



## **Speed and Quickness Tips**

Dr. Clint Steele, DC, CSCS

My name is Peter and I was wondering if you could give me any information on how to become a quicker and faster skater. I tore my A.C.L in my right knee and I am currently about 8 months post operation. Before the injury I was pretty quick but not that fast. After the injury I am lacking in both. Could you give me some tips or exercises I could do to become more quick and explosive, but also fast.

Any info would be great....Thanks a lot

-Peter

Thanks for the question Peter.

I have written to some degree in previous questions about developing fast twitch muscle fibers etc so I will not get into an explanation here.

Let me then, get right to the question.

The following are a few tips you can follow:

- 1) In order to be quick or fast you must be quick or fast. This simply means you need to perform drills that require you to be quick and fast. The more you do these the more your muscles will get used to moving at that speed and you will become faster and quicker.
- 2) Make sure after each drill you rest at least 4-5 times the amount of time it took you to perform the drill. This will allow your fast twitch muscle fibers to recover. If your rest period is less then this then you are no longer developing fast twitch muscle fibers but rather simply working on conditioning.
- 3) Perform drills with a partner. A partner will force you to move fast than normal and allow you to have more fun.
- 4) Do not perform quickness or speed drills for longer than 15 seconds as fast twitch muscle fibers will only be trained during the first 12-15 seconds.

Now some exercises you can perform as well.

- 1) I highly recommend ladder agility drills for quick feet. There are hundreds of drills you can perform with an agility ladder and they are easy to perform.
- 2) Two foot/one foot hops. I love this drill as you can perform it anywhere and it takes only a couple of minutes to perform. Simply place a piece of tape on the ground or you can

- also use a hockey stick. Simply hop over the tape back and forth as quickly as possible for 15 seconds. Use two feet or one foot. Move laterally or front to back.
- 3) Two foot touches. This can be performed on a step. Start on the ground and touch the top of the steps as many times as you can with each foot in 15 seconds.

Some good speed drills include:

- 1) Sprints with a partner. Run 30-40 yard sprints while racing a partner. Rest again is 5:1 rest to work.
- 2) Over speed sprints either down a hill or with a bungee.
- 3) Resisted sprints with a parachute or uphill
- 4) Resisted sprints with a parachute or a sled with overspeed right away. This can be done with a parachute or a sled that allows you to run 20 yards with resistance then pull the cord so the chute or the sled is let go and this then forces you to run faster than normal.