

**The Need For Speed**



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In athletics, speed is everything. Your opponent might be stronger, but if you're faster, the advantage is yours.

Speed and agility are becoming increasingly important to college coaches and athletic directors in their evaluations of potential recruits. So how do you get your pace to a level that catches their eye? If you're lucky, you were born with a natural quickness and dexterity. Most likely, however, you are among the majority of young competitors who need to work at improving in this area.

*The Need for Speed* provides the regimen you need to train the muscles necessary to increase your power and agility, resulting in a significant increase in speed. This free resource is your key to help you unlock the potential you didn't even know you had.

The investment you make now in your performance will pay dividends later. Follow this routine regularly\*, and you can become the kind of game-changing competitor college coaches want on their teams.

***\*The Need For Speed is designed in two phases. Both phases should be performed in three circuits - three times per day, at least three times per week.***



**The Need For Speed - Phase 1**

Ready for your warm-up? This phase will get your body ready for the next set of exercises, which is when the real work begins.

**Forward Skips**

1. In an exaggerated skipping motion, drive your right knee up to a 90-degree angle.
2. Pump your left arm up and right arm back.
3. Skip forward for 20 yards, alternating your right and left sides.

**Prison Squats**

1. Stand with legs slightly wider than shoulder-width apart.
2. Interlock fingers behind your head.
3. Squat to 90 degrees for 10 reps.

**Lateral Shuffle**

1. Stand with legs slightly wider than shoulder-width apart.
2. Shuffle to your left by moving either foot and then the other.
3. Keep your entire body perpendicular to the direction you are traveling.
4. Move in one direction for 20 yards, then the opposite direction for 20 yards.

**Alternating Lateral Lunges**

1. Step forward with your left leg and crouching low with your hips.
2. Bring your right foot forward while moving back to an upright position and step beside your left foot.
3. Alternate the same movement by starting with your right foot stepping forward and lowering your hips.
4. Continue for 10 reps on each leg.

**Carioca**

1. Begin with your feet a few inches apart.
2. Move laterally as quickly as possible, crossing and uncrossing your legs. Place one foot behind the other, and alternate as you move laterally.
3. Complete this movement for 20 yards in each direction.

**Gate Swings**

1. Start with feet less than shoulder width apart.
2. Lower body into a half squat.
3. Hop and spread both feet out to the side, bending your knees slightly.
4. Bring feet back together for a total of 10 reps.



**The Need For Speed - Phase 2**

Welcome to the real workout. Performing these exercises will help give you the strength and agility you need to out-perform the competition. You'll feel the burn, but so will your opponent when you're on the field.

**Seated Hip Thrusts**

1. Sit with your legs extended and place your hands by your hips.
2. Push your hips up so your body is in a reverse push up position.
3. Continue this movement for 10 reps.

**Scissor Jumps**

1. Start in a split squat position (one foot forward with the knee bent, and the rear knee touching the ground).
2. Place your hands on your hips.
3. Jump while switching legs for a total of five reps, each leg.

**Tuck Jumps**

1. Lower yourself into a quarter squat (hips below your knees) with your arms hanging loose.
2. Immediately jump up as high as you can, bringing your knees to your chest.
3. Complete this movement for a total of five reps.

**Standing Broad Jump**

1. Lower yourself into a quarter squat (hips below your knees) with your arms hanging loose.
2. Jump forward while swinging your arms for momentum.
3. Land in a quarter squat position and complete this movement for a total of five reps.

**Speed Skater**

1. Stand on your right foot with your left leg behind you.
2. Bend your right knee into a quarter squat and jump to your left leg.
3. Jump from side to side for a total of five reps per leg.

**High Knee Drill**

1. Stand in place with your feet shoulder-width apart.
2. Raise knee up toward your chest and quickly place the foot back on the ground.
3. Repeat this motion with your other knee.
4. Alternate knees at a moderate to fast pace with brief, making minimal ground contact.



**The Need For Speed - Phase 2 (continued)**

**Single-Leg Bound Over Hurdle**

1. Start by standing on one foot.
2. Jump with one foot over the hurdle and land on the opposite foot.
3. Do not double hop and keep knees and shoulders square with the hips.

**Skip (with arms)**

1. Start with your feet together.
2. Drive your right leg into the air, then explode with the left foot so both feet are off the ground.
3. Upon landing, switch feet and repeat.
4. During the movement swing arms back and forth.

**Bounding**

1. Maintain a jogging pace during this drill.
2. Push off with the left or right foot and bring that same leg forward. Quickly push off with the opposite leg in an identical motion.
3. Move your arms as if you were running during the exercise.

**Straight Leg Bound**

1. Similar to Bounding, but in this version, run forward keeping your legs straight as you jump toward your ending distance.
2. Focus on minimizing contacting the ground with your foot and pull though with the other leg.

**Straight Leg Quick Feet**

1. Run forward, keeping your legs straight until you have reached your ending distance.
2. Focus on keeping your feet pointed to the ground and steps should only be a foot apart.

**Toe Bounce Walks**

1. Start by walking on the balls of your feet.
2. Bounce up and down using only your ankles propelling you off the ground.
3. Each walk should be a quick and light bounce while staying on the balls of your feet.



**The Need For Speed - Phase 2 (continued)**

**Seated Fast Arms**

1. Sit on the floor with your legs out in front of you.
2. Swing your arms as if you were sprinting. Your elbows should be at a 90-degree angle. Keep your hands relaxed.
3. Hands should go in a hip to ear motion and make sure not to bounce off the floor as your swing your arms faster.

**Butt Kick**

1. Start with a light jog.
2. As you run, lean forward and attempt to kick yourself in the butt with your heel.

**Quick Feet**

1. Run forward, keeping your legs straight and your heels facing the sky.
2. Focus on not staying on the ground long and pull the other leg through.

**Heel-To-Touch Walk**

1. Walk forward, placing emphasis on your heel then toe.
2. This movement should be fluid and repeat with the other foot.



