

A unified LTAD for the a entire athletic department

Presented by **Justin Wickard**



Coaches—what's stopping us from aligning
LTAD across middle & high school levels?



What would it take to fix that?"



WARM-UPS

Grades 6-8

Areas of Focus

Fundamental Movement Skills (FMS)

- Locomotor Skills *Multi Plane movements*
- Balancing/Awareness *Spinning, Storks, Line walks, rolling, crawling, etc*
- Open Play tag, stop & go, obstacle courses.
- Object Control *Body limbs with a ball*
- Body Weight Exercises
- Med Ball

Grades 9-12

Areas of Focus

Increase the motor skills , loads, & movement instenties.

Start incorporating the following concepts into the warm-up design.

- More Dynamic Movements
- Agility Components
- Low Amplitude Jumps
- Med Ball Exercises w/movement



A Certified CSCS IN BOTH MS & HS “NSCA”

01

The ability to have a unified vertical alignment for LTAD when it comes to strength & conditioning programs for in-school & after school programs for athlete's and the general student body population.

02

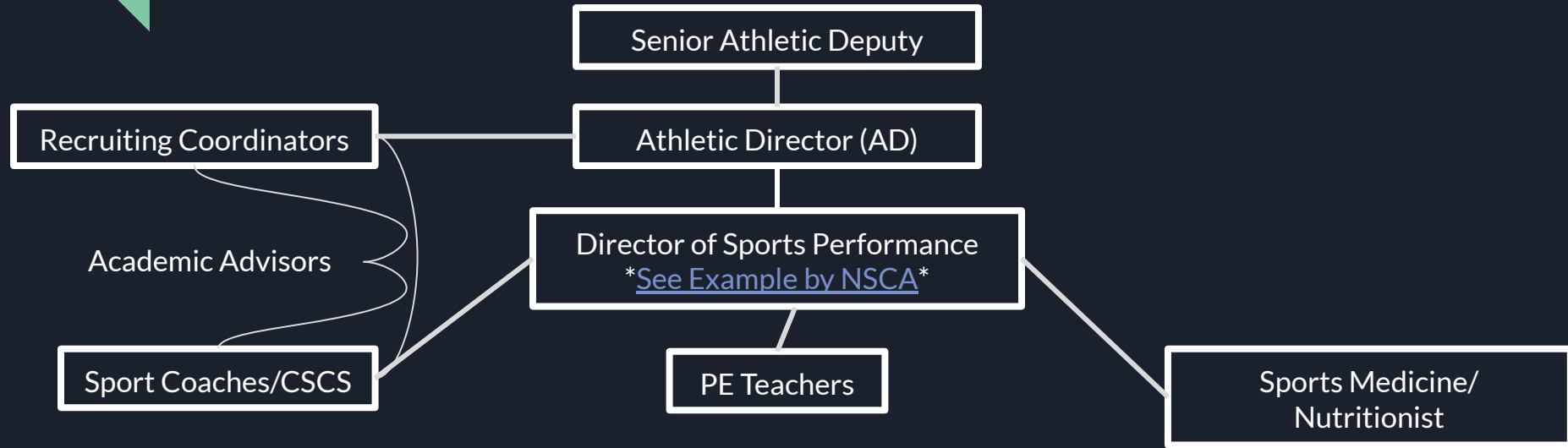
Limits liability risks for schools. Lowers the risks of popcorn workouts by coaches, Improved culture & yearly structured training plans.

03

A director that oversees & speaks with all PE teachers & coaches from middle school to high school. You voice, One Direction, One Vision, One Goal.

Safeguard S&C bias of just football focus. Should have two S&C in larger school & 1 Director of Sports Performance


IDEAL Hierarchy Model of a High School Athletic Department-School District





Communication is critical

How do we improve the communication gap
between coaches about athlete's in multiple
sports? CO-SHARING



Design a department wide workout toolbox all coaches must choose from

Speed Development

10x10

2x20,30, 40

Sprint/Float/Sprint

Wickets

Stadiums

Single, Double Runs

Single L/R, Double Hops

Plyometrics

Rocket Jumps

Pogos

Rudiment Series

Box Jumps

Acceleration

Sled Pushes, Sled Runs

Hills

Tempo/Speed Endurance Work

30sec Runs/3min Rest

6sec/45sec Rest

X/s

10x10 turnarounds

*If athlete is doing 2 sports at a time.
Then they only do the team practice & no
running, stadium or jumping prescribed
workouts



Thank you

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