

Alternative Strength Training

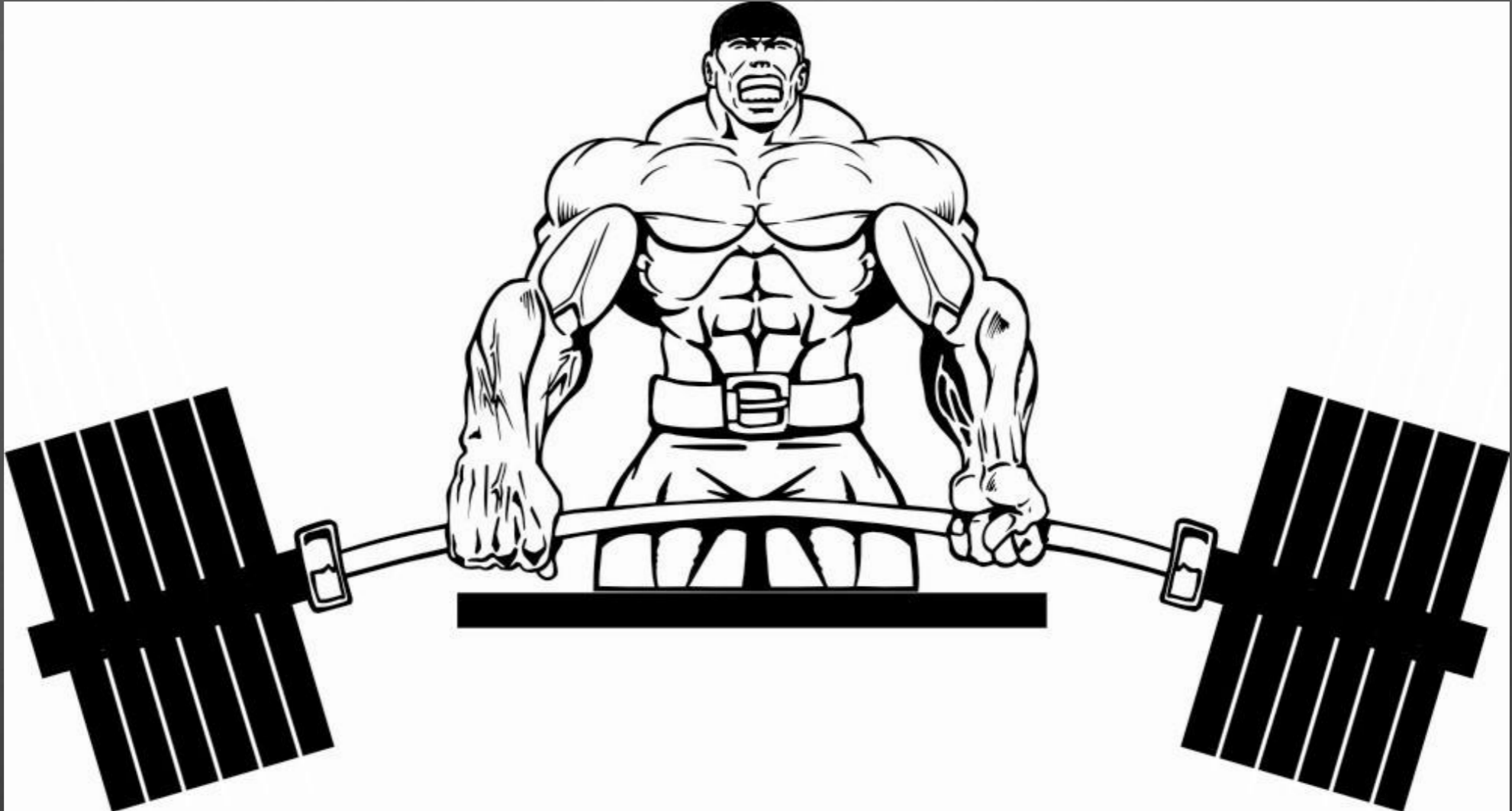
Jeff Chakouian
UCF Field Events Coach

5 Bio Motor Activities

- Flexibility - Static; Dynamic; Assisted
- Coordination - Hurdle Mobility; Sprint Drills; Balance; Speed Ladder; Basic Throwing Drills
- Work Capacity-Volume;
- Strength- Hypertrophy, Absolute Strength, Dynamic Strength, multiple throws, multiple jumps
- Speed- accelerations, strides, fast weight room, light implements

Developing Strength

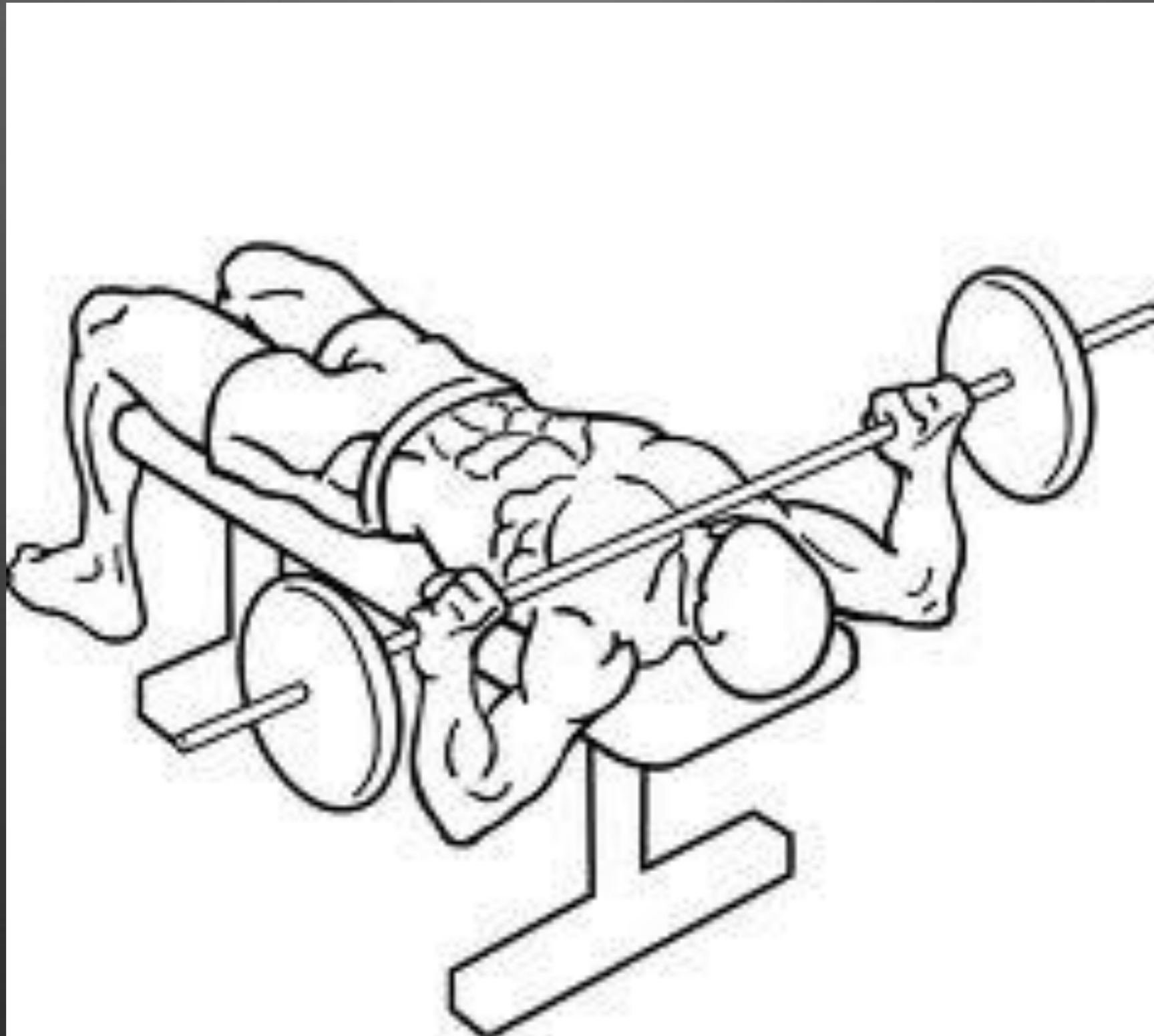
- Hypertrophy
- Absolute Strength
- Speed or Dynamic Strength
- Special Strength



Power Lifting

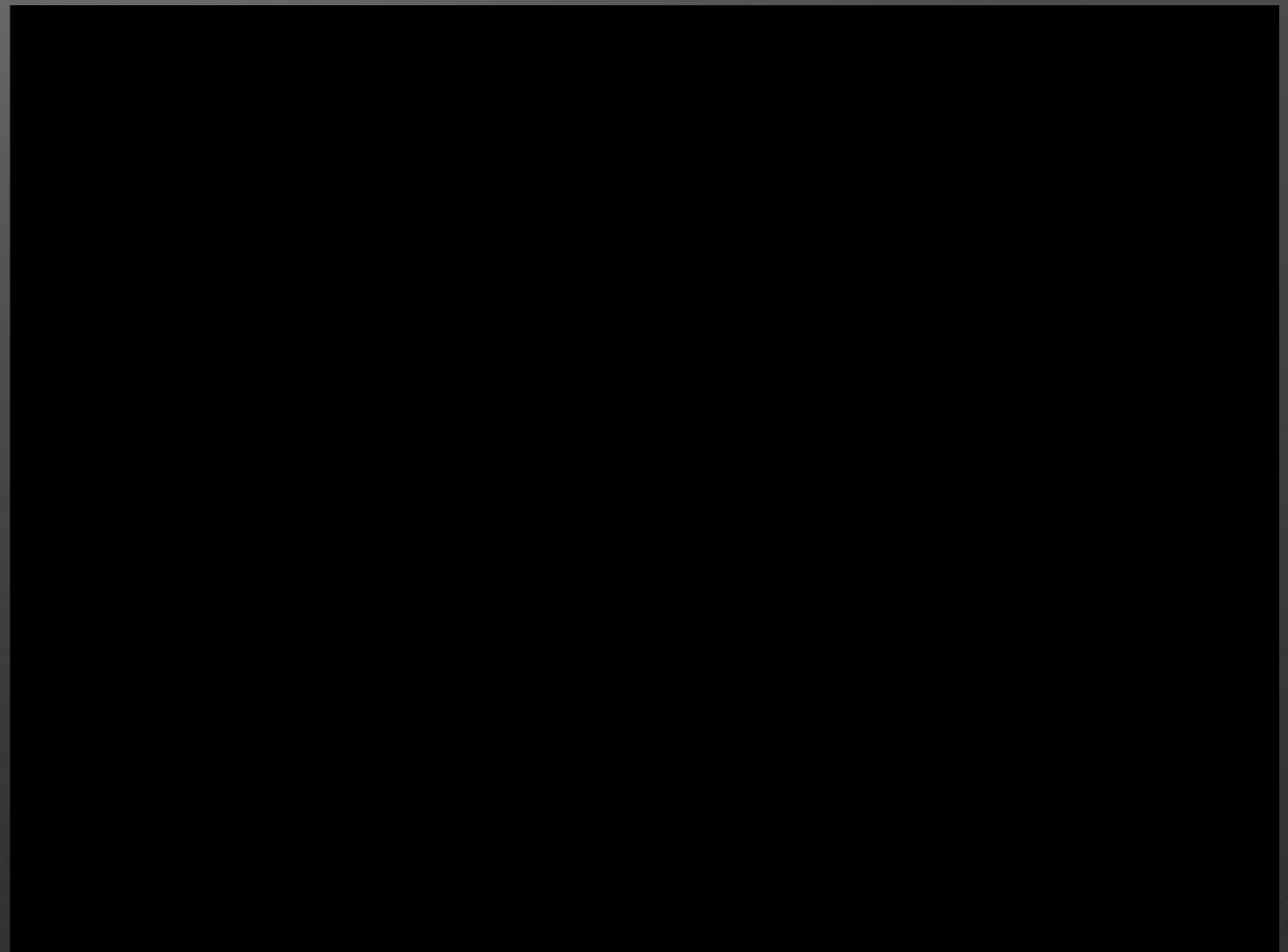
Bench Press, Squat, Deadlift

Bench Press

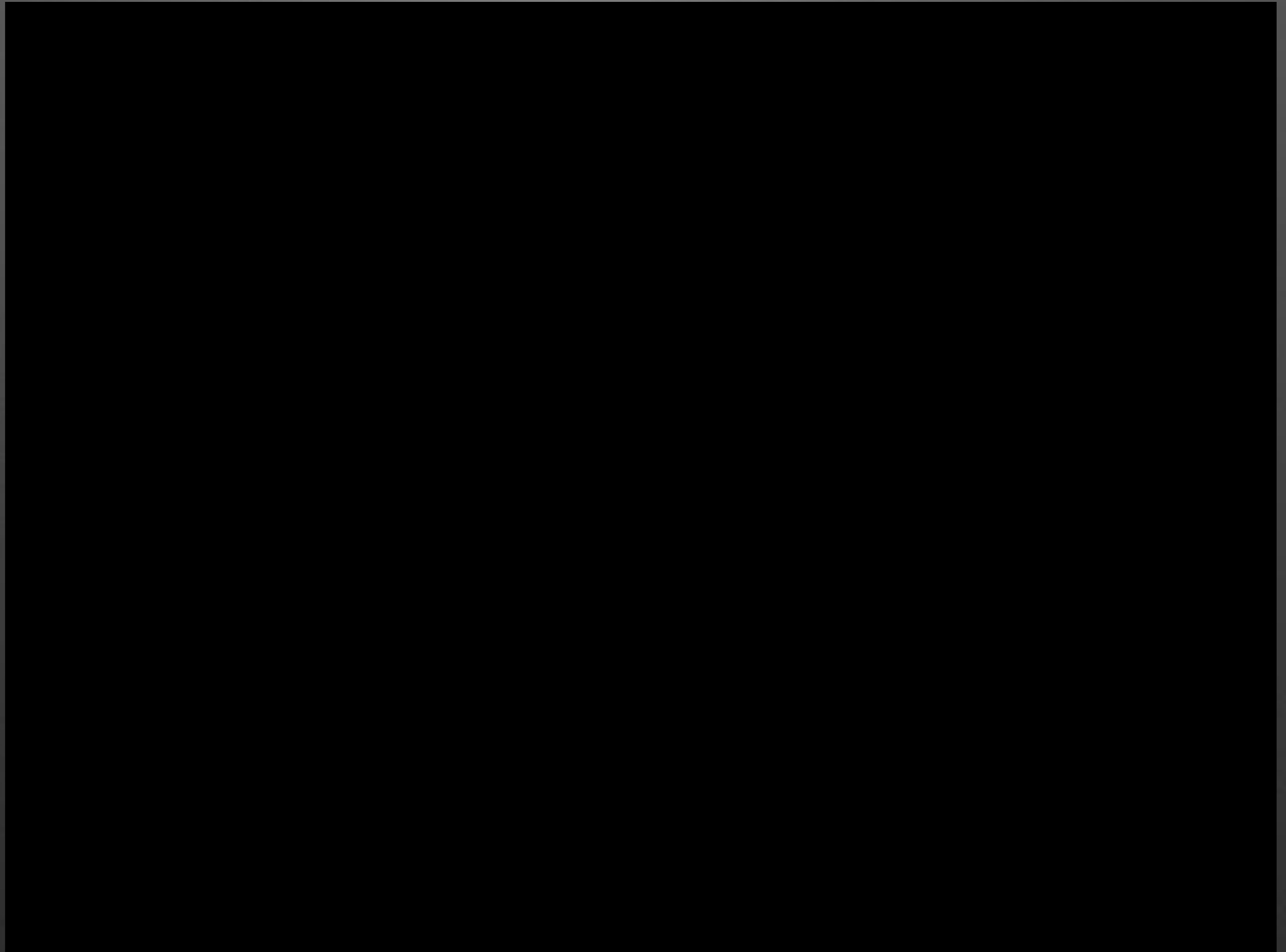


Bench Press Alternative Push Ups

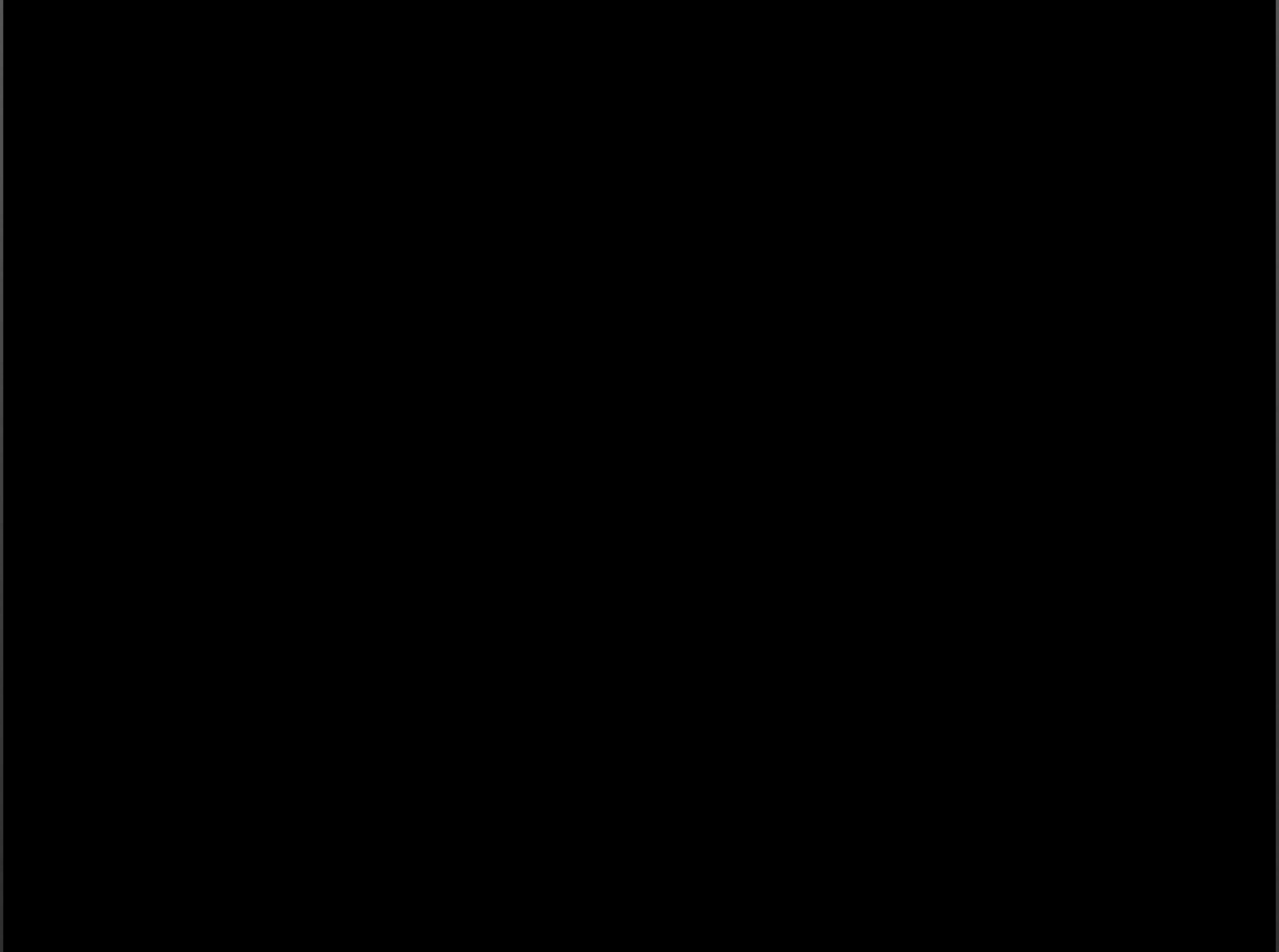
- You can adjust weight
- You can adjust to modified push-ups for lesser athletes
- Athletes have a definitive number to reach and surpass



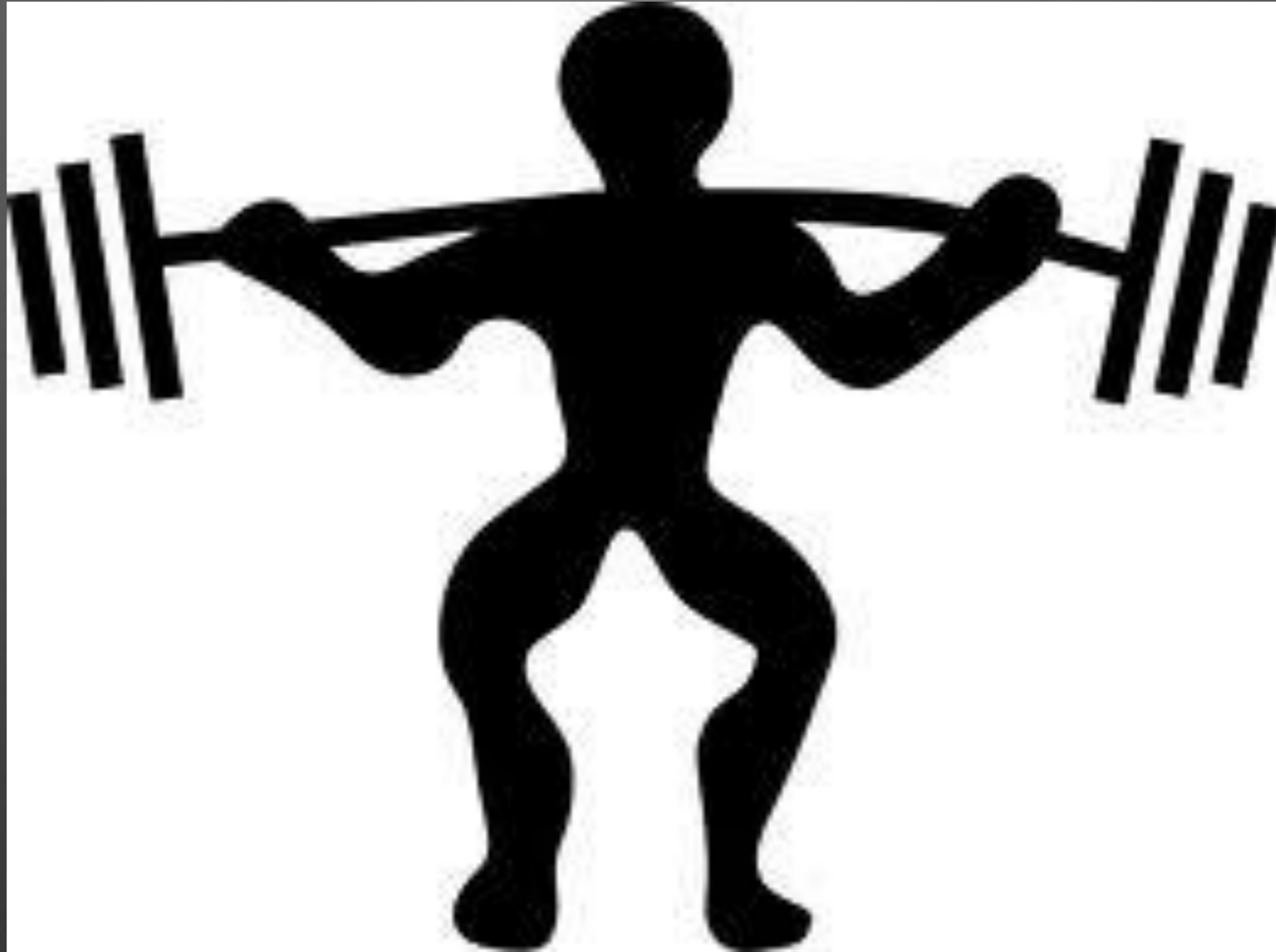
Plyo Push ups



Weighted Push Up

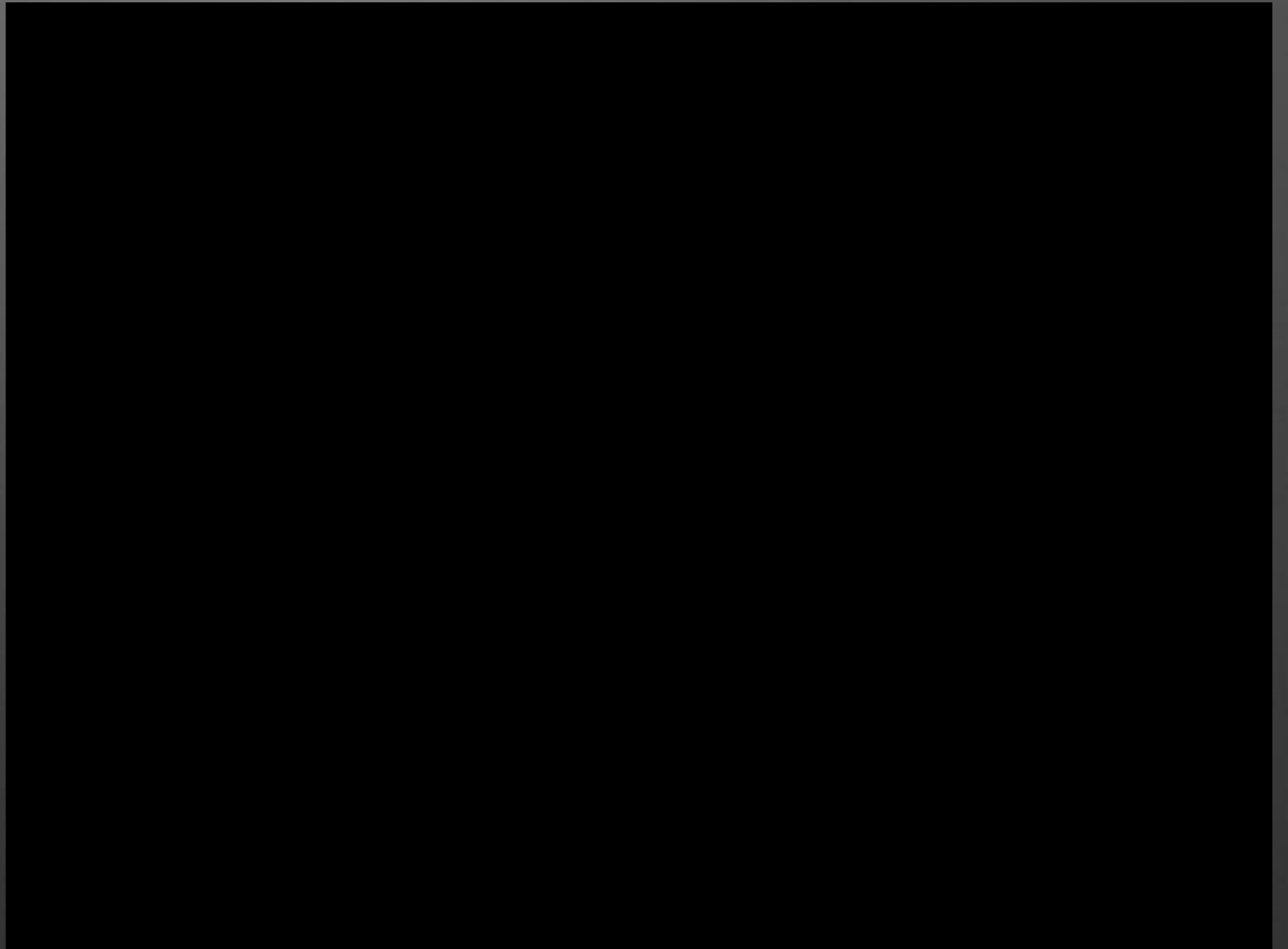


Squat

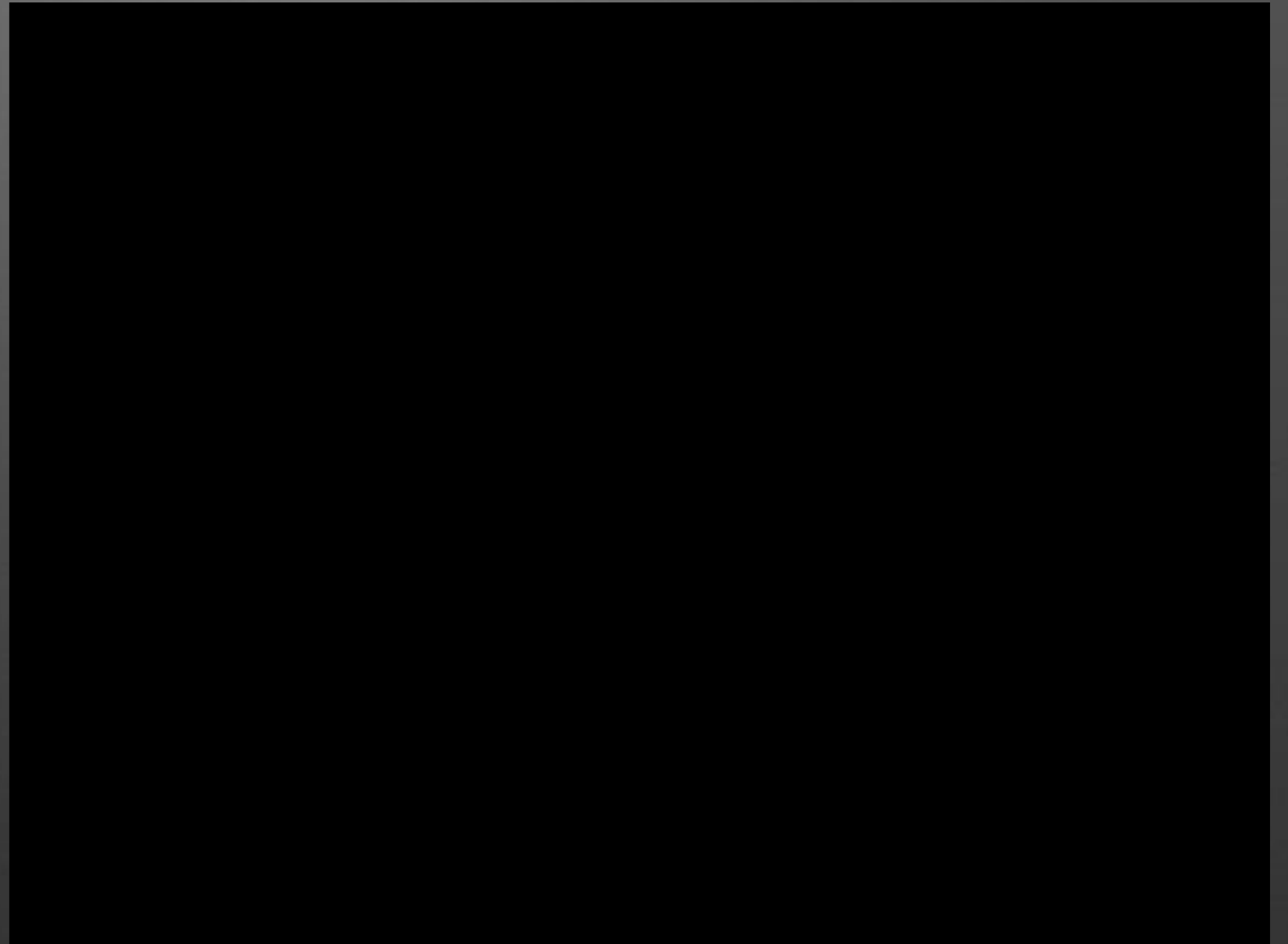


Squat Alternative Walking Lunges

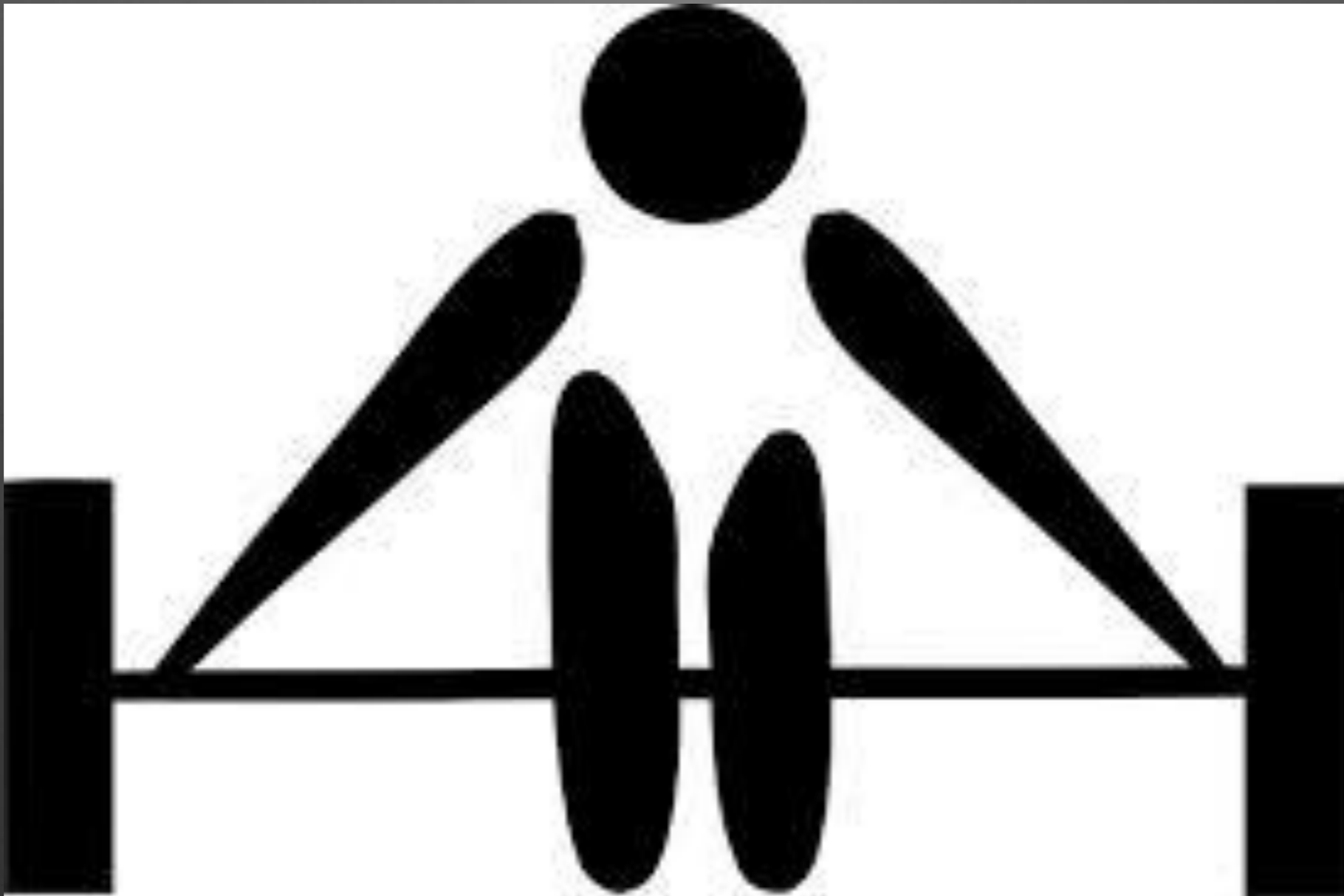
- You can vary weights
- Works Coordination



Split Squat Lunge

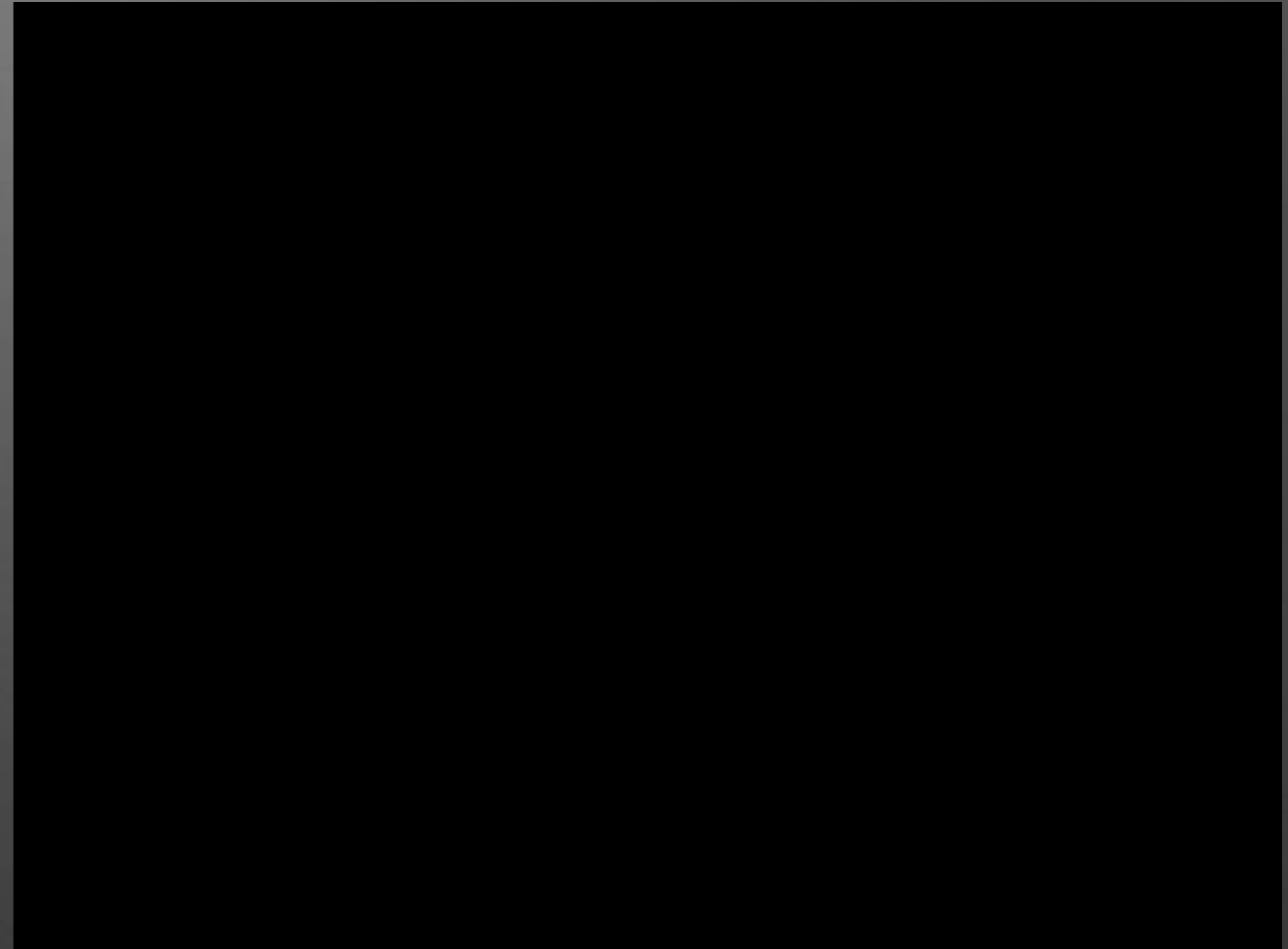


Dead Lift



Dead Lift Alternative Tire Flips

- You can move as fast or slow as you want
- You can work in teams
- You can make a contest between athletes or teams





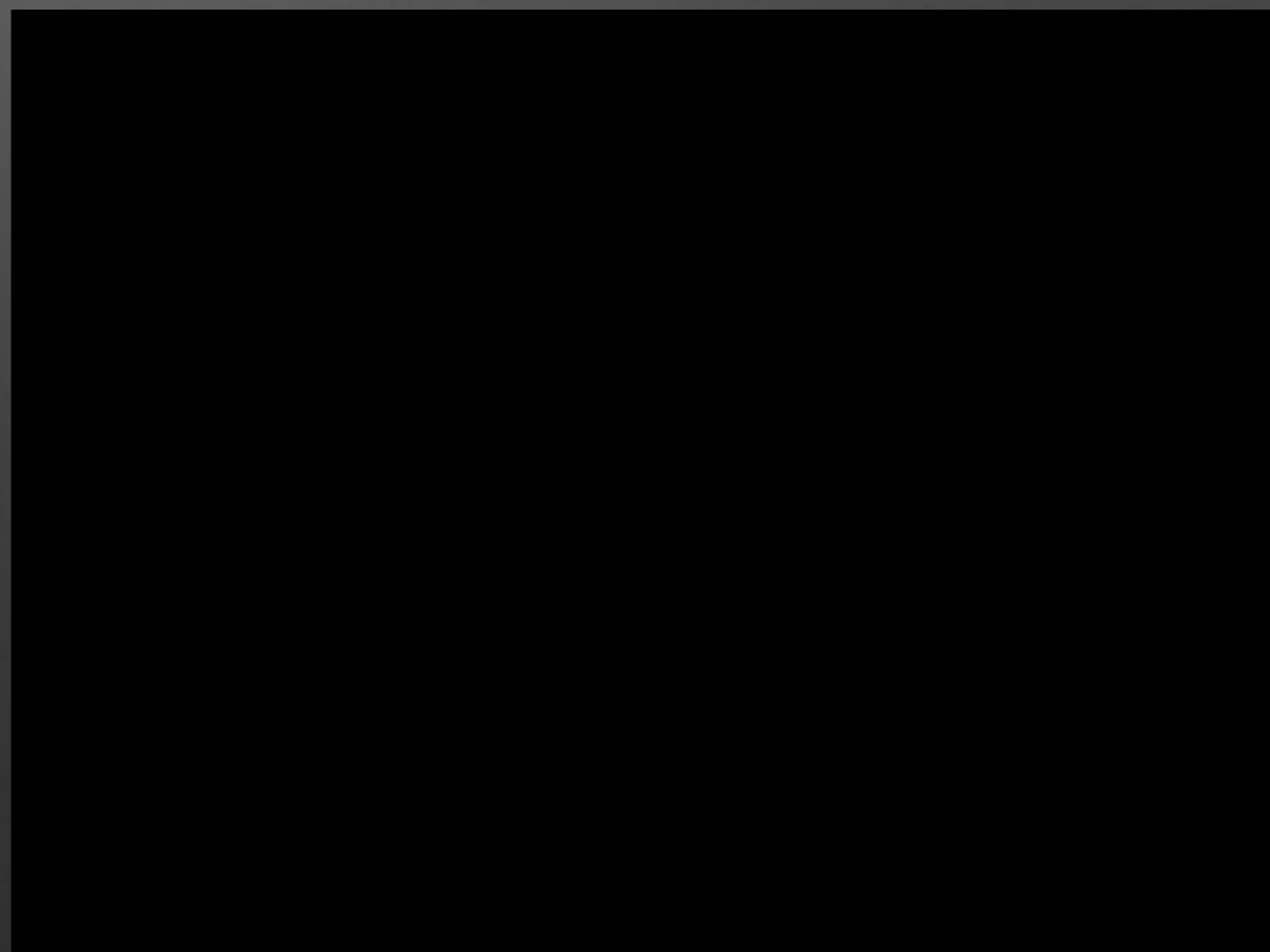
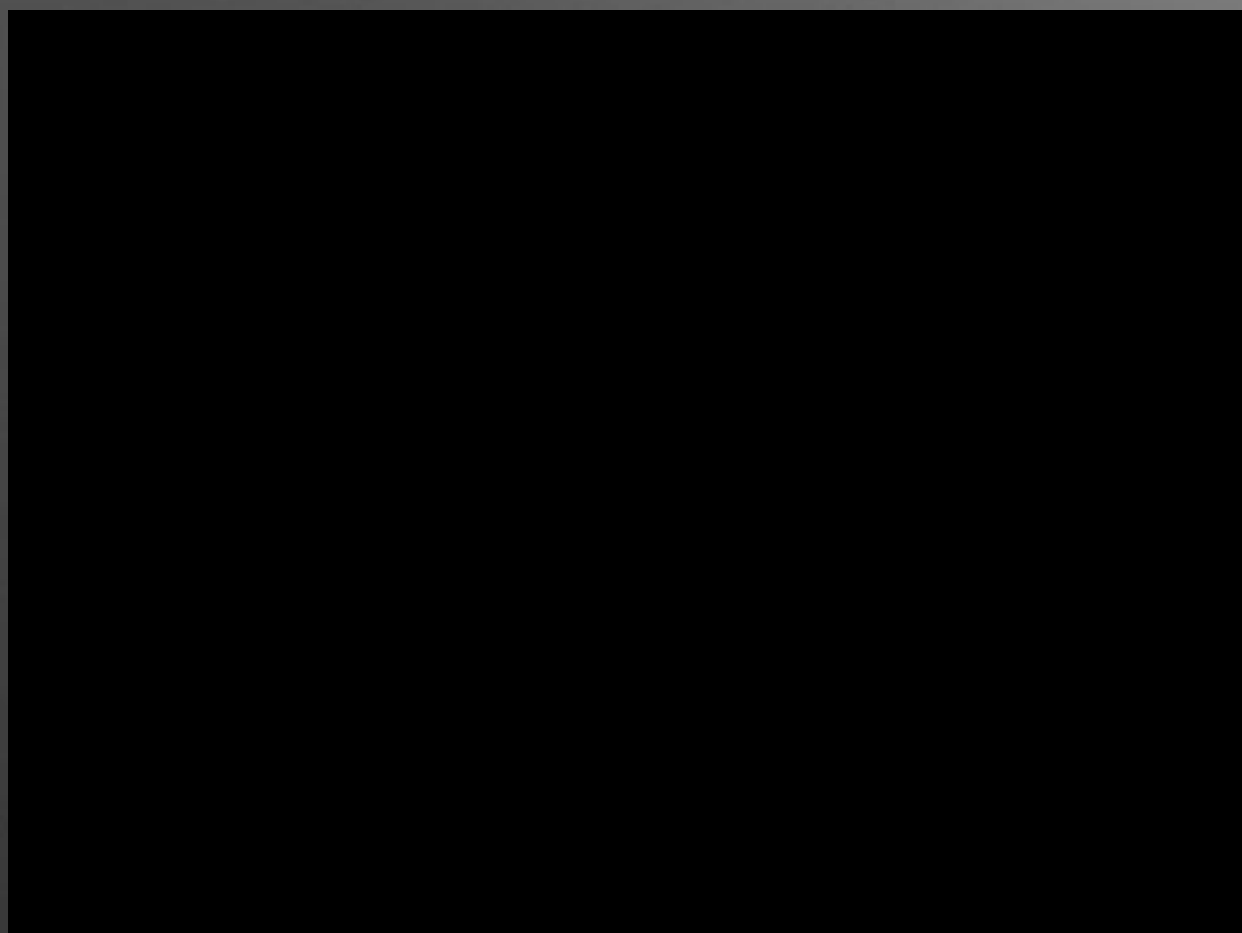
Olympic Lifts

Clean, Snatch

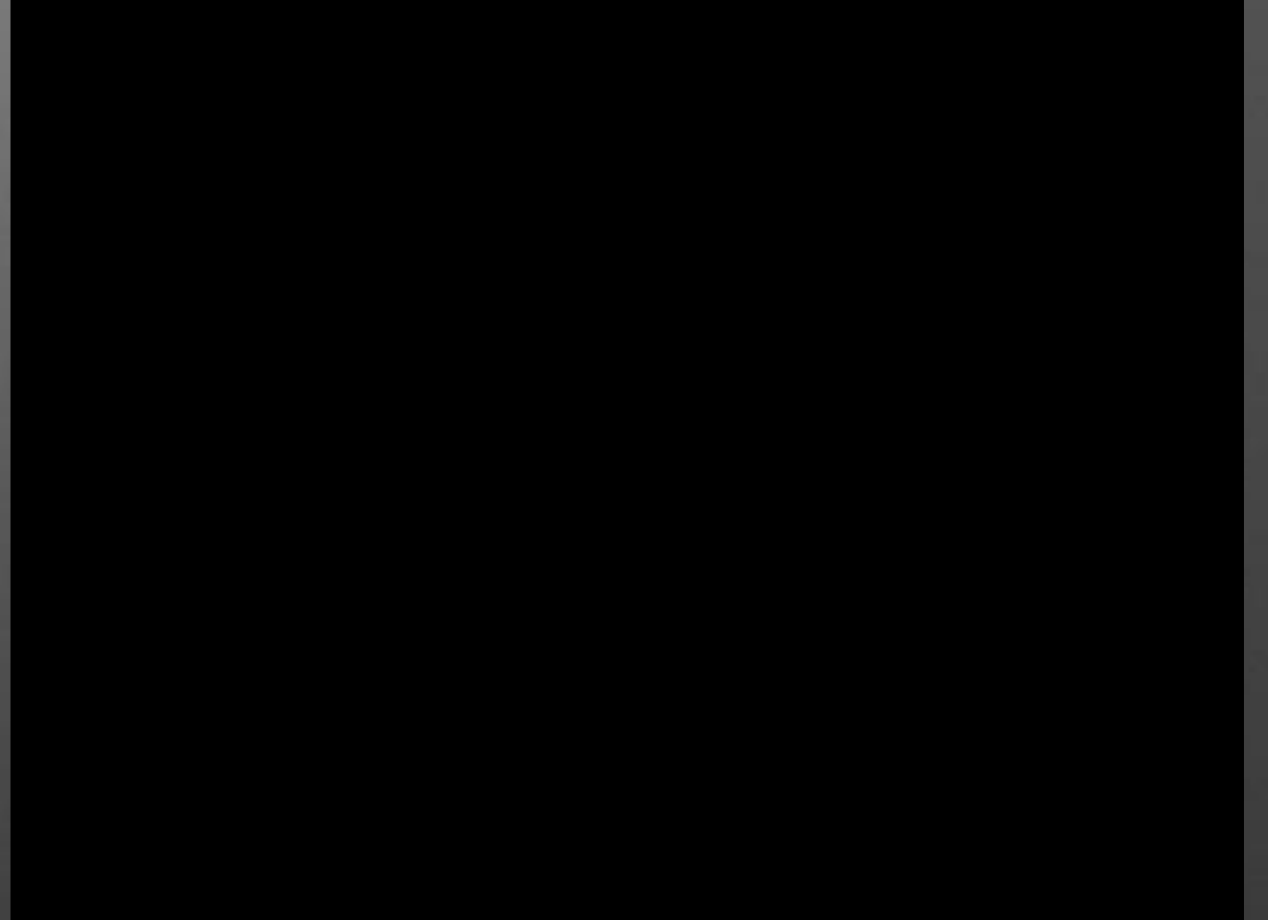
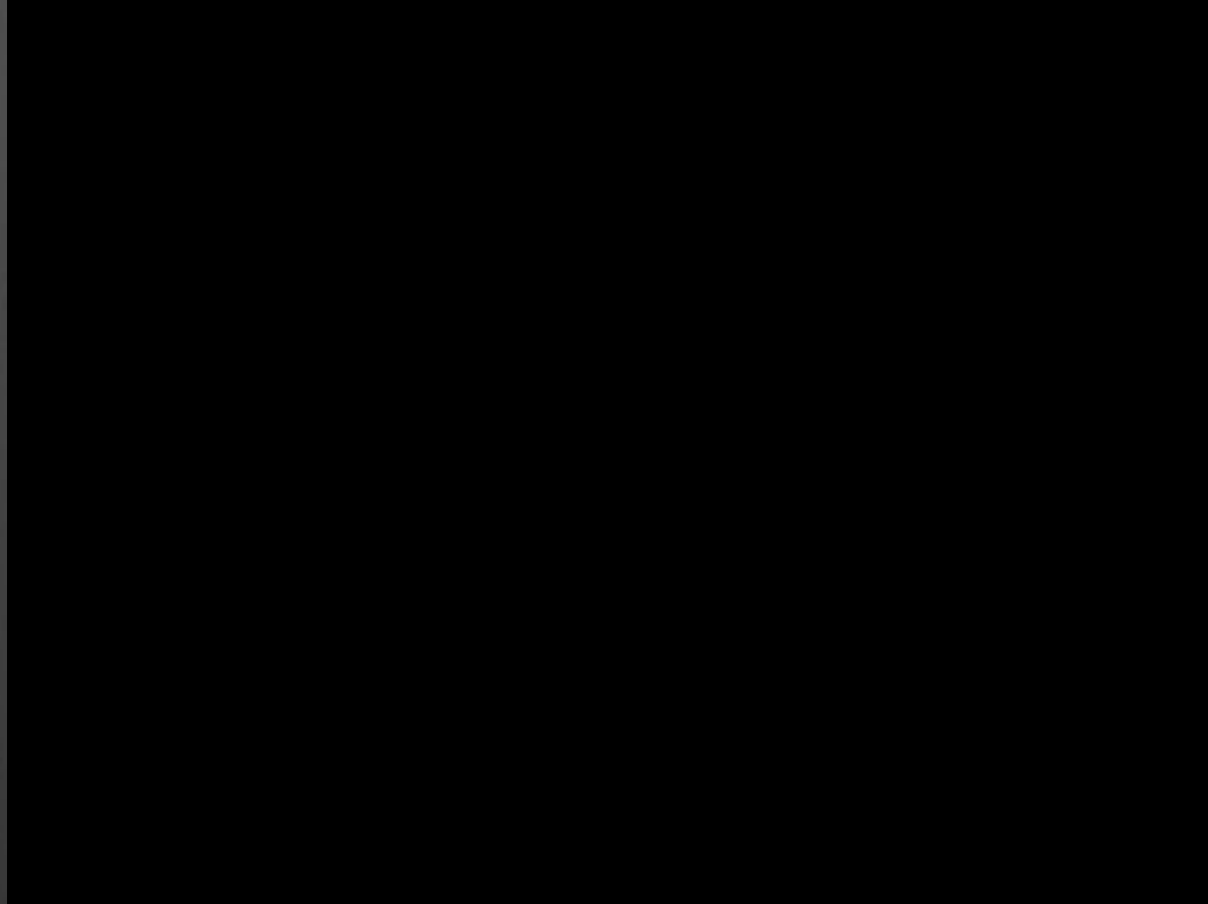
Clean Variations



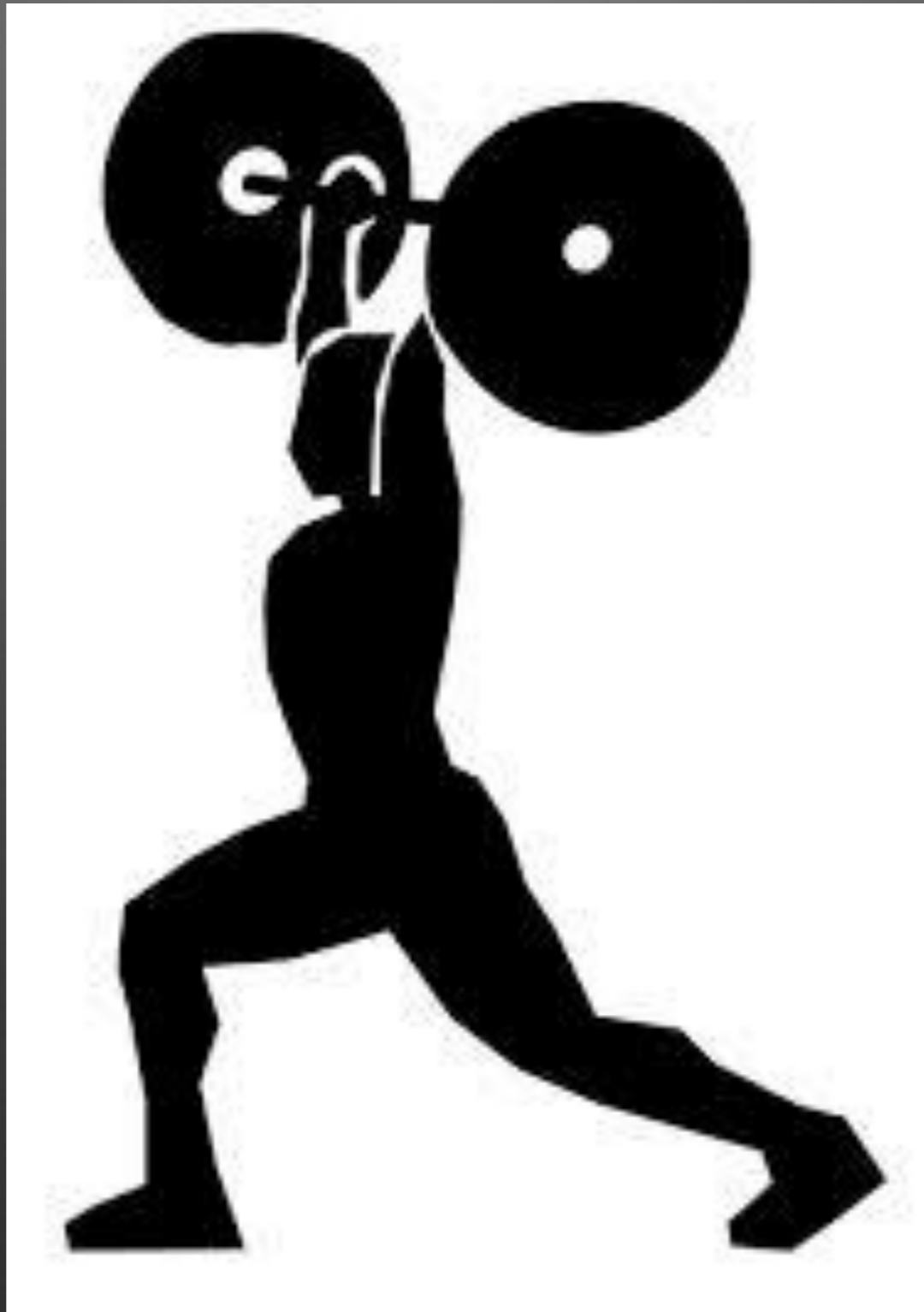
Clean Alternative Overhead/Underhand Shot



Clean Alternative Pud Throw



Push Press/ Jerks



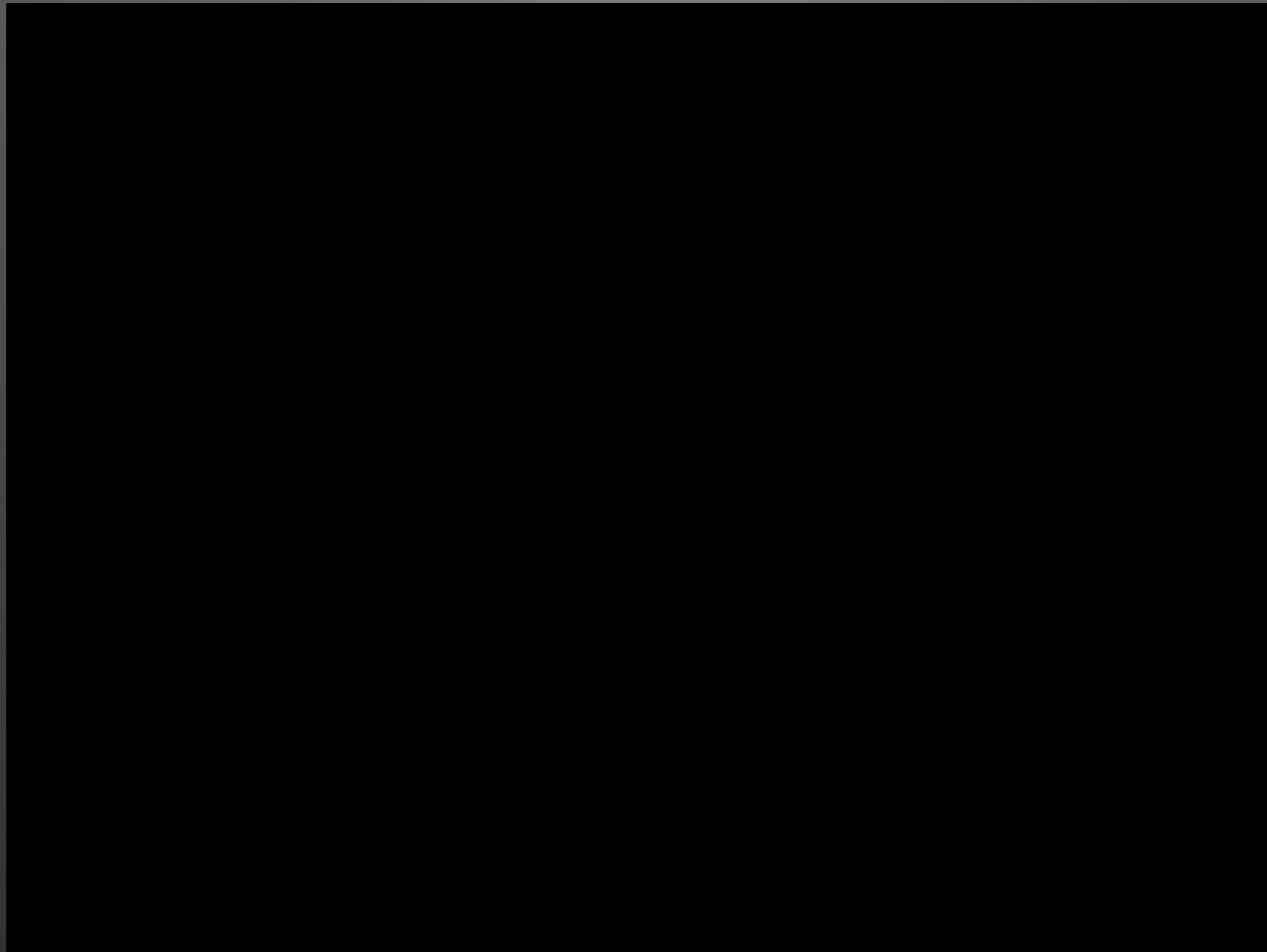
Push Press/ Jerks Alternative Speed Jerks



Snatch



Snatch Alternative Snatch Series





Dynamic Strength

Lower Body

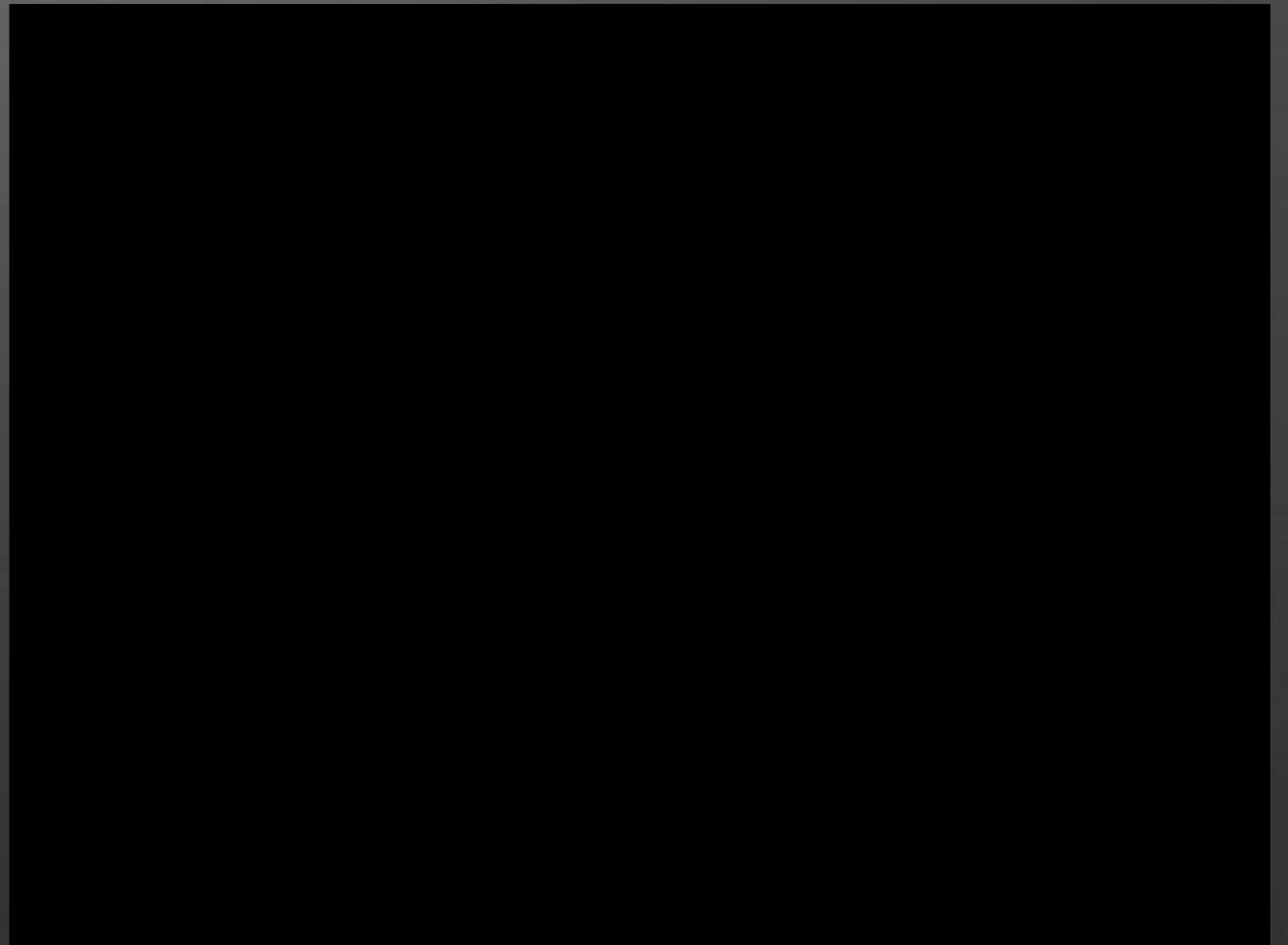
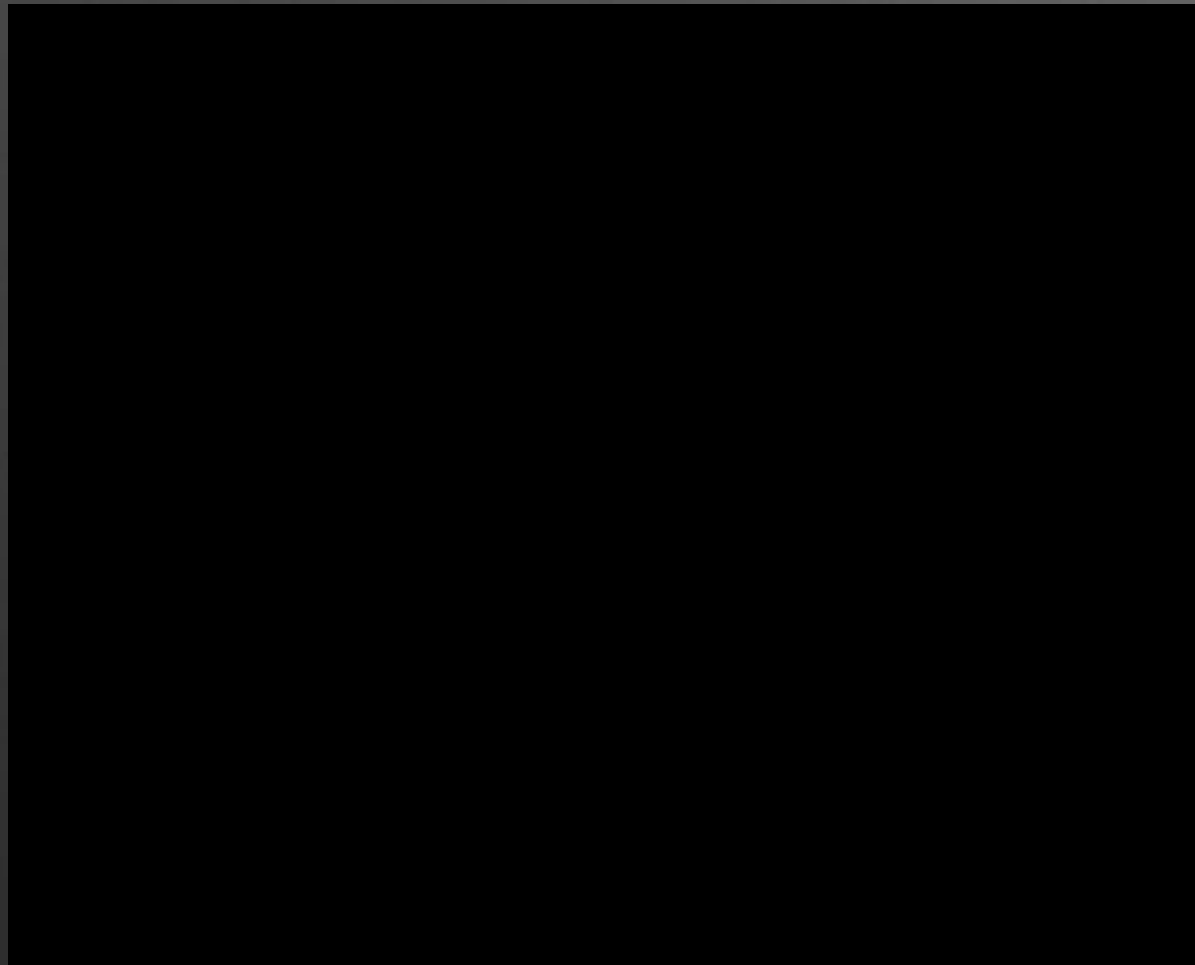
- Hill Runs
- Stadium Runs
- Stadium Hops
- Car Pushes



Special Strength



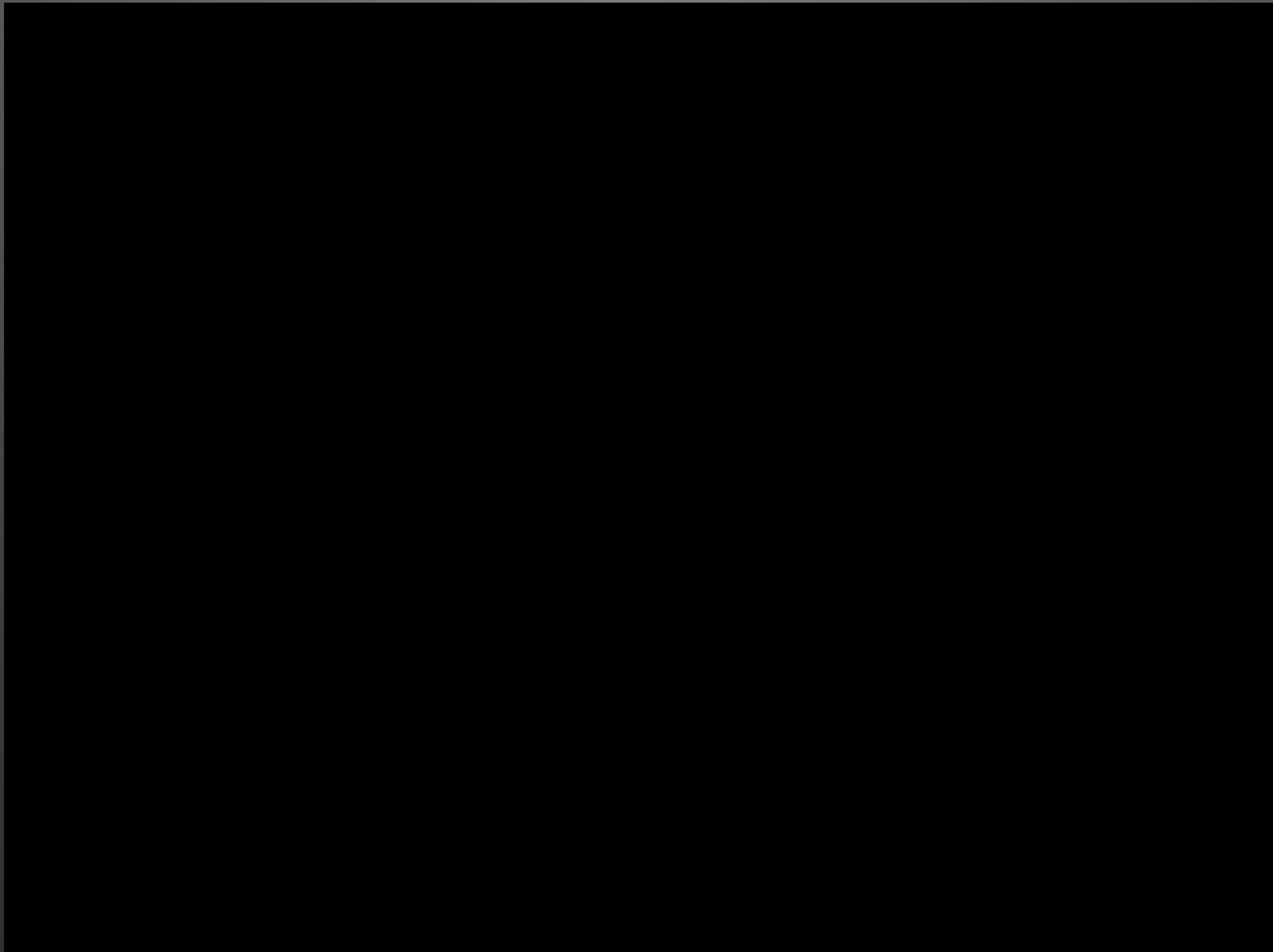
Core Work Sledge Hammer



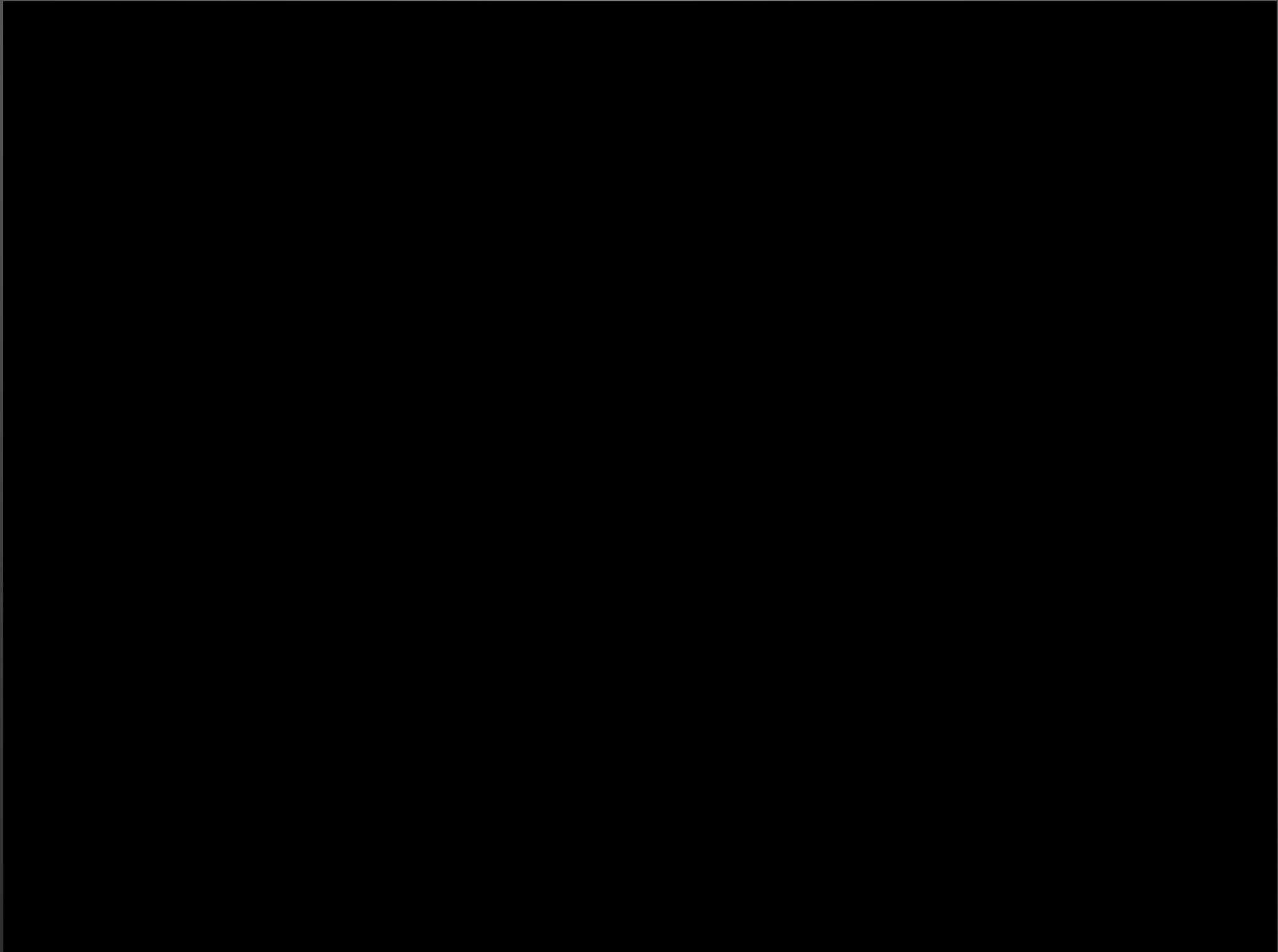
Stand Throw Barbell



Barbell Front Squat Throw



Jumping Barbell Throw



Multiple Jump Circuits

- Have multiple on Hand
 - Easy, Medium, Hard
- Short, Long Distance
 - Short, Long (Time)
 - Hurdle Hops

Multiple Jump Sample

Skips for Height

Skips for Distance

Straight leg Scissor

Flexed leg Scissor

Alternate Leg Bound

Standing Long Jump

Depth Jump

Hurdle Hops

Multiple Throw Circuits

- **Have multiple on Hand**
 - **Easy, Medium, Hard**
 - **Short, Long Distance**
 - **Short, Long (Time)**

Multiple Throw Circuit Sample

Standing Over Head

V Sits

Rolling Fronts

Rolling Backs

Hip Tosses

Knee OHT

Squat Throws

Side to Side

Chest Pass

Lying Chest Pass

Slams

Knee OHT

Multiple Throw and Multiple Jumping

1 Hop Behind Head

1 Hop Under Hand

2 Hop Behind Head

2 Hop Under Hand

Box Jump Behind Head

Box Jump Under Hand

General Strength

- **Have multiple on Hand**
 - **Easy, Medium, Hard**
 - **Short, Long Distance**
 - **Short, Long (Time)**

General Strength Sample

Prisoner Squats

V- Sit Ups

Push Ups

Back Hypers w/ Twist

Plyo Pushups

Wrestler Bridge

Sit Up

Prone Single Leg Hip Ext.

Alternative Strength Training

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