

## *Speed Skills*

- 1) Name as many types of speed as you can:
  
- 2) What % of speed comes from the following areas:  
Legs\_\_\_\_\_   
Core\_\_\_\_\_   
Arms\_\_\_\_\_
  
- 3) Name the *only* two ways to increase straight ahead speed biomechanically:  
\_\_\_\_\_  
\_\_\_\_\_
  
- 4) The initial drive phase requires attention to three areas of form:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 5) Speed requires activation of what type of muscle fiber:  
A) Fast Glycolic  
B) Fast Twitch  
C) Very Fast Twitch  
D) All the above
  
- 6) What are the fuels used in speed:  
A) Glycogen  
B) Glucose  
C) Lactic Acid  
D) Phospho-creatine/ATP  
E) All the above
  
- 7) Explain *sport speed* and how it would apply to your sport:

- 8) Explain the position for the track start:
- 9) What are the primary muscles in lateral speed:
- 10) What is the single best weight room exercise for speed:  
A) Lateral squat  
B) Leg curl  
C) Squat  
D) Hang clean
- 11) What techniques do parachutes and heavy sleds help develop:  
A) Leg drive  
B) Arm drive  
C) Forward lean  
D) All the above
- 12) When training speed recovery should be:  
A) One minute  
B) Two minutes  
C) Five minutes  
D) Full
- 13) Developmental speed means:  
A) Speed progress  
B) Appropriate building of speed  
C) Speed testing  
D) All the above
- 14) Explain the importance of flexibility in speed:
- 15) Explain the difference between static and dynamic flexibility:

- 16) Where can you train and get the *best* results for straight speed:
- A) Reaction
  - B) Start/Drive phase
  - C) Middle sprint
  - D) Finish
- 17) Training for speed requires:
- A) Attention to detail
  - B) Repetition
  - C) Constant coaching
  - D) Patience
  - E) All the above
- 18) The relationship between BMI/Body Fat % and speed is:
- A) Linear
  - B) Inverse
  - C) Bell Curve
  - D) Transverse
- 19) Strength training trains the same muscle fibers as speed training:
- T
  - F
- 20) In the three point stance; The leg that is back is the same side as the hand that is down:
- T
  - F
- 21) What type of training is generally regarded as the *best* for speed:
- A) Fartlek
  - B) Interval
  - C) LSD
  - D) All the above
- 22)
- 23)