



Fast-Twitch Camp
Presented by Sarah Morelli
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Sunday, June 1, 2008 10:00 AM–11:00 AM

Objective

- Enhancing links in the neuromuscular system can improve all movement ability, whether linear, lateral or vertical. When those links are enhanced in a sports-specific environment an athlete will achieve tangible performance improvements. Automatic, explosive movement is the action a player will use to wrongfoot an opponent and explode into the gap created.
- Is it the sequence of actions a player makes to cut back for a ball, step inside and then turn to accelerate on to a ball played down the line? Through continuous but precise repetition, the neuromuscular link between intention and action is imprinted. Athletes of all sports can learn to react explosively, whatever their overall goals.
- This is play time for you as a trainer and a potential athlete to see what you are made of. With complex movement patterns and explosive jumps, leaps and bounds, this session will not only be fun but totally consuming.

Benefits

- Increase neuromuscular pathways (kinesthetic programming)
- Increase muscular endurance
- Increase strength
- Improved body composition
- Injury risk reduction

Benefits stages

- Initial:
 - Improved motor skills
 - Improved hand-eye coordination
 - Improved balance
 - Improved proprioception
- Secondary:
 - Increased flexibility
 - Improved agility
- Advanced:
 - Increased explosive power
 - Increased power

Dynamic Flexibility Warm-Up (Practical)

- Increase core body/muscle temperature
- Increase heart rate and circulation
- Increase elasticity of muscular tissues
- Activate neuromuscular system
- Increase mental alertness
- Rehearse a broad range of movements

Program Drills (Practical)

- Fast food drills
- Speed
- Running mechanics
- Explosive power (power = force x speed)
- Motor skills

NOTE: *This session is short-burst anaerobic. Bring plenty of water, carbohydrate snacks, sweat towel, heart rate monitor, supportive cross training footwear, sun block and a hat—just in case we are outside.*

**Please remember to submit a session evaluation.
Your feedback is important to us!**