

OTA - Athletic Speed System

THE 3 PILLARS OF SPEED DEVELOPMENT

These 3 Pillars come from a decade of experience in teaching speed.

See, I've coached every kind of athlete under the sun – baseball, basketball, football, track, rugby, volleyball, swimmers, tennis players...you name the sport I've trained a high level athlete in it.

And, even more, I've worked with athletes who were fast, slow, tall, short, strong, and weak...

Throughout the years, I've noticed a series of trends, commonalities, among the fastest athletes. I also spent time studying Olympic track coaches, D1 Strength coaches, and implementing this information.

All of my findings from this evolved and became what I call the...

3 PILLARS OF SPEED DEVELOPMENT.

PILLAR 1: RELATIVE FORCE PRODUCTION

If you don't know...

Relative force production is the amount of force you can output relative to your body weight.

So, as a quick example, if one guy weighs 200 pounds and can squat 315, and another guy weighs 150 pounds and can squat 315, the second guy has higher relative force production.



This is absolutely critical for speed.

Because as you sprint, you constantly produce force, both vertically and horizontally, and you fight against the forces of gravity.

But,

Most guys produce significantly less force than needed to keep up with elite athletes.

In fact, researchers have stated that the difference in force production between elite sprinters and the average athlete is a staggering 39 lb difference during acceleration and a 40 lb difference during max velocity per strike of the foot.

This means if their weight is the same, an elite athlete sprints about 33% faster than an average athlete after three steps.

The good news is, these disparities can be cleared up quickly by harnessing the power of plyometrics, triphasic training, and absolute strength development with compound lifts.

Another benefit of improved relative force production is better body control and kinesthetic awareness.

These two attributes will help you down the line when you go to hone in on your mechanics...

PILLAR 2: ACCELERATION MECHANICS

Recently, professional baseball players have poured into my gym.

The main reason for this is my specialization in speed.

I had two of my baseball guys lead their leagues in bases stolen after they were told their speed would limit their ability to play professionally.

Since then, baseball players from all around are eager to work with me

This said...



The reason I'm successful is because I rebuild their acceleration mechanics, the 2nd pillar of speed development.

Whether you're trying to blow by your defender on the basketball court,

Get the jump on a DB on the football field,

Or steal more bases,

Your acceleration mechanics are everything.

And there's sprinting science to back this...

For one...

Researchers have shown that if two guys are equally matched in every aspect of a race, besides the start, the athlete with the better start will finish the race with a full one second advantage.

To put that in perspective, Usain Bolt beat the second place runner in the 100m by just .13 seconds.

So, if you're botching your start, you're at a serious disadvantage.

Two,

As I said above, the difference in velocity between an elite athlete and an average athlete after just their first step, is almost 2 MPH, and with each step, the gap between the two gets larger and larger.

So, if you're looking to increase your first step explosiveness, acceleration mechanics are it.

Put simply...

A guy who's versed in acceleration mechanics builds velocity faster than the competition.

So how do you sharpen your acceleration mechanics?

We break it down and focus on stance, start, and steps.

Stance is getting in the most efficient position to build speed this comes down to basic physics and setting the body up in the best mechanical advantage based off the angles of their limbs.

Start is generating as much force out of both legs as possible in the proper position of the body. Contrary to what most athletes believe they are rarely harnessing the force out of both legs when starting and if they are they aren't doing it in the right direction.

Steps focus on the lower limb action the first few yards of a sprint. If we can get an athlete to produce efficient motion without cycling here we can drastically produce more force with each step and decrease unneeded motion.

Nail those three things down, and you'll be on your way to elite speed.

PILLAR 3: MAXIMUM VELOCITY MECHANICS

This has to be one of my biggest coaching breakthroughs.

Believe it or not, we're naturally inclined to sprint with bad mechanics. And without hitting on this pillar, you'll be stuck with sub-optimal speed for your whole athletic career.

And after seeing guys suffer hamstring tears,

Seeing guys literally slow themselves down because of their faulty mechanics,

And seeing athletes just look awkward and unathletic while sprinting,



I was eager to find a way to right these wrongs. This is where the 3rd pillar comes in. It's your frontside and backside mechanics.

If you look at your body laterally and put a line down the middle of your body, the frontside mechanics take place on the front side of your body, and the backside mechanics take place on the backside of your body

And if you properly shift contact with the ground more towards the front of your body, you'll be able to produce more force and run faster.

An overwhelming amount of sprinting authorities agree on this.

In fact, researchers have found that the force created during the front side of ground contact is 2,000 Newtons (or about 450 lbs) while the force created during the backside is a measley 1,000 Newtons (or about 225 lbs).

That's a 100% difference in force created in the frontside vs backside.

So, staying in backside mechanics is like getting 100 bucks to mow someone's lawn, when you have the opportunity to mow the neighbor's smaller lawn for 200 bucks.

It doesn't make sense...

Especially when athletes are capable of teaching their body to make ground contact in an efficient position.

What is needed is consistent, effective drills that isolate this component.

And again, athletes naturally run backside dominant. So without the proper drilling and without ingraining correct motor patterns, you'll be stuck in the bad mechanics trap.

HOW TO ESCAPE FROM THE SPEED TRAPS

Speed mechanics can be confusing....

And this is why most athletes get stuck in speed traps...

They focus on tricks, cues, and drills to try and increase their speed...

With little success or knowledge of why they are performing them.

Instead, they need to look at their sprint as a whole, and isolate the components of their sprint that are faulty....



Then elevate the function of that component...

And re-integrate it back into their sprint.

It's kind of like how a car mechanic isolates the issue in your car, repairs whatever parts are broken, and plugs them back into the car so it runs smoothly and safely.

This is the fastest way to develop the 3 pillars in your own sprint.

It's about methodically progressing and developing the skill of sprinting through properly programmed workouts that build off each one.

Like I said above, I have a decade of speed-coaching experience.

I've coached athletes across all sports and ability levels...

And helped them shatter their speed expectations.

Here Are Some Numbers We Achieved in The Past 3 Months













- One of my NBA guys dropped his 10 yard dash time from 1.61 to 1.48
- A football player dropped from 4.8 to 4.5 in his 40 yard dash time (the coveted time in the NFL is a 4.4)
- Two of my baseball guys led their respective leagues in stolen bases
- Another baseball guy dropped his 60 time by .45 seconds

If you want some of this speed success for yourself.

You're In Luck

Because I've placed the culmination of 10 years of research, science, and field-testing into an easily repeatable system called **Athletic Speed System**.

Proof Content

 2. YOUR PROGRAMS	 	203.9 MB
 3. ATHLETIC SPEED SYSTEM RESOURCE	 	124 KB
 1. GET STARTED	 	2.3 GB
 WELCOME.mp4	 	88.7 MB