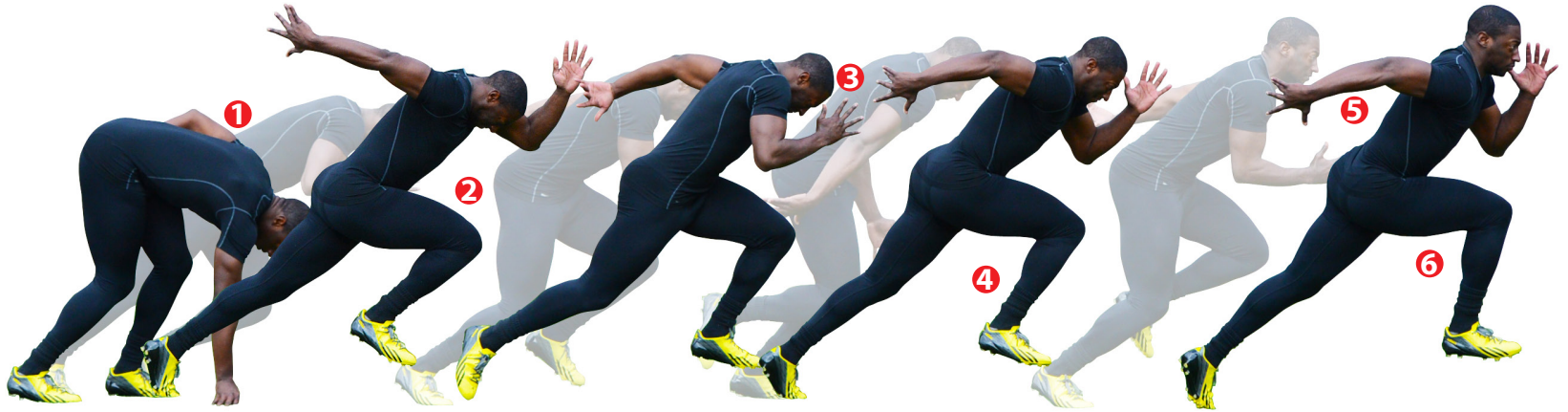


AMPS[★] ACCELERATION

PoweredbyAMPS.com

For individual or team instruction contact
Info@poweredbyamps.com • 202.780.7561
www.poweredbyamps.com



- 1 STANCE & START:** Execute from 2pt, 3pt, 4pt, or sport specific stance
- 2 PUSH:** (PHASE 1) Drive legs downward and backward forcefully (Cue: PUSH PUSH PUSH) maintaining a low heel and forward shin angle
- 3 EYES:** Head & Eyes are aimed down while accelerating (head may turn toward left shoulder for quick inside read then return to focal point for fast acceleration)
- 4 SPRING:** Anticipate the ground reaction force & spring the thigh upward & high keeping the ankles locked, heels low and calf tight to the hamstring on each forceful step
- 5 LONG ARMS:** Forceful motion to match the driving legs
- 6 WHEEL:** (PHASE 2 after the initial 6-8 Push steps) Cyclic/ Wheel-like catapulted recovery of the leg to the midline in a forward lean with the gaze held down, maintaining 50° lean, keeping heels low and maintaining forward shin angle

DRILLS: (Phase 1) Wall Drill, A Skip, A March, Pogo Start (Phase 2) Hot Wheels, Hill Running, Shuttle Runs