

SOA Coaches Clinic

Hosted by Bob and Bobby Davis Strength of America Founded 1989

Making Warm Ups More Efficient (SOA 12 minute SAQ drills)

1. Are the Drills you do giving you what you want?
2. Are they done because you have always done them?

SOA Philosophy

1. Every Strength and Conditioning program must start with injury prevention (sport longevity)
2. A system to evaluate potential injuries ACL/Shoulders etc
3. Teach them how to “Eat like an Athlete”
4. Every drill teaches technique of movement that will relay to the court or field
5. We don’t jump, we Create Power
6. No Lazy Leg
7. No cleats practices
8. We don’t Try, we DO (focus is the key)
9. Athletes in line focus on athlete in front of them (learning process sticks better)

Warm Ups

- A. Why?
- Increase Blood Flow
 - Lubricate the joint
 - Get the Nervous System to FIRE
 - 10-12 Minutes you can warm up the body Increase Performance and prepare it for the activity desired

Knee Injury Prevention

- A. 250,000 ACL Injuries every year
- B. 70% from Non Contact
- C. “50% of sports injuries are preventable with a proper sports conditioning program” According to the American College of Sports Medicine
- D. Why are they happening so frequently?
- Poor Mechanics (great drills on youtube, but...)
 - Excessive Pronation
 - Imbalances of Strength and Flexibility
 - Improvement in Cleats not enough time on Strength and Deceleration
- E. How do we spot potential Knee injuries?
- Check the bottom of the shoes
 - Squat Test
 - Squat Jump Test

Time for Hands On Session

Tie your shoes from the Bottom Up!

1. Movement Prep Warm Ups

- A. Heel Walks
- B. Heel Toes
- C. Arm Swings
- D. High Knees
- E. Butt Kickers
- F. Shuffle
- G. Shuffle With Change of Direction
- H. Grapevine
- I. Modified Frankenstein
- J. Sprint to Stop
- K. Ankle Flips

4. 4 Corner Drills

- A. Sprint/Shuffle/Back Peddle
- B. Shuffle/Sprint/Sprint
- C. Sprint/Sprint/Sprint

Tennis Ball Drop

- A. Forward
- B. Lateral
- C. Half Kneeling

Split Squat Jumps

Flexibility

- A. When to Stretch
- B. How Long
- C. Seated Toe Touch
- D. Modified Hurdle Stretch
- E. Crossover
- F. Butterfly
- G. Straddle
- H. Quad Stretch (Partner)
- I. Wall Quad Stretch
- J. Heel Stretch

How to Eat Like an Athlete:

- How many meals
- How Much Protein
- Carbo Loading
- How Much Water
- Recovery
- Send you the SOA Fuel Chart that is a MUST to help educate and make your athlete accountable!

2. Cone Jumps

- A. Forward
- B. Lateral
- C. Forward into Sprint
- D. Lateral Into Sprint
- E. Forward Squat Jump into Sprint
- F. Forward Tuck Jump Into Sprint
- G. Forward 2 Back 1 Into Sprint

3. Power Series Body Control

- A. Snap Down
- B. Snap Down Pause Vertical Jump
- C. Snap Down Reactive Vertical Jump
- D. Snap Down Pause Broad Jump
- E. Snap Down Reactive Broad Jump
- F. Snap Down Reactive Broad Jump Vertical Jump

5. Box Drills

- A. Lateral Box Hops
- B. Lateral Box Hop Reactive
- C. Single Leg Push Off
- D. Box Runner Mechanics
- E. Toe Punch Reactive

6. Chaos Drills

- A. Mirror Drill
- B. Jingle Jangle Drill: change on coaches clap

Have Strength of America at your school or league:

- We will host a 3 hour Hands on Coaches Clinic Specific to your sport at your school or practice field
- Provide Lunch for your coaches
- Then Host a 2 hour Athletic Performance Clinic for your Athletes
- At the Athletic Performance Clinic you will see how we work the cues for the athletes and be involved in coaching each drill

Cost is \$50 per coach, but coaches fee will be waived if that coach has at least 5 of their athletes sign up for the Athletic Performance Clinic that afternoon. 10 coaches fee waived if 50 athletes sign up. Athletes fee is \$20 each. Win Win for all, "Knowledge and Performance at its BEST!"

Learn More at www.StrengthofAmerica.us select the "The SOA Experience" button on main page!

Thank you for your time and energy today to help give your student athletes the very best!

Bob Davis

Strength of America Founder since 1989

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