



10 SECRETS TO INCREASE YOUR ATHLETE'S

SPEED & AGILITY





Hey Parents,

You want to improve your athlete's speed, but you're not sure where to start. Plus, your athlete is young- you're probably wondering, 'what drills will work for an athlete their age?'

Well, you've come to the right place.

I've trained nearly a thousand athletes from elementary school to high school, from D1 Collegiate Teams to Professional Sports Teams. I've also helped countless parents, just like you, by helping their athlete increase their Speed & Agility. And I'm going to help you, too.

In these next few pages, we will look at 10 common mistakes athletes make that can hinder their Speed & Agility. I'll also give you quick suggestions on how to fix these errors.

Wherever your athlete's sports career takes them, I'm grateful you allowed me to play a part. Thank you.

God Bless,

A handwritten signature in black ink, appearing to read 'Mark Keil', written in a cursive style.

Mark Keil

10 COMMON MISTAKES MADE DURING RUNNING THAT CAN HINDER YOUR ATHLETE'S SPEED & AGILITY

**AND the secrets
to correct them!**

#1 DO THEY SWING THEIR ARMS ACROSS THEIR BODY?

Your athlete should drive their arms from **front-to-back**. When the arms cross the body, it can slow the athlete down as they are likely throwing their body from side-to-side (while they are trying to run straight ahead).

#2 DO THEY STAND UP TALL?

During the **Acceleration Phase** (those initial few steps of a sprint) they should have a good **forward lean**. As they reach near maximal velocity, they will transition to a more upright position. However, if they stand up too tall too quickly, then they will struggle to generate speed.

#3 IS YOUR ATHLETE SLOW TO TRANSITION BETWEEN CHANGES IN DIRECTION?

This could be the result of them loading one leg too much; **they need to 'stay light on their toes'**. If they overload one leg, then it will take longer for them to push themselves out of that position.



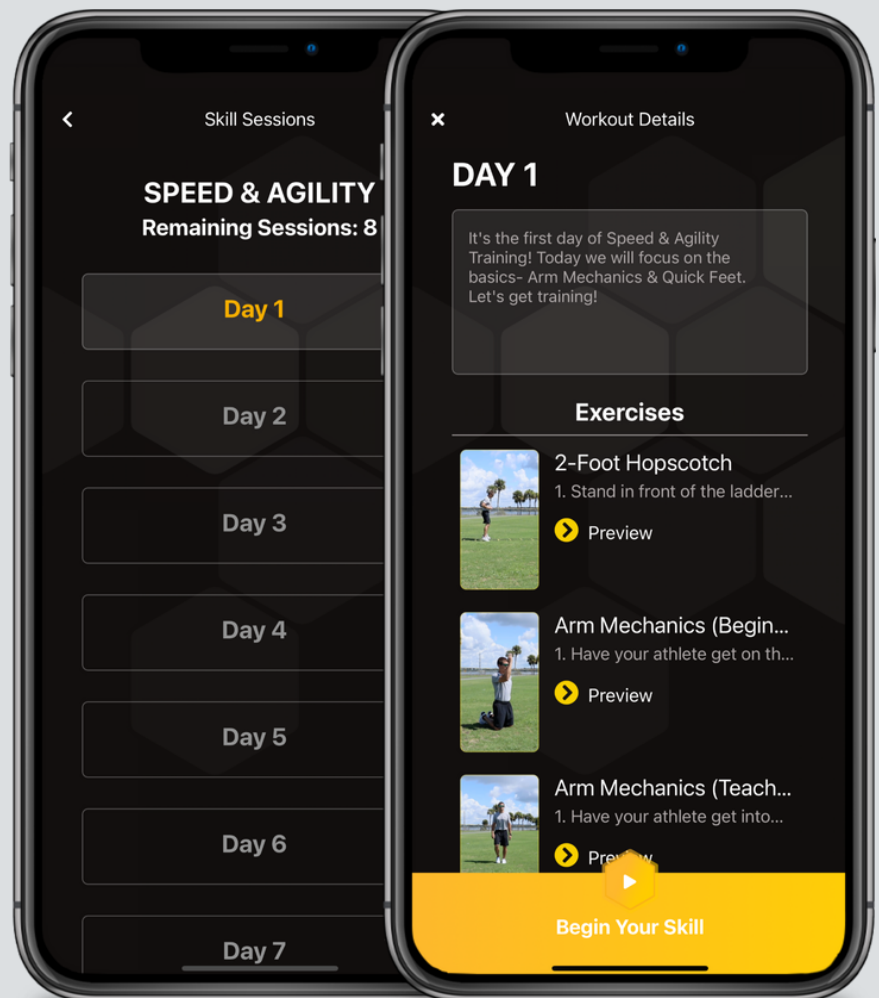
#4 DO THEY CHOP THEIR ARMS AT THE ELBOWS?

I tell athletes all the time, 'You can chop at the elbows all day and not increase your speed'. **Speed comes from driving the arms at the shoulders, NOT chopping (bending / flexing) at the elbows.**

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#5 DO THEY COMPLAIN OF THEIR MUSCLE(S) BEING TIGHT?

If they do, then they need to spend longer **warming up**. Warm Ups are so important, especially if your athlete is going to generate maximal speeds. When muscles are tight, they cannot be used through the full range of motion (which thereby hinders the athlete's ability to achieve maximal speeds).



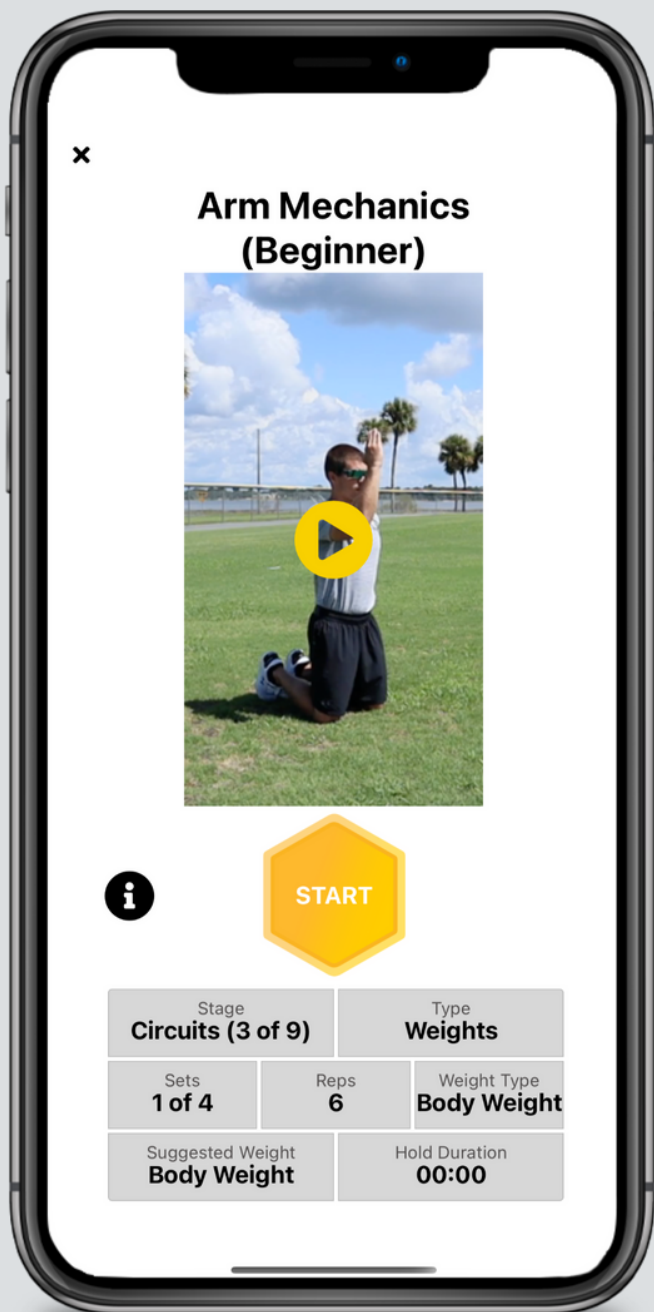
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#6 DOES YOUR ATHLETE 'PUNCH THE AIR' WHEN THEY RUN?

Running with closed fists does not help your athlete's speed. **Have your athlete open their hands to a 'loosely cupped' position.**

#7 DO THEY STRIKE THEIR HEELS OUT IN FRONT OF THEM AS THEY RUN?

If they strike their heels out in front, then they are slowing themselves down. That's because this 'heel strike' is essentially acting as a brake (which is obviously what we don't want). **They should land on the ball of their foot.**



#8 DO THEY RUN WITH STRAIGHT ARMS?

Your athlete should run with their arms flexed at the elbows. Ideally, **they should try to maintain a 90-degree angle at the elbow at all times.**

#9 DOES YOUR ATHLETE RUN WITH FLAT FEET?

Running flat-footed will reduce their ability to generate speed and make it more difficult for your athlete to efficiently change direction. **They should land on the ball of their foot.**

#10 DO THEY FULLY EXTEND THE DRIVING LEG?

The 'Driving Leg' is the leg with which they are pushing off from. **If they do not extend that leg, then they are missing out on speed for which they have the potential to create.** This error is likely a result of 'tight muscles'.

TO INCREASE YOUR ATHLETE'S SPEED & AGILITY, YOU NEED A PLAN THAT WORKS.

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