

Speed, Agility and Quickness Training



Presented by
Brian Lawler,
MS, PT, OCS, ATC, CSCS, PES

PT, PTA, and ATC -
Continuing Education Course
North American Seminars, Inc.
1-800-300-5512
Fax 1-800-310-5920
www.healthclick.com

BOC Provider # P2047 | IL PT Provider # 216000074
AOTA Provider # 4487

Certificates of attendance are provided upon
successful completion of the course.

This course is 15.0 contact hours/1.5 CEUs

This course is 18 contact hours/1.8 CEU's for therapist
licensed in Florida, District of Columbia, Illinois,
or New York.

Day One

7:30	8:00	Registration
8:00	8:30	Dynamic Warm Up: Why You Should Never Static Stretch Before an Activity - Negative effects of static stretching on performance - Benefits of performing a dynamic warm up - Components of the dynamic warm up and progression of drills
8:30	9:00	The Start: How to Position Yourself for Maximum Speed - The athletic stance - Three point stance - Standing starts - First step quickness
9:00	10:00	Lab Session I - Dynamic warm-up drills for linear speed - Dynamic warm up drills for multidirectional speed - Starting positions for max speed
10:00	10:15	Break
10:15	11:15	Linear Speed Development Teaching correct mechanics and identifying the most common flaws in technique - Acceleration - Top Speed - Deceleration - Video Analysis
11:15	12:15	Multi-Directional Speed Development: Teaching correct mechanics and identifying the most common flaws in technique - Plyo step versus false step - Lateral shuffle - Crossover step - Backward acceleration (back pedaling and the hip return)
12:15	1:15	Lunch (on your own)
1:15	3:15	Lab Session II - Acceleration drills - Top speed drills - Multidirectional drills - Agility ladder drills - Reaction and quickness drills
3:15	3:30	Break
3:30	4:30	Plyometrics - Science of plyometrics - Safety considerations - Types and progression of drills
4:30	5:30	Lab Session III - Jumps - Hops - Bounds - Medicine ball

Day Two

8:00	9:00	Strength Training for Speed Development - The most effective exercises - Intensity, sets, reps and rest periods - Sample training programs
9:00	9:30	Using the Olympic Lifts for Increasing Power - The Clean and Jerk - The Snatch - Alternatives to Olympic Lifting
9:30	10:30	Lab Session IV: Teaching Strength and Power Exercises - RDL's (double leg and single leg) - Squats - Hang cleans and snatches - Kettlebell swings
10:30	10:45	Break
10:45	11:45	Performance Testing - Selecting proper tests, testing order, and rest periods - Tests for power (VJ, BJ, MB, throws) - Acceleration and speed testing - Agility testing - Functional movement screening
11:45	12:15	Maximizing Testing Performance for the Football and Baseball Combine - Vertical jump - Broad jump 5-10-5 shuttle 40 yard sprint 225 lb bench press 60 yard sprint
12:15	1:15	Lunch (on your own)
1:15	2:15	How to Set Up Your Own Speed Camp or Clinic - Liability issues - Selecting the best location - Purchasing and choosing the right equipment - Format of the camp (2 day, 1 week, 4-6 week camps)
2:15	3:15	Marketing Your Clinic - Making contacts: who, what, and how - Brochures and flyers: how to design them for maximum response - Capturing media's attention - How to write a press release
3:15	4:15	Specialty Clinics - ACL injury prevention - Youth - High school - Professional athletes - Firefighter and first responder
4:15	4:45	Sports Nutrition - Performance eating - Timing of meals - Supplements

Brian Lawler, MS, PT, OCS, ATC, CSCS, PES, is the Director of Sports Performance Enhancement at Acceleration Sports Institute in Arden, NC. He obtained a Master of Science degree in Physical Therapy from Duke University in 1993 and is board certified in orthopedics. He also has a Master of Science degree in Exercise Science and Health Promotion with a concentration in performance enhancement and injury prevention from California University of Pennsylvania. He is a certified athletic trainer with NATA, a certified strength and conditioning specialist with NSCA, a performance enhancement specialist with NASM, and an Olympic lifting club coach with USAW. Brian has worked with athletes from every sport imaginable and at all levels of competition, including youth, high school, collegiate, recreational and professional. He is an expert in developing speed, agility and quickness in athletes who participate in explosive sports such as basketball, baseball, football, hockey, rugby, soccer, softball, tennis and volleyball. He also has a special interest in ACL injury prevention and conducts screenings to identify athletes who are at increased risk for injury and conducts injury prevention clinics and training groups for female athletes.

A great reference tool for runners with hip dysfunction

Examination and Treatment of the Hip Joint DVD

- Narrated and demonstrated by Michael Reiman PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS
- Filmed in HD with professional DVD and online course (extra option available for CME at www.healthclick.com)
- An advanced educational program featuring examination and treatment techniques of the hip joint.
- Step by step discussion of twenty-six examination techniques of the hip joint.
- Thirty one treatment techniques, including fourteen mobilizations are detailed with expert narration.
- Develop an evidence based treatment program for specific dysfunctions of the hip by mastering these examination and treatment techniques.
- More information at www.healthclick.com/courses/NAS260.php

DVD with registration: **\$79.95** regularly, \$89.95. Free shipping to course site with course registration. Earn an extra 10.0 ceus for an additional \$99.95. Home Study can be purchased and completed online, visit www.healthclick.com/courses/NAS260.php for more information.

This two-day intermediate level course is intended for physical therapists, physical therapy assistants, athletic trainers, strength and conditioning coaches and sports coaches. You will learn the best techniques for improving speed, agility and quickness for athletes of all ages and abilities. Many people believe that speed is something that you are just born with but speed is just like any other motor skill which can be improved with proper training. This course has been designed to assist you in identifying common mistakes in acceleration, deceleration and change of direction. Specific instructions and techniques will be provided in order to help you teach correct mechanics with the goal of achieving a more explosive first step for your athletes. After completing this course, participants will be able to help athletes develop a more explosive first step, improve their speed and improve their ability to change direction at a moment's notice.

Beginning and advanced training techniques will be discussed in this course. Previous experience with these concepts is not necessary prior to attending this course. There are extensive laboratory sessions throughout this course. All participants will receive a comprehensive manual that summarizes the information provided in the lectures. Research support and a list of references for the training techniques will be included. The concepts presented can be applied to both healthy athletes and athletes who are undergoing rehabilitation. You will be able to incorporate the information that is presented immediately into your training and rehabilitation programs. Participants will also learn how to create successful and profitable speed clinics and sports performance programs.

Upon completion of this course, participants will be able to:

- Perform and design warm up drills to best prepare athletes for training and competition.
- Teach athletes to position themselves in the best alignment so as to give them a more explosive first step.
- Teach corrective techniques for acceleration, deceleration and change in direction and identify the most common flaws in technique.
- Perform the most effective drills for improving speed, acceleration and change direction such as the wall drill, falling starts, get up and go, ball drops, cone drills and more!
- Understand the science of plyometrics to be able to safely and systematically progress athletes through the various drills.
- Teach the most effective exercises for developing speed, strength and power.
- Choose which performance tests, such as vertical jumps, broad jump, medicine ball throw, T-test, pro shuttle agility and 10 yd. sprint to evaluate an athletes performance.
- Properly interpret collected data to identify an athletes strength and weaknesses.
- Train and teach the "tricks" to get the best performance possible in combining tests.
- Design and market your speed, agility and quickness clinics.
- Understand sports nutrition so that you can appropriately communicate the benefits of proper nutrition for maximum results.
- Appropriately apply training techniques and concepts during the rehabilitation of sports injuries, including post surgical patients.



Registration Form

Register Online!
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Name _____

Home _____

Address _____

Profession _____

City _____ State _____ Zip _____

Credit Card

Exp.date _____ Home Phone _____

e-mail (required)Location of attendance

Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. All cancellations must be submitted with written notice and received 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.