



Pickett's Mill Elementary SPRING 2025

\$150/Session

Grades 2nd – 5th (25 Max/session)

With Marcia Cutts

Wednesday (Except Early Release/Breaks)

Certified Speed & Agility Instructor

1/29/2025, 2/5/2025, 2/12/2025, 2/26/2025, 3/5/2025
3/12/2025, 3/19/2025, 3/2/2025

Registration Now Open

STARTS January 29th

REGISTRATION CLOSES January 23th

***All students who join a club are required to register for ASP (non-refundable \$20.00 fee) ***

Proper running mechanics is the foundation for all sports. Before you can learn speed and agility, you need to learn mobility. We will focus on learning how to move our body through drills, running and stretching, utilizing speed ladders, mini hurdles, and the greatest piece of equipment there is "Our Body".

Speed, Sprints & Agility: This program will teach proper sprint mechanics for all kids interested in increasing their overall fitness level, agility and SPEED!

Jumping & Bounding: This program will teach proper jumping, bounding and landing. This will help increase overall strength and agility.

Yoga & Pilates: Will help increase flexibility and dexterity.

Items Needed: Good Running Shoes, Water and a Great attitude!

- *No Crocs, Vans or Converse can be worn to workout.*

All classes are instructed by Marcia Cutts, Head Track & Field coach for the Allatoona Jr. Bucs, certified mobility, speed and agility instructor. Over 10 years in coaching experience and Division 1 Collegiate athlete/

REGISTER HERE



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Thank you so much for joining me in this Semester. I hope that the drills and exercises you have learned here will continue to make you a better runner and an all-around better athlete. But with anything, practice makes perfect. So here are a few things I want you to practice. We did all these drills during class, but if you forgot, YouTube is your friend. Hopefully you will join me in Fall 2024. Have an amazing Summer!

Drills

- A-Skip
- B-Skip
- Straight leg toe Touch
- Carioca
- Butt-Kicks
- High Knees
- Lunge Walks
- Bounding (Mario Jump)
- Power Skip
- Forward/Backwards/Lateral Arm Swings

Sprint Mechanics

- Sprint Arm Drive – Chin to Cheek (Back Pocket)
- Agility Arm Drive – Chin to Front Pocket
- Knee Drives (Single, Double, 4x)
- Switch Drill – Arm Drive (Single, Double, 4x)
- Switch Drill Arm/Knee Drive (Single. Double, 4x)

Mobility Exercises

- | | | |
|---------------|-----------------|-----------|
| Squat | Lunges | Burpees |
| Jump Squat | Sumo Squat | Tuck Jump |
| High Knees | Lunge Walks | |
| Speed Skaters | Single Leg Jump | |

Mini Hurdle Drills – 6-9” Hurdle

- Single Leg Step Over
- Double Leg Jump
- Bunny Hop
- Sidestep Over

Speed Ladder Drills

- | | |
|-------------|--------------|
| Single Step | Double Step |
| Bunny Hop | Straddle Hop |
| In-Outs | |

These drills are designed to generate explosiveness, all are fast twitch drills, combined with proper stretching and running will increase overall speed and mobility. You can't have speed and agility without Mobility, STRETCH!

PARENTS, FOLLOW MAXOUT ON FB FOR INFORMATION ON SUMMER MINI CAMPS AND POP-UP CLASSES and Youth at-home workouts!