



**BSN** SPORTS™

# **ROBERT HACKETT**

*Brand Ambassador – Track & Field*



***OK, LETS TALK SOME ...***

**■ SPEED DEVELOPMENT**





# Robert Hackett

- World Class Sprinter at the University of Wisconsin
- Three-Time USA Olympic Trial Qualifier
- NCAA Champion
- NCAA All-American
- 7-Time Big 10 Sprint Champion
- 20+ Year Career in the NBA as a Head Strength Coach
  - Vancouver/Memphis Grizzlies, Dallas Mavericks, Milwaukee Bucks



# How to Develop Strength

- At the high school level we only have them for a short amount of time so what's the quickest & safest way to help them develop strength to have success?
  - Hip Flexors, Hip Extensions, Bands
  - Kettlebells
  - Plyometrics
  - Med - Balls
  - Parachutes / Sled Pulls / Sled Pushes
  - Core, Glute Bridges

# HIP WORK – BANDS

Hip Flexor

Hip Extension

Bridges



# Clams





# Flute



# Fire Hydrant



# Squat



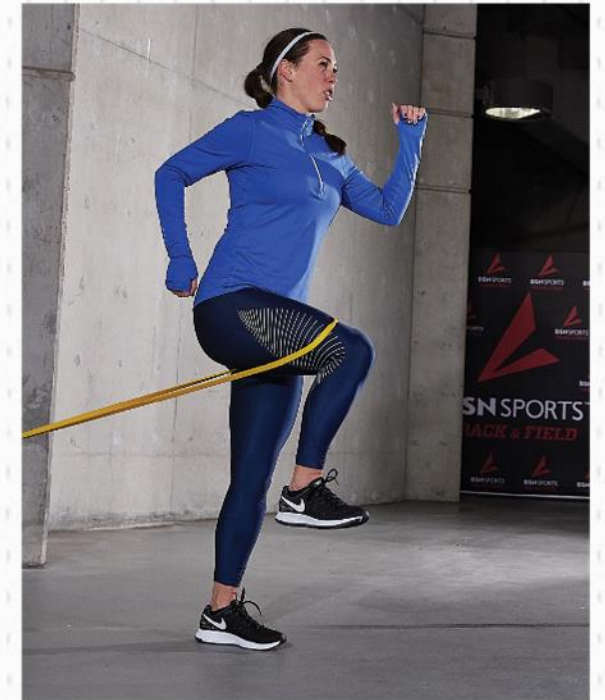
# Hip Iso Stability



# Hip Iso Stability



# Resistance Hip Holds



# Bridges



# Hip Mobility





NON  
SMOKING  
FACILITY  
  
TEXAS  
EDUCATION CODE  
38.006.

# **KETTLEBELL:** Squats, Swings, Cleans



# Kettlebell Squat



# Kettlebell Swings



# Kettlebell Cleans



# Kettlebell Cleans



# **PLYOMETRICS**

## **BOX JUMPS**



# Bounding



# Explosive Hops





# MEDICINE BALL WORK FOR EXPLOSIVE DEVELOPMENT



# Underhand Front



# Chest Pass



# Backwards Overhead



# Single Leg Alternate



# RESISTANCE AND POWER DEVELOPMENT FOR SPEED:

Sled Pulls  
Parachutes Sled  
Pushes



# Sled Pulls



# Parachutes





# Sled Push



# Wicket Runs



# Core – Strength & Stability

- Planks – 1 minute then Plank Twists
- Standing Trunk Rotations
- Med-Ball Russian Twist
- Flutter Kicks – 3 x 40 sec. / 20 sec
- Standing Single Leg RDL
- Standing Bands Chops/Twists



