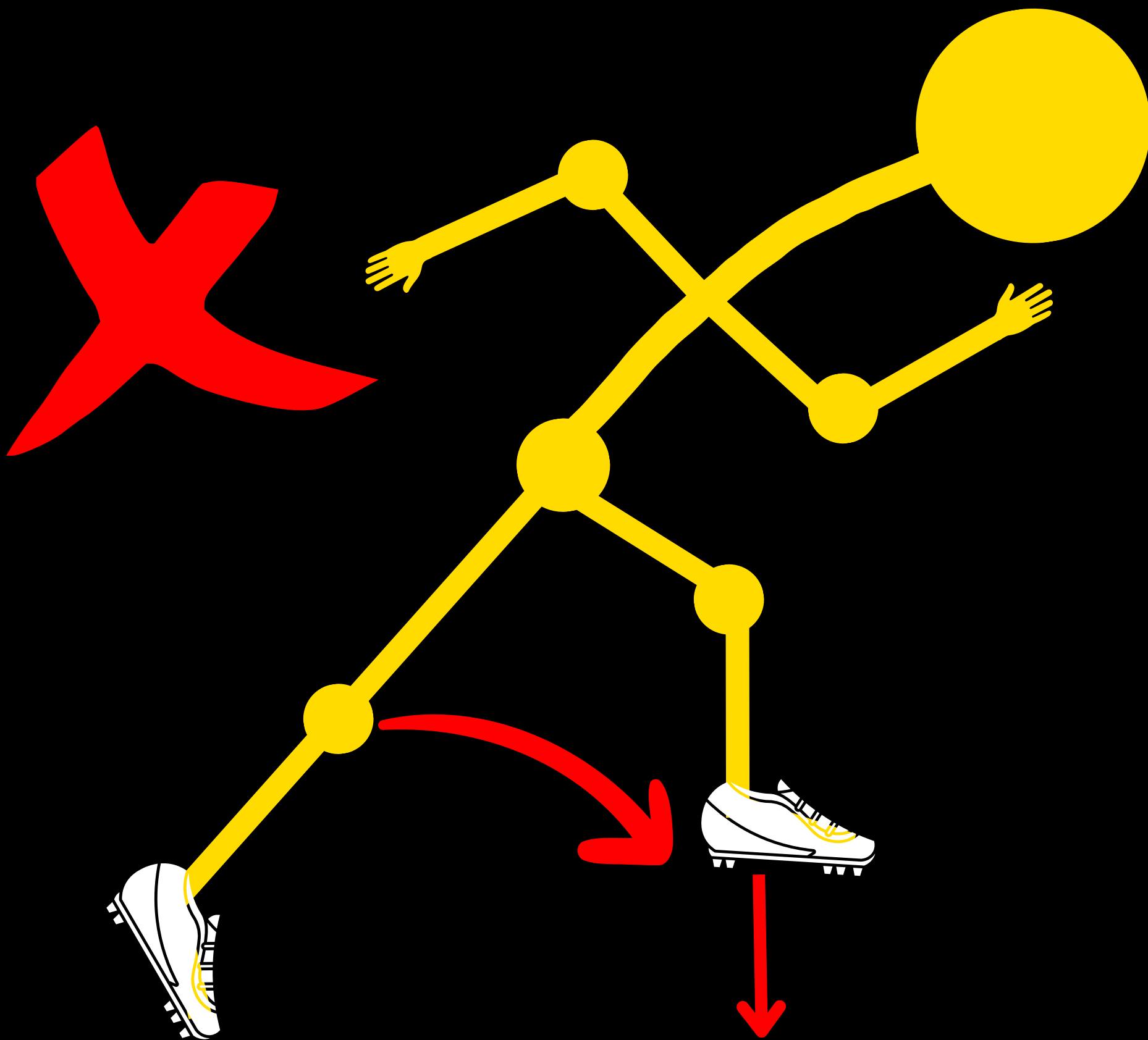


ACCELERATION



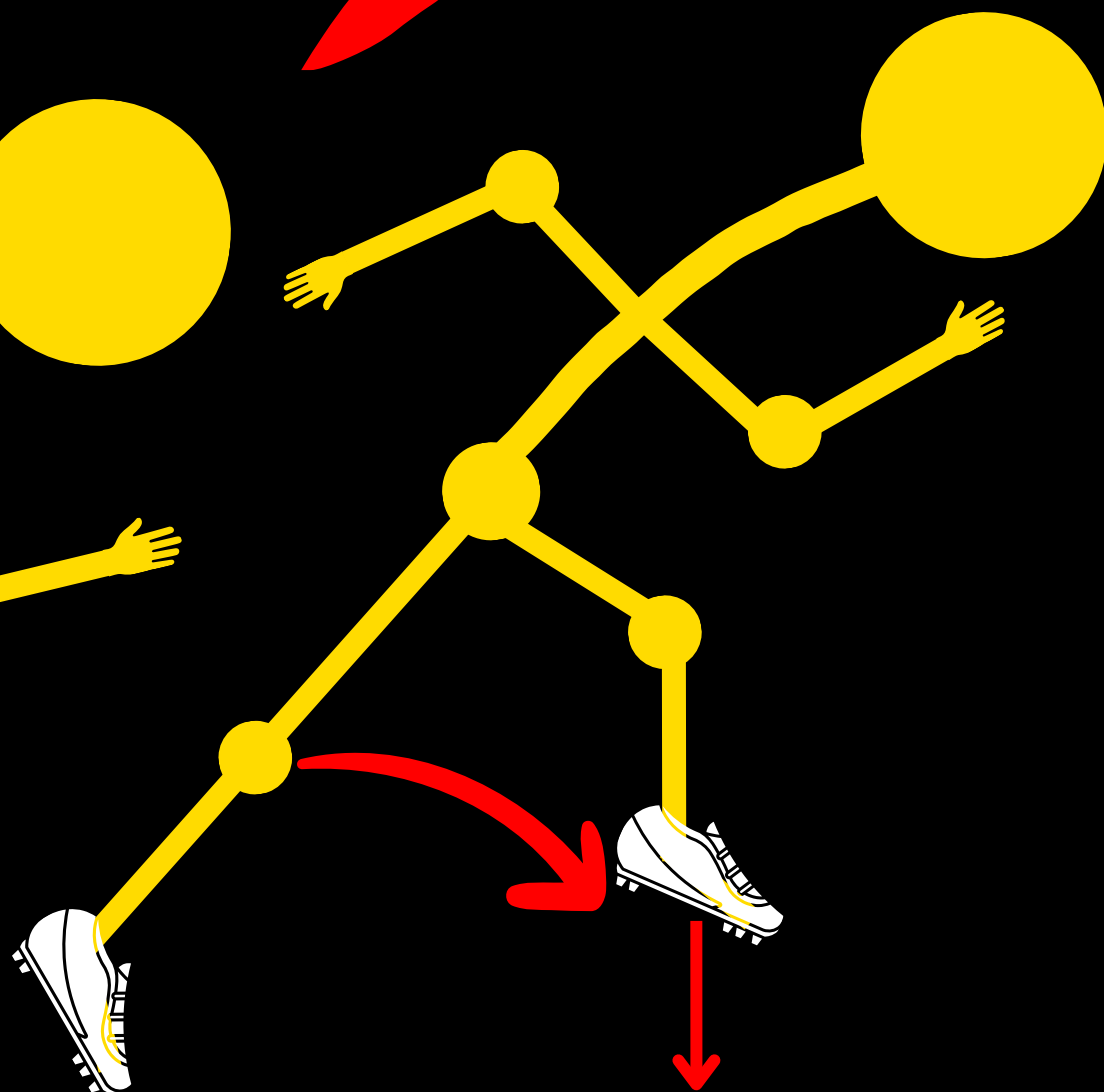
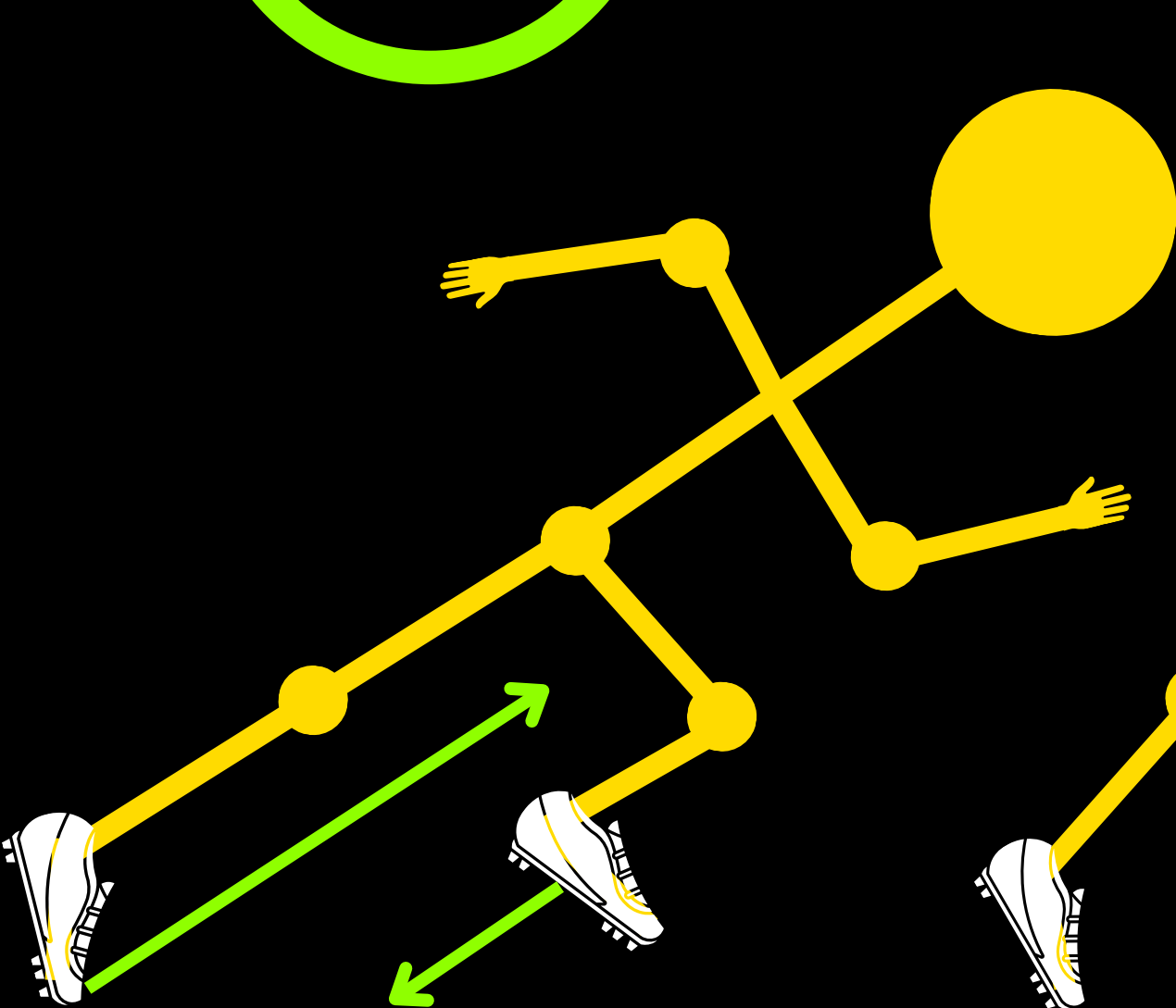


ACCELERATION





ACCELERATION





ACCELERATION

BEFORE & AFTER



[*CLICK HERE OR THE YOUTUBE BUTTON ABOVE FOR VIDEO*](#)

 Acceleration Technique Before & After Share



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2.47 2.47



ACCELERATION DRILLS



[*CLICK HERE OR THE YOUTUBE BUTTON ABOVE FOR VIDEO DRILLS*](#)
SETS & REPS ARE IN THE DESCRIPTION IN EACH VIDEO





ACCELERATION DRILLS

PERFORM ALL DRILLS AFTER A FULL DYNAMIC WARM UP (IN ORDER)

A SERIES

- A WALK: 4 SETS OF 5YD
- A MARCH: 2 SETS OF 10YD
- RHYTHMIC A MARCH: 2 SETS OF 15YD, REST 1.5 MIN

DRIVES / SWITCHES (REST 1-2 MIN BETWEEN SETS)

1. LOAD & EXPLODE DRIVE: 3 SETS OF 4 PER SIDE
2. LOAD & EXPLODE SWITCH: 3 SETS OF 3 PER SIDE
3. 2-POINT STANCE DRIVE: 3 SETS OF 4 PER SIDE
4. HALF KNEELING SWITCH: 3 SETS OF 3 PER SIDE

ACCELERATION STARTS (REST 1.5 MIN BETWEEN SPRINTS)

1. HALF KNEELING FORWARD SPRINT: 15YD, 2 PER SIDE
2. HALF KNEELING SIDE START: 15YD, 2 PER SIDE



PHASE 2 -TOP SPEED

General Concepts:

- Distance 30+yd
- Greater Vertical Forces Needed
- Highest Movement Velocity & Speed

DO'S

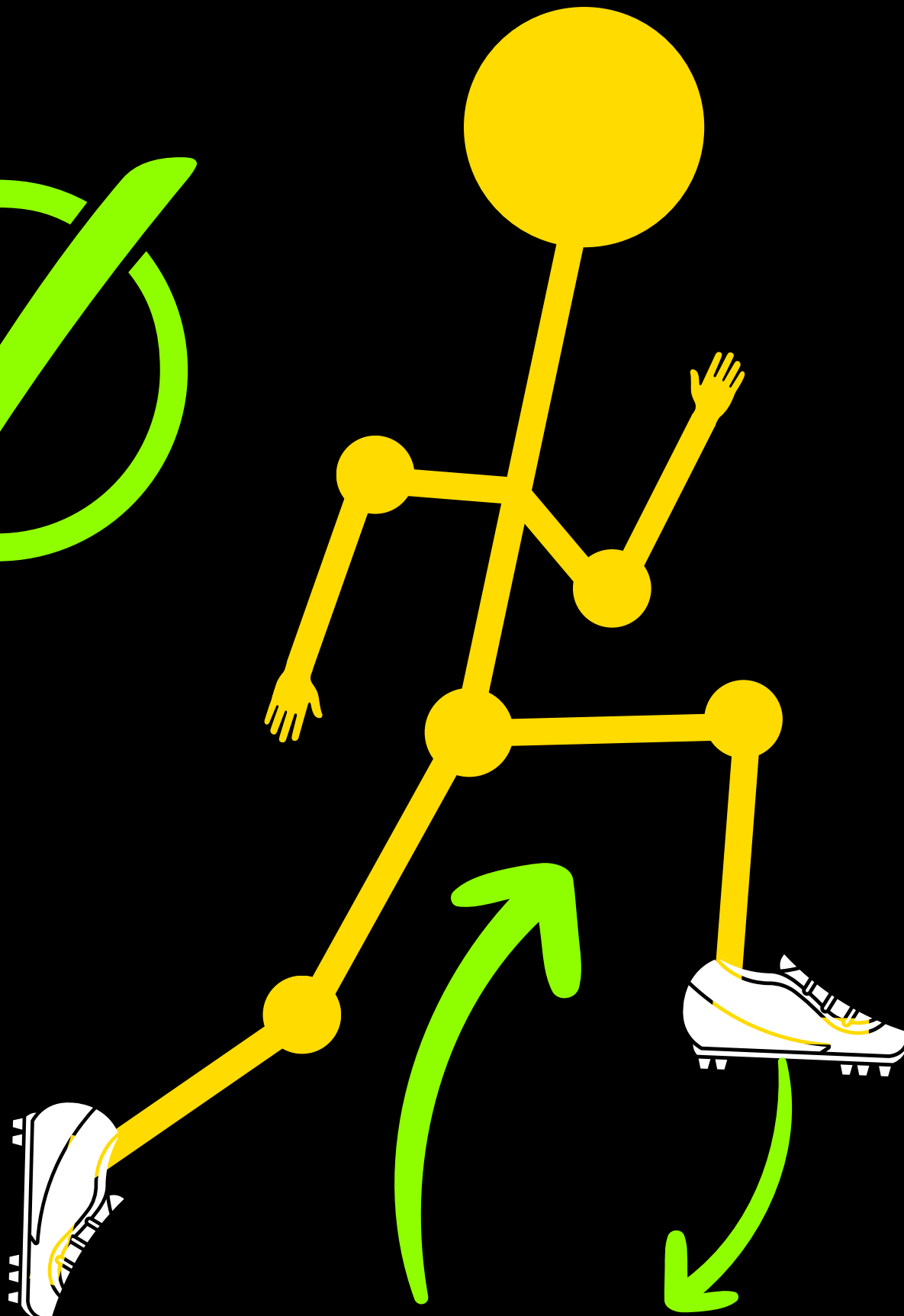
- CYCLICAL LEG ACTION
(DOWN)
- LEG STRIKES UNDER HIPS
- SHORTER GROUND
CONTACT TIMES
- HIGHER STRIDE FREQUENCY
- GREATER STRIDE LENGTH
- MORE AIR TIME
- UPRIGHT POSTURE

DONT'S

- REACH STRIDES FORWARD
- LOSE UPRIGHT POSTURE
- HAVE WEAK GROUND
STRIKES
- STRIKE THE GROUND IN
FRONT OF BODY
- LOSE LOWER LEG
STIFFNESS

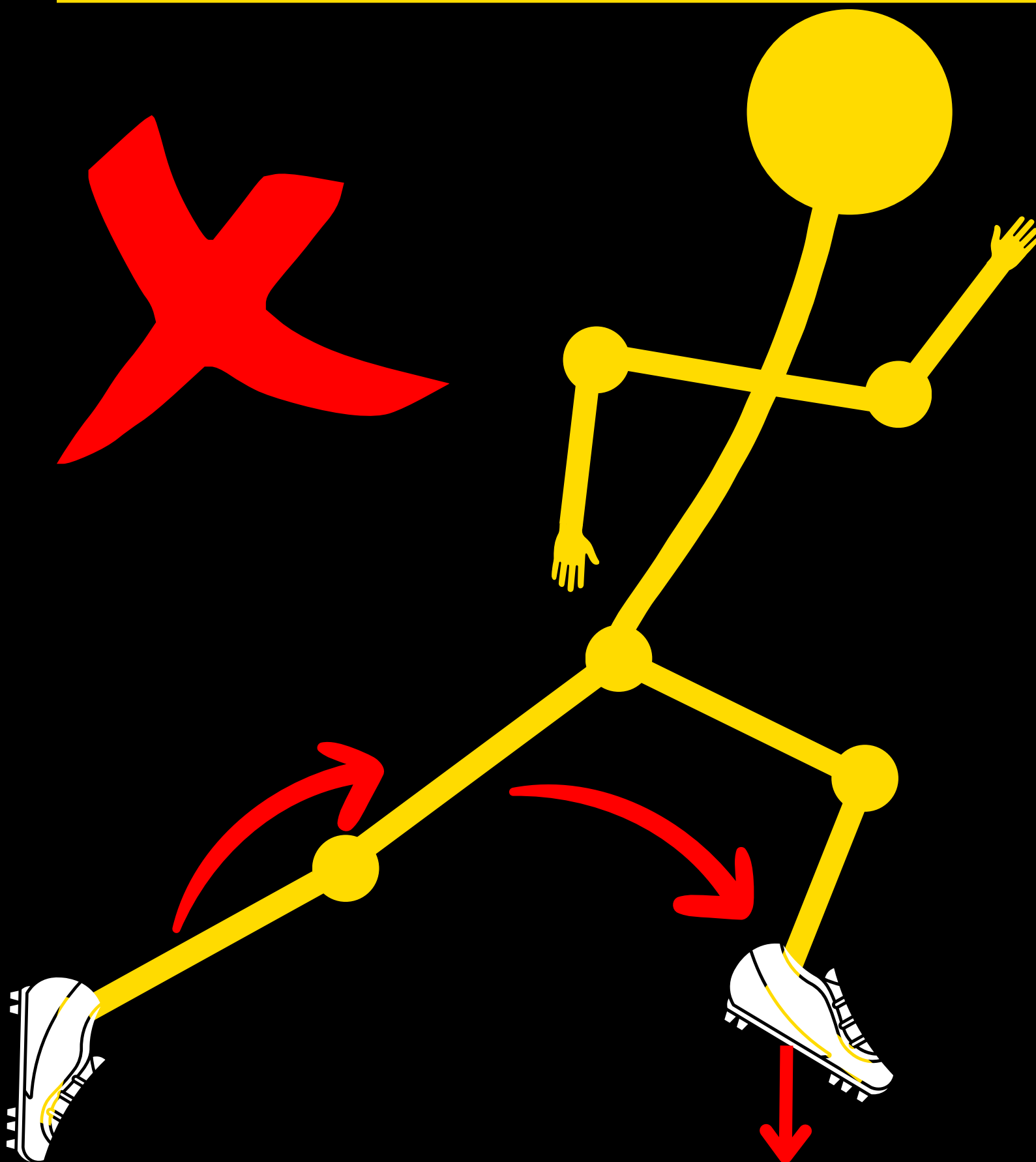


TOP SPEED



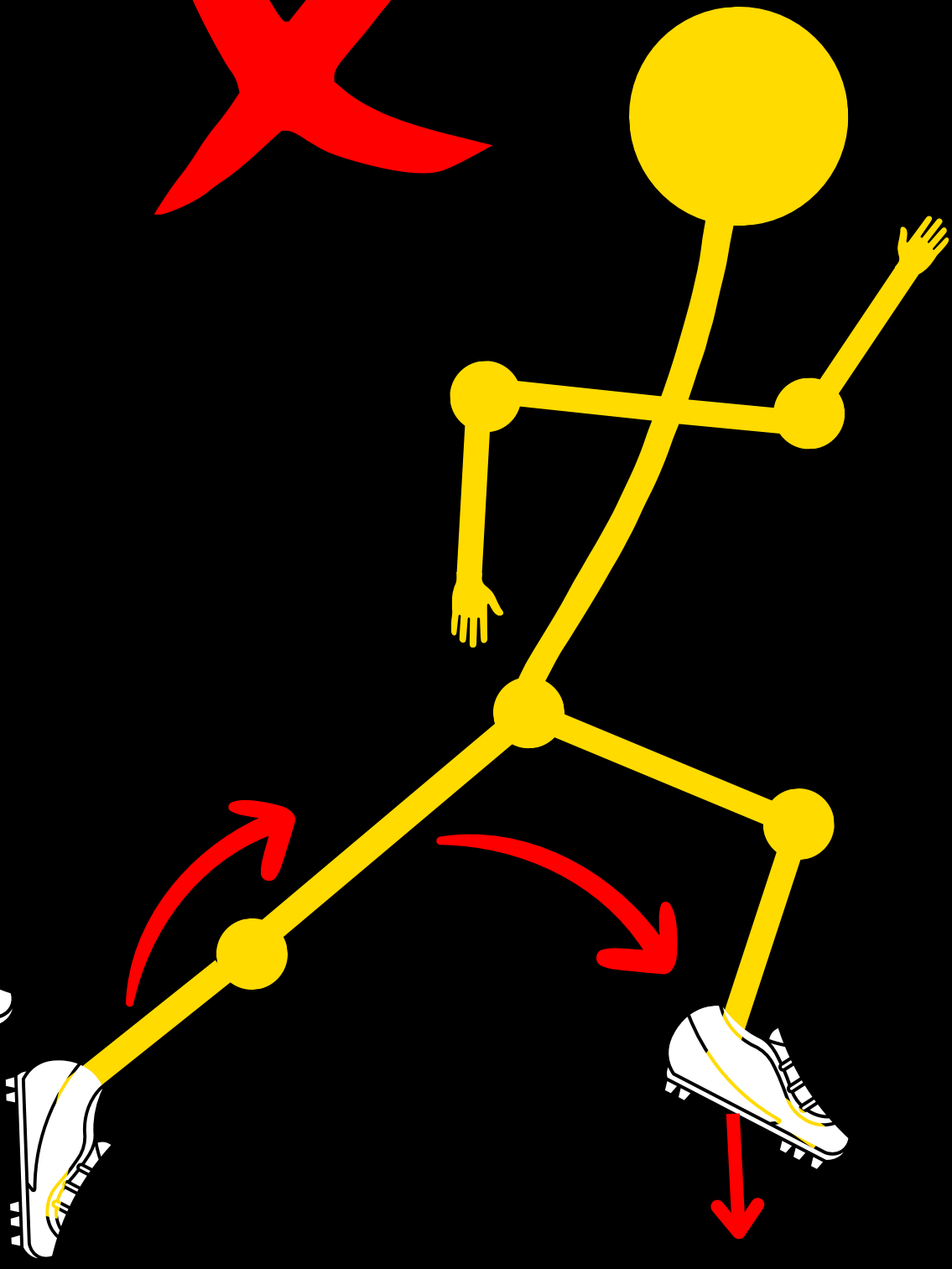
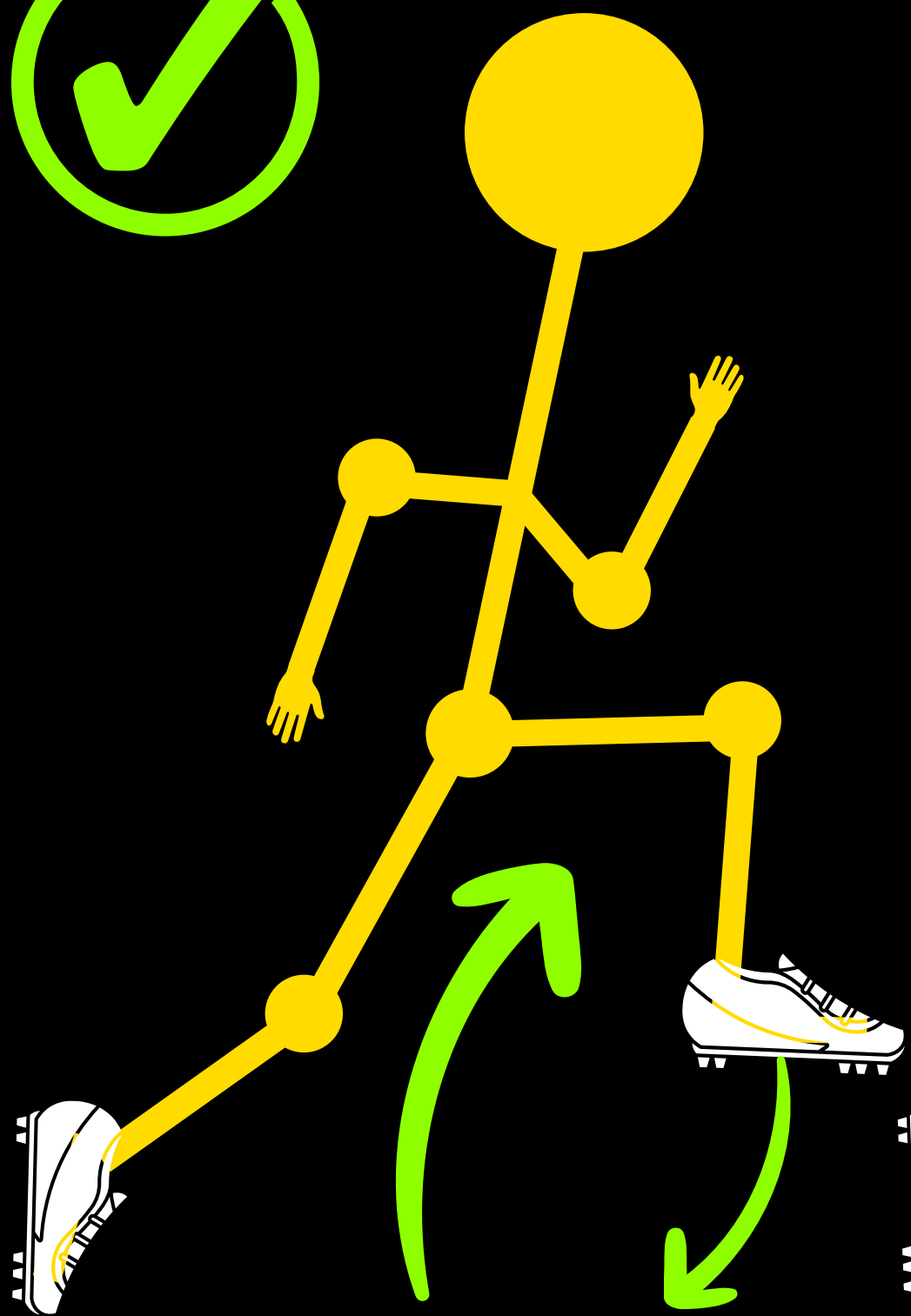


TOP SPEED





TOP SPEED





TOP SPEED

BEFORE & AFTER



[*CLICK HERE](#) OR THE YOUTUBE BUTTON ABOVE FOR VIDEO*




Sprint Progress: Before & After

AFTER


Share



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TOP SPEED DRILLS



[*CLICK HERE OR THE YOUTUBE BUTTON ABOVE FOR VIDEO DRILLS*](#)
SETS & REPS ARE IN NEXT PAGE & THE DESCRIPTION IN EACH VIDEO





TOP SPEED DRILLS

PERFORM ALL DRILLS AFTER A FULL DYNAMIC WARM UP
(IN ORDER)

SCISSOR SERIES

- LOW SCISSORS: 2 SETS OF 15YD, REST 1 MIN
- SCISSRO RUN: 2 SETS OF 20YD, REST 1.5 MIN
- SCISSOR BOUNDS: 2 SETS OF 30YD, REST 2 MIN

DRIBBLE SERIES

1. ANKLE DRIBBLES: 3 SETS OF 20YD, WALK BACK = REST
2. CALF DRIBBLES: 3 SETS OF 20YD, WALK BACK = REST
3. KNEE DRIBBLES: 3 SETS OF 20YD, REST 1.5-2 MINUTES
4. DRIBBLE BLEED: 3 SETS OF 10+20YD; TRANSITION FROM ANKLE TO KNEE DRIBBLES FOR 10YD AND THEN SPRINT OUT FOR REMAINING DISTANCE