

- Always prepare for each speed training session with a thorough, active warm-up.
- Eliminate distance running! It reduces explosiveness that compromises speed. If conditioning is a concern, condition specifically for your sport. There are many ways to get in shape for explosive sports without doing slow, aerobic work, which diminishes explosiveness.
- When do you focus on speed development? It should be at a time when your body is in a non-fatigued state. Therefore, plan your speed development emphasis at the start of the workout, following an easy workday or a day of complete rest.
- For the very young, speed development work should be playful and game like. No formal drill work is required before the ages of 9-10. Everything should be quick, short bursts with rapid changes of direction. Tag games and short relays are very effective.
- Maximal strength and acceleration ability are closely related. Spend time developing maximal strength through traditional means like squatting and utilizing derivatives of Olympic lifting movements.
- Hip mobility is a key aspect of improving stride length and the ability to move laterally. This is best achieved through dynamic activities like hurdle walks.
- Always stress correct mechanics. Just like pitching and hitting, sprinting requires correct mechanics without making the athlete robotic.
- Beware of a drill for the sake of having a drill! Each drill should be related to the "total action". No drill is an end unto itself. A drill should always lead somewhere. Know why you are using a specific drill and where it fits into your entire training program.
- Maximum speed is highly dependent on the optimum combination of stride length and stride frequency. Do not get caught up on developing one to the exclusion of the other.
- Explosive acceleration is the goal because this is the most important thing in our sport. It's speed that you can use and control in the game.
- Never lose sight of the "moment of truth". When you least expect it and are most fatigued, speed will be the deciding factor.
- Speed is a motor task. You can learn to run faster through correct mechanics and situational awareness.

- Correct arm action is very important in sprinting. In acceleration, arm action helps with force application. In maximal speed, the arm plays more of a role in balance.
- Reaction can be improved by working on the primary stimulus: getting a good jump off the bag at the pitcher's release point or moving towards the ball when the hitter makes contact with it.
- Assistance training (over speed) methods develop specific strength to improve stride frequency as well as stride length.
- Resistance training develops specific strength and improves acceleration.
- Remember the 10% rule. Never add more than 10% of bodyweight to a sled. A corollary to this rule is that you should never slow the movement down for a particular distance more than 10% slower than the athlete's best time. Greater than 10% in resistance or time will change the dynamics of the movement and speed development will be negative.
- Speed work demands a high level of motivation and concentration.
- 6-8 reps is the optimum number for speed development work. Vary speed training methods and intensity to avoid building a speed barrier.
- In your session, develop speed before strength or other physical qualities. You want to train speed with a fresh nervous system.
- In a strength development program designed to improve speed, address postural needs first and foremost (The Core). Strength to stabilize the trunk is essential. It provides a strong pillar through which the limbs may transfer forces essential to improving sprint mechanics.

Just use a few of these tips and watch your time from home to first decrease!