

Explosive Speed



Explosive = Big Force + Small Time

Big Force

To achieve this you need:

- Strength training
- Plyometrics
- Core stability
- Coordination

and the neuromuscular motor control to coordinate the force development.

To be explosive you have to deliver a big force. When it comes to speed and first step quickness, that big force is delivered into the ground. This requires you body has the strength and power capability throughout the kinetic chain of the core, hips, legs and feet. This requires stability in the joints, structural integrity in the tendons, ligaments and muscles,



Jamaal Charles
Big force
+ small
time =
more yards

Small Time

Develop neuromuscular control through

- Power training
- Plyometrics
- Agility & Speed

Explosive is fast. It's delivering all of that force in a fraction of a second so you can blow away the competition. When your foot hits the ground to run or cut, you need to apply large forces. This requires your body to have reactive power.



Coaches teach
Proper technique

Proper Direction

We make this part of your athleticism with:

- Proper technique on drills
- Video feedback so you can see it
- Added resistance to drills to reinforce technique

Explosive only works for an athlete when you have the right technique. One key component of proper technique is that you are applying that explosive force in the right direction. Sir Issac Newton laid it for us a long time ago with his 3rd Law of Motion, which boils down to "for every action there is an equal and opposite reaction." That means if you want to run forward, you better push against the ground backward. Using proper mechanics makes us more efficient in



Titans Chris Henry
Driving Back

Good Leg Drive

applying our explosiveness

Optimal Range of Motion

We develop optimal range through:

- Active Isolated Stretching
- Self Myo-Fascial Release
- Dynamic mobility drills
- Proper technique

Your body can only develop that explosive force and apply it if your muscles travel through the optimal range of motion. This requires joint mobility and muscle flexibility. It's also the optimal range, not the maximal. For some athletic situations you may not want to move through a bigger range because you would take too long or create a technique mistake.



Cat Whitehill
ROM = Speed

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