

Speed & Sprint Training Routine

🏃 1. Speed Drills (10 Minutes)

Format: 5-15 seconds maximum effort, 55-45 seconds rest per drill.

Goal: Explosive quickness, coordination, and sprint mechanics.

Drill	Focus
Fast March	A-skip motion with short, controlled strides.
A-Skips	Thigh to tabletop height, powerful arm drive.
High Knees	Rapid knee lift with full arm swing.
Reactive Box Jumps	Quick rebound off the box — minimize ground contact time.
Bounds	Long, high 45° jumps for distance and height.
Pogos	Bouncy jumps using arms for rhythm and lift.
Prime Times (Short)	Short, fast steps (Deion Sanders-style).
Prime Times (Long)	Extended stride, full sprint posture.
Bent Knee Prime Times	Same as Prime Times with a slight knee bend for control.
10-Yard Base Sprints	Explosive hip drive and upright posture.

Tip: Focus on perfect form during each 5-second burst. Quality > quantity.

⚡ 2. Maximum Speed Sprints

Goal: Build pure sprinting power and game-speed acceleration.

Sprint Type	Description
40-Yard Dash	All-out sprint for 40 yards. Emphasize top speed and posture.
90-Foot Leadoff Steal Sprint	Simulate a baseball leadoff steal. Drive from the base, accelerate through the 90 feet.

Tip: Perform 2-3 sets with full recovery between sprints for maximum speed output.

🧠 Coaching Notes:

- Prioritize **explosive movement** and **clean mechanics**.
- Rest fully between drills to maintain top-end performance.
- Track improvement in stride power, quickness, and reaction time.
- **Equipment Needed:** Box (for jumps), cones or markers (for sprints)