



## BUILDING STRONG BREAKS: THE KEYS TO ATHLETICISM, SPEED AND RESILIENCY

KEVIN LARRABEE, CSCS, CFSC, PN-I  
ALLIEDSTRENGTH.COM  
27 KONDELIN ROAD, UNIT #4, GLOUCESTER, MA

### PREVIEW

- Thank you
- Slides will be available on AlliedStrength.com Article section
- Videos on the Allied Strength YouTube Channel
- Effective Warm Ups Talk
- Sports Performance Training in Gloucester, MA
- [kevin@alliedstrength.com](mailto:kevin@alliedstrength.com)

### TODAY'S DISCUSSION

- Reconceptualizing Performance Training
- Building stronger breaks
  - From the warm up to conditioning
- Keep it simple and useful

### WHAT'S UNDER THE HOOD?



### ENGINE/BREAK BALANCE

- Are your breaks strong enough for your engine?
- What happens when your breaks aren't strong enough for your engine?
- Strength ratios

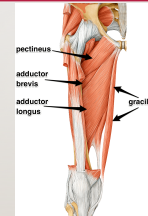
## THE PRIMARY BREAKS OF THE LOWER BODY

- Glutes
  - Commonly underdeveloped and neglected outside of strength training



## THE PRIMARY BREAKS OF THE LOWER BODY

- Adductors
  - Groin pulls



## THE PRIMARY BREAKS OF THE LOWER BODY

- Hamstrings
  - Pulls



## THE ACCESSORY BREAKS OF THE LOWER BODY

- Quadriceps
- Calves
- We usually do a pretty good job with these in sport and day to day life

## ONE MORE ANALOGY



## DECELERATION AND FORCE TRANSFER

- In sport
  - Voluntary deceleration
  - Reactionary deceleration



## REALITIES OF YOUTH ATHLETE TRAINING

- Great = Attentive coaching and structured programming. Extensive warm up, movement skills speed/agility training, power development (plyometrics/medball), strength training and conditioning.
- Good = Little to no coaching, no structured program (just write something up on the white board) access to a weight room at school or local health club. Some free weight work, maybe machines and cardio equipment

## REALITIES OF YOUTH ATHLETE TRAINING

- Bad = Little to no weight training (maybe some machines or exercises they picked up from a magazine) or just some cardio (running on the treadmill or outside)
- Ugly = The pre season conditioning sessions where everyone runs until someone throws up

## REALITIES OF YOUTH ATHLETE TRAINING

- Strength and conditioning is becoming more standard to compete
  - Sometimes even required by leagues/organizations
  - While this is a very good thing, it changes the standards
- As athletes get to JV/Varsity, it will often separate them from the rest of the team



## BUILDING STRONGER BREAKS

- Starts at the warm up
- Activation
- Dynamic warm up
- Speed/agility work
- Plyometrics
- Strength training
- Conditioning

## ACTIVATION

- 5-Minutes
- Goal: "wake up" muscle before demanding performance
- Glutes/hamstrings/"core"/shoulders
- Sometimes also a result of the dynamic warm up

**GLUTE ACTIVATION PROGRESSIONS:**  
**TWO LEG HIP LIFT**

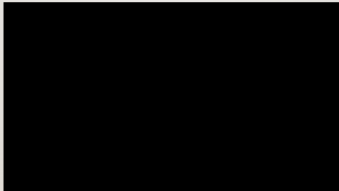
• Two Leg Hip Lift (Glute Bridge)/One Leg Hip Lift (Progression)



The image shows a person lying on their back on a green mat in a gym, performing a two-leg hip lift. Their knees are bent and feet are flat on the floor. They are lifting their hips towards the ceiling. In the background, there are various gym equipment like treadmills and weights.


**GLUTE ACTIVATION DRILLS:**  
**MINI BAND WALK**

• PerformBetter.com Mini Bands (\$2)



A large black rectangular area, likely a placeholder for a video or image related to the Mini Band Walk drill.

**BAND RESISTED BODYWEIGHT SQUAT**



A large black rectangular area, likely a placeholder for a video or image related to the Band Resisted Bodyweight Squat drill.

**DYNAMIC WARM UP**

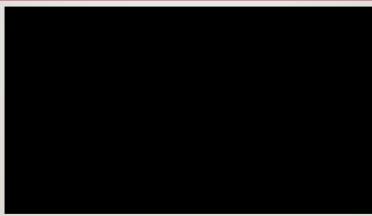
• Talking about drills specific to today's concept  
• Refer to the effective warm ups seminar

**FORWARD/LATERAL CRAWLING**



A large black rectangular area, likely a placeholder for a video or image related to the Forward/Lateral Crawling drill.

**REVERSE SLDL**



A large black rectangular area, likely a placeholder for a video or image related to the Reverse SLDL drill.

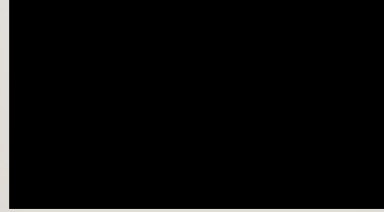
### BACKPEDAL/REACTIVE TO SPRINT

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### LUNGE CIRCUIT

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### SPEED DRILLS

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- 5-Minutes
- Common mistakes
- What is the goal?
- Movement efficiency
  - Athletes who are bad at decelerating

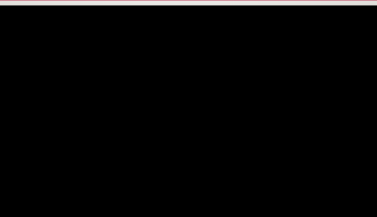
### 1-2 STICK (REACTIONARY)

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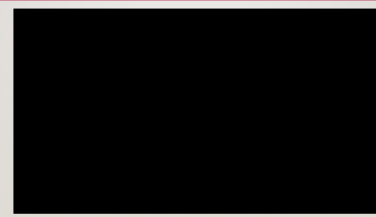
### CROSSOVER (REACTIONARY)

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### 5-5 OR 5-10 (REACTIONARY)

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## LADDER DRILLS

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- Let's rethink the perceived benefits of ladders
- Coordination
- Deceleration
- Change of direction
- Do they make you faster?

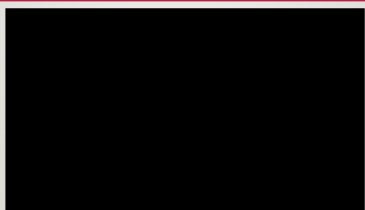
## LADDER DRILL COACHING PROTIPS

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- When working with a team, give the athlete in front some space
- Always walk through the movement and gradually increase speed
- Benefits of forward/backward
- Keep the experience positive

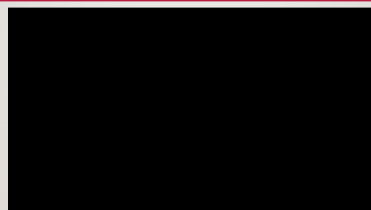
## I-2 STICK (VOLUNTARY)

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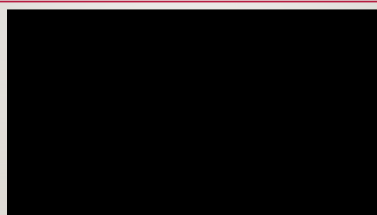
## CROSS IN FRONT

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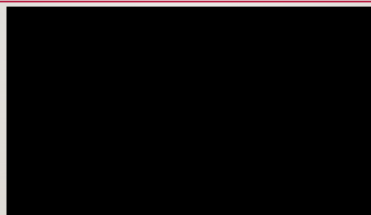
## CROSS BEHIND

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## SCISSORS

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## PLYOMETRICS

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- What's the goal?
- Deceleration
- Elasticity
- Power output
- Jumps vs hops

## PROGRESSION CONCEPT

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- Earn the right to progress
- Coach

## BOX JUMPS

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- Eliminating most of the eccentric phase
- Soft landing
  - Toe, heel, sit back
- Where are their knees?

## LINEAR HURDLE HOP PROGRESSIONS

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- Stick
- Mini Bounce
- Continuous

## LATERAL PLYOMETRICS

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- More demanding
- Medial/lateral
- 45 degree

## MEDIAL/LATERAL HURDLE HOPS

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- Stick
- Mini Bounce
- Continuous



## LATERAL BOUND PROGRESSIONS

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## STRENGTH TRAINING

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- More crucial than ever
- Keeps athletes competing at a high level
- Keeps athletes on the field/court/ice
- Athletic armor

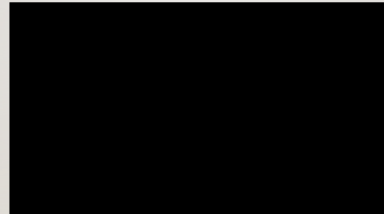
## SINGLE LEG DEADLIFTS

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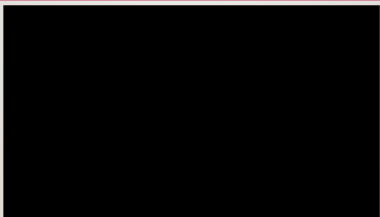
## KETTLEBELL/DUMBBELL DEADLIFTS

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## VALSLIDE LEG CURL

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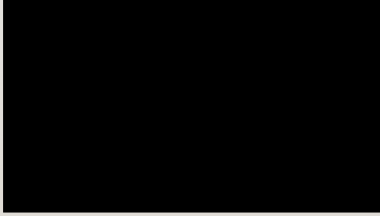
## WHY NOT SQUAT?

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- Unilateral/single leg training
- Knee/glute dominate combos

## GOBLET SQUAT

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## LUNGE PROGRESSIONS

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## CONDITIONING

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## SLIDEBOARD

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## WRAP UP

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- Right now is the best time to start
- Stick with bodyweight movements for on field/court training
  - SLDLS, lunge variations, hip lifts, leg curls
- Be careful with volume and fatigue
  - Especially for plyometrics and speed drills

## WRAP UP

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- Let me know if you need anything
  - [AlliedStrength.com](http://AlliedStrength.com)
  - [kevin@alliedstrength.com](mailto:kevin@alliedstrength.com)
- We offer sports performance training in Gloucester, MA