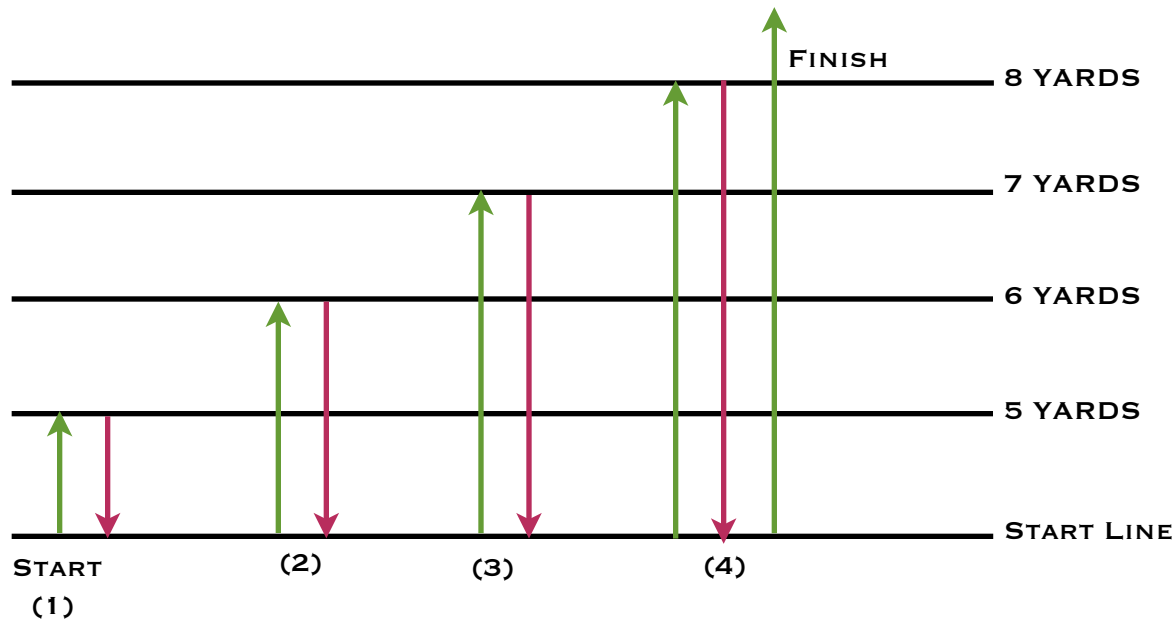


SAQ > ACCELERATION & DECELERATION DRILL: “5-6-7-8”



DRILL SEQUENCE

- (1) Sprint 5 yards, Backpedal 5 yards
- (2) Sprint 6 yards, Backpedal 6 yards
- (3) Sprint 7 yards, Backpedal 7 yards
- (4) Sprint 8 yards, Backpedal 8 yards, Sprint 8 yards

Total Yards Covered in four (4) Runs = 60

Four (4) Runs = 1 Repetition

Rest 45-60 seconds between Reps

Conduct 3 Repetitions = 1 Set

Conduct 2-3 Sets

Rest 2-3 minutes between sets

COACHING POINTS

- As important as accelerating is to overall speed production, deceleration is just as important a concept
- Emphasize taking short and quick steps when approaching a line during a sprint
- Emphasize pushing off the back foot after backpedaling and hitting the start line