



Need for Speed

COURSE BREAKDOWN



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The ALTIS Need for Speed Course is your comprehensive road map to better understand speed in team sport. It shows you what speed really is, why it is important to team-sports, and - most importantly - how to improve the speed of your players in the game!

- ◆ A WELCOME LETTER – STUART MCMILLAN
- ◆ COURSE ORIENTATION
- ◆ FOREWORD: BY DR SOPHIA NIMPHIUS
- ◆ BOOK ONE: WHAT IS SPEED?
- ◆ BOOK TWO: WHY IS SPEED IMPORTANT?
- ◆ BOOK THREE: HOW DO WE DEVELOP SPEED?
- ◆ CONCLUSION
- ◆ APPENDIX

What is Speed?

More importantly, what is speed as it relates to playing team sports?

This isn't as easy a question as it might seem - it is far more than simply running fast in a straight line.

“In Book 1, you will learn about the difference between an ability and a skill, the two categories of speed, the 3 subcategories, and the 10 components that make up these categories.”

- ♦ THE NEED FOR SPEED
- ♦ SPEED: DEFINED
- ♦ SPEED AS A COMPLEX SYSTEM
- ♦ THE ROLE OF SCIENCE IN TEAM SPORT
- ♦ A HISTORY OF SCIENCE IN SPORT
- ♦ AN INTRODUCTION TO ENDURING SPEED
- ♦ MAXIMAL AEROBIC SPEED
- ♦ LOW INTENSITY SPEED & MODERATE INTENSITY SPEED
- ♦ HIGH INTENSITY SPEED
- ♦ ENDURING SPEED: A CONCLUSION
- ♦ AN INTRODUCTION TO LINEAR SPEED
- ♦ HIGH INTENSITY SPEED, PART II
- ♦ MAXIMAL SPRINT SPEED
- ♦ ACCELERATION
- ♦ MANEUVERABILITY
- ♦ LINEAR SPEED: A CONCLUSION
- ♦ AN INTRODUCTION TO DECISION MAKING SPEED
- ♦ MANEUVERABILITY, PART II
- ♦ AGILITY & CHANGE OF DIRECTION SPEED
- ♦ DECELERATION
- ♦ STARTING SPEED
- ♦ DECISION MAKING SPEED: A CONCLUSION
- ♦ TEAM SYNCHRONICITY
- ♦ OBJECT CONTROL SPEED



Why is speed important to team sports?

Sounds like an obvious question, right?

The best teams and players are often the fastest - but what about when they're not?

“In Book 2, you will learn why speed is important - even in cases when it may not seem that way!”

- ♦ THE POWER OF INFORMATION
- ♦ CONTENT ↔ CONTEXT
- ♦ FROM FUNDAMENTAL TO FUNCTIONAL
- ♦ SELF ORGANIZATION, CONSTRAINTS & EMERGENCE
- ♦ VARIABILITY ATTRACTORS & FLUCTUATIONS
- ♦ THE RULES – PART 1
- ♦ THE MECHANICS OF SPRINTING
- ♦ SPRINT PHASES & ACCELERATION STRIDE PARAMETERS
- ♦ FORCE APPLICATION DURING ACCELERATION
- ♦ THE BIOMECHANICAL BASIS FOR ACCELERATION TECHNIQUE
- ♦ DETERMINING FACTORS IN ACCELERATION PERFORMANCE
- ♦ MUSCLE ACTIVATION DURING ACCELERATION
- ♦ UPRIGHT SPRINTING STRIDE PARAMETERS
- ♦ FORCE APPLICATION DURING UPRIGHT SPRINTING
- ♦ THE BIOMECHANICAL BASIS FOR TOP SPEED TECHNIQUE
- ♦ DETERMINING FACTORS IN TOP SPEED PERFORMANCE
- ♦ MUSCLE ACTIVATION DURING TOP SPEED SPRINTING
- ♦ TOP SPEED MECHANICS
- ♦ DO MECHANICS MATTER?
- ♦ SPRINTING AS A VACCINE
- ♦ TRANSFER OF TRAINING



Book 3 is your playbook!

“Taking all the learnings from books 1 and 2, you will now learn how to put it all together in a coherent plan to improve the speed of your players and teams.”

- ♦ **SESSION 1: AN INTRODUCTION TO BOOK THREE**
- ♦ **SESSION 2: THE SYSTEM IS THE SOLUTION**
- ♦ **SESSION 3: IT’S JUST LIKE RIDING A BIKE ... UNTIL IT’S NOT**
- ♦ **SESSION 4: LEARNING MODELS**
- ♦ **SESSION 5: “BUT WE’VE ALWAYS DONE IT THIS WAY”**
- ♦ **SESSION 6: BERNIE SAYS CONTEXT**
- ♦ **SESSION 7: THE LAST DANCE**
- ♦ **SESSION 8: “BE LIKE WATER”**
- ♦ **SESSION 9: TOO MANY PIRANHAS IN THE POOL**
- ♦ **SESSION 10: “FEEL LESS LIKE AN IDIOT”**
- ♦ **SESSION 11: “COMFORTABLE BEING UNCOMFORTABLE”**
- ♦ **SESSION 12: THE ALTIS COACHING FRAMEWORK**
- ♦ **SESSION 13: ORGANIZATION & APPLICATION**
- ♦ **SESSION 14: THE RULES – PART 2**
- ♦ **SESSION 15: SHAPES**
- ♦ **SESSION 16: PATTERNS**
- ♦ **SESSION 17: RHYTHM**
- ♦ **SESSION 18: POSTURE**
- ♦ **SESSION 19: THE WARM-UP**
- ♦ **SESSION 20: ACCELERATION PRACTICAL**
- ♦ **SESSION 21: UPRIGHT SPRINTING PRACTICAL**



Appendix

- ♦ **SYSTEMS THINKING & A SYSTEMS APPROACH TO SPORT SPEED**
- ♦ **KEN CLARK ACCELERATION & TOP SPEED RESOURCES**
- ♦ **SPECIAL METHODS**
- ♦ **RESEARCH REVIEWS**
- ♦ **THE FULL SERIES OF COACH PFAFF'S MYTH BUSTERS**
- ♦ **PROF. DR. KLAUS BÖS INTERVIEW TRANSCRIPT**
- ♦ **HARRY BERERRA BOOK 3 NOTES**
- ♦ **JAMES WILD - 5 PART SERIES ON ACCELERATION**
- ♦ **DR MATT JORDAN, DR CHRIS BISHOP AND DANIEL KADLEC - ASYMMETRY & DOMINANCE EFFECTS ON TEAM SPORT PLAYERS**
- ♦ **MATT PRICE TALKS 'SPEED ON ICE'**



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