



IN COLLABORATION WITH DANNY FOLEY AND LES SPELLMAN

TEAM SPEED COACH CERTIFICATION

PROGRAM OVERVIEW - LEVEL I



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TEAM SPEED COACH CERTIFICATION

ABOUT THE PROGRAM



The Team Speed Certification is a new three-level professional pathway for coaches in team sport.

Created by ALTIS in partnership with Les Spellman and Danny Foley, & facilitated by Meg Young, the Team Speed Coach Certification is the industry benchmark for applied speed education.

If you coach speed, you've felt it. The gap between running sessions and running a system.

Sessions exist. Drills exist. Pieces of a system are there. But bringing it all together, and being able to explain, apply, and adjust it under real constraints, is where most environments fall short.

The Team Speed Coach Certification is built to close that gap.

This is a guided, three-level pathway led by some of the most experienced practitioners in the field. Stuart McMillan, Les Spellman, and Danny Foley bring decades of work across Olympic sport, professional leagues, and high-performance systems.

Their combined experience shapes a program grounded in what holds up under pressure, across seasons, and across sports.

Inside the program, you work alongside a global cohort of coaches who are building, testing, and refining their systems in real time. Through structured progression, live mentorship, and ongoing collaboration, you develop a model you can run with clarity.

The Certified Team Speed Coach designation reflects that standard. It signals that you can connect acceleration, max velocity, change of direction, weight room integration, and athlete health into one coherent system, and apply it where it matters most.

This is about building a system you trust, and becoming the coach who can deliver it.



STU MCMILLAN

MEG YOUNG

DANNY FOLEY

LES SPELLMAN

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LEVEL I - SYSTEM FOUNDATIONS



A Three Level Pathway



The pathway begins with Level I – System Foundations, the first of three levels in the full certification, building understanding & structure.



Level II: System Integration – teaches you how to apply and manage systems within real environments.



Level III: System Leadership – shows you how to lead programs, mentor others, and advance practice.



Level I is a six-month guided program blending structure, mentorship, and community to help you build and apply a complete team-speed system inside your environment.



Each month features focused lessons and bi-monthly conversations from all three partners, facilitated by Meg Young — with each partner approaching speed from a distinct but connected lens.

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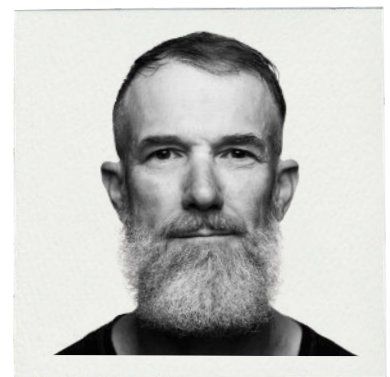


Working with Stu, Les & Danny, underpinned by facilitation and guidance from Meg, you'll work through focused lessons delivered monthly, supported by bi-monthly live calls, and peer discussion groups.

Collaborating through an interconnected lens, each partner approaches speed from a distinct but connected framework, giving you the benefit of a tri-fold approach to your development.

Role: Stu will teach you how to think – through the lens of systems, biomechanics, and the interrelationships that shape coordination and performance.

Purpose: To help you see athletes and training through a complexity-informed lens; ask better questions; make better decisions; and coach the individual in front of you with greater clarity, curiosity, and precision.



STU MCMILLAN

Role: Les will help you apply speed principles on the field – through drills, progressions, and programming that reflect the realities of team sport environments.

Purpose: To help you translate ideas into action by building clear, repeatable accel, max velocity, and CoD systems. Les will support you in designing sessions, progressions, and coaching strategies that fit real constraints such as time, space, and roster size, so speed work can be delivered consistently and effectively.



LES SPELLMAN

Role: Danny will help you connect health and performance – through an understanding of fascia, movement quality, and how therapy principles influence speed and durability.

Purpose: To help you build a practical framework for supporting speed through improved tissue health, movement quality, and force transmission. Danny will guide your decision-making around readiness and workload so athletes can tolerate training, adapt over time, and sustain performance.



DANNY FOLEY

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PROGRAM OVERVIEW - LEVEL I



MONTH 1 - RELEASED MONDAY OCTOBER 19TH

STU MCMILLAN ALTIS	LES SPELLMAN	DANNY FOLEY
MODULE 1: BEAUTIFUL QUESTIONS: THE HEART OF COACHING Focus: This module will develop how you think as a coach by improving the quality of your questions, what you pay attention to, and how you make decisions in uncertain environments. Outcomes: Ask better questions that shape what you see Improve your ability to identify what matters in complex environments Make more informed decisions under uncertainty	MODULE 1: ACCELERATION – ON FIELD Focus: This module will give you a clear, usable acceleration model and plug-and-play session structure. Outcomes: See key shapes and patterns in the first 5–20m Build progressions and systems to develop acceleration Build 30–40 minute team acceleration blocks that work within limited time and space	MODULE 1: WHY HEALTH MATTERS Focus: This module establishes health as the foundation of performance, emphasizing availability, the relationship between output and capacity, and the multi-factorial nature of injury. Outcomes: Understand why availability is the primary driver of performance over time Recognize injury as a multi-factorial process influenced by workload, capacity, and movement Differentiate between structural, functional, and technical injury pathways Understand how injury impacts long-term development and performance trajectory

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MONTH 2 - RELEASED MONDAY NOVEMBER 16TH		
STU MCMILLAN ALTIS	LES SPELLMAN	DANNY FOLEY
MODULE 2: COMPLEXITY & SYSTEMS IN COACHING Focus: This module will develop your understanding of how parts, relationships, and purpose interact within complex systems, and how nonlinearity and emergence shape coaching environments. Outcomes: Recognize how components of a system interact and influence performance Understand nonlinearity and emergence in training and adaptation Work with complex systems rather than trying to control them	MODULE 2: MAX VELOCITY - ON FIELD Focus: This module will show you how to safely and systematically expose athletes to upright speed and build a repeatable max velocity progression. Outcomes: Understand why max velocity matters for team sport, including speed, injury risk, and game speed Use a progression from drills to wickets to fly runs that fits your level and context Place max velocity work into the week alongside practice without creating excessive fatigue	MODULE 2: THE THREE PILLARS OF HEALTH & READINESS Focus: This module introduces trait, state, and workload as the central framework for understanding readiness, and reframes performance as a system of probability-based decision-making. Outcomes: Understand how trait, state, and workload interact to influence readiness and risk Apply a probability-based lens to decision-making around training and exposure Recognize readiness as a dynamic, daily variable requiring ongoing adjustment Adjust training through intensity, volume, and density based on athlete presentation Understand how injury impacts long-term development and performance trajectory

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MONTH 3 - RELEASED MONDAY DECEMBER 14TH

STU MCMILLAN ALTIS	LES SPELLMAN	DANNY FOLEY
MODULE 3: WHAT IS QUALITY? Focus: This module will develop your understanding of quality in movement by exploring patterns, variability, and stability. Outcomes: Identify key characteristics of quality movement Understand the role of variability and stability in performance Coach for effective expression rather than fixed perfection	MODULE 3: DECELERATION & CHANGE OF DIRECTION - ON FIELD Focus: This module will help you treat deceleration as a skill and connect it to game-relevant change of direction actions. Outcomes: Coach foundational deceleration mechanics, including trunk position, shin angle, and center of mass control Progress change of direction from closed drills to more open, decision-based environments	MODULE 3: THE MECHANICAL IDENTITY OF SPEED Focus: This module develops an understanding of the mechanical demands of speed and how those demands interact with athlete readiness, workload, and decision-making in a team environment. Outcomes: Understand the key mechanical drivers of sprinting (force, rate, direction, and exposure) Identify how risk emerges from the interaction of trait, state, workload, and movement Apply a structured system to interpret athlete readiness and guide training decisions Translate assessment inputs into actionable strategies (adjusting exposure, redistributing stress, supporting capacity)

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MONTH 4 - RELEASED MONDAY JANUARY 25TH

STU MCMILLAN ALTIS	LES SPELLMAN	DANNY FOLEY
MODULE 4: CAPACITY-COORDINATION CONTINUUM & RELATIONAL PERFORMANCE Focus: This module will help you understand what limits the athlete by examining how capacity and coordination interact within a system. Outcomes: Identify whether limitations are driven by capacity, coordination, or both Understand how these qualities interact in performance Map constraints to support more effective decision-making	MODULE 4: SPEED PROFILING Focus: This module will show you how to use simple field tests to understand who you are coaching and what each athlete needs. Outcomes: Choose a small, practical test battery Group athletes by profile to guide training decisions	MODULE 4: THE MECHANICAL IDENTITY OF SPEED Focus: This module analyzes how force is managed across the lower body, linking mechanical patterns to common injury presentations at the foot, knee, and posterior chain. Outcomes: Identify common mechanical patterns that drive stress at the foot and lower leg (e.g., overstride, early plantarflexion, medial collapse) Understand the knee's role as a force distributor and how upstream/downstream deficits influence knee stress Recognize how pelvic position, stride mechanics, and limb dynamics influence hamstring and adductor risk Connect movement patterns to underlying injury mechanisms (rate intolerance, elastic overload, exposure density)

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MONTH 5 - RELEASED MONDAY FEBRUARY 22ND

STU MCMILLAN ALTIS	LES SPELLMAN	DANNY FOLEY
MODULE 5: THE FOUR PATTERNS OF LOCOMOTION Focus: This module will help you understand the primary and secondary patterns of locomotion and how they connect to shapes, forces, and performance outcomes. Outcomes: Identify the primary locomotion pattern Understand the role of secondary patterns Connect movement shapes to force application and performance outcomes	MODULE 5: WEIGHT ROOM FOR SPEED Focus: This module will show you how to align the weight room with on-field speed themes so both environments support the same outcomes. Outcomes: Profile athletes within the weight room Program strength work that supports speed development Build sessions that integrate with on-field demands	MODULE 5: SUPPORT STRATEGIES FOR SPEED Focus: This module covers the significance of the surrounding components to support speed training and adaptations. Outcomes: Maximize the pre-session period to create efficient preparation routines. Understand the value of support strength applications; the mortar around the bricks. Develop an individualized process for post-training and regeneration. Appreciate the individuality of the athlete within the team structure.

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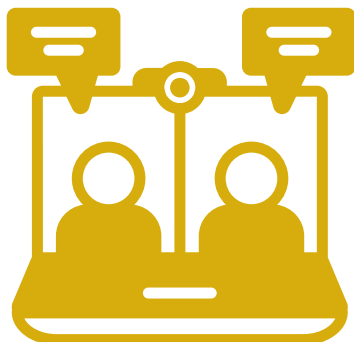


MONTH 6 - RELEASED MONDAY MARCH 29TH		
STU MCMILLAN ALTIS	LES SPELLMAN	DANNY FOLEY
MODULE 6: COACHING THE INDIVIDUAL Focus: This module will help you move beyond averages and coach the individual based on their unique constraints and signature. Outcomes: Recognize the limitations of group-based averages Identify individual athlete signatures and constraints Build training around the individual rather than the model	MODULE 6: DRIP – DOSE → RESPONSE → INTERVENTION Focus: This module will help you build a simple decision-making system to guide what you do, how athletes respond, and what you adjust next. Outcomes: Define training dose within your environment Track response using simple, practical tools Make weekly adjustments based on how athletes are handling acceleration, max velocity, and change of direction work	MODULE 6: ANALYZING KEY SPEED SITES Focus: Improving speed revolves around three key segments- foot & ankle, pelvis, and torso. This module covers how we can develop these areas from a strength perspective. Outcomes: Develop strategies for improving foot compliance, ankle stiffness, and lower leg function Improve hamstring resiliency and pelvic mechanics for speed Understand the relationship between upper body and lower body sprint mechanics

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YOUR GUIDED COHORT EXPERIENCE



LIVE CALLS

- Your cohort is connected through bi-monthly live calls, featuring Danny, Les, and Stu, facilitated by Meg.
- These sessions create space to review key ideas, ask questions, and learn through real coaching examples and discussion.



COHORT COMMUNITY & LIVING LIBRARY

- As part of your cohort community you'll have access to ongoing discussion threads, hosted on our interactive forum, allowing you to stay connected with the cohort, and your instructor team, while enabling you to learn how others are applying the material in their own environments.
- Included in this, is the Living Library, a continuously expanding archive of Team Speed event footage, case studies, and applied examples.

When you complete Level I, you will earn The Team Speed Coach – Level I Certification, forming the base of the full pathway Team Speed Pathway.



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KEY COHORT 2 DATES

Module Release Date	Call Series	Call Date	Call Time
Module 1 – Monday October 19, 2026	Month 1	Friday October 23, 2026	4:00-5:30pm PST
	Month 1	Friday November 6, 2026	4:00-5:30pm PST
Module 2 – Monday November 16, 2026	Month 2	Friday November 20, 2026	4:00-5:30pm PST
	Month 2	Friday December 4, 2026	4:00-5:30pm PST
Module 3 – Monday December 14, 2026	Month 3	Friday December 18, 2026	4:00-5:30pm PST
	Month 3	Friday January 8, 2027	4:00-5:30pm PST
Module 4 – Monday January 25, 2027	Month 4	Friday January 29, 2027	4:00-5:30pm PST
	Month 4	Friday February 12, 2027	4:00-5:30pm PST
Module 5 – Monday February 22, 2027	Month 5	Friday February 26, 2027	4:00-5:30pm PST
	Month 5	Friday March 12, 2027	4:00-5:30pm PST
Module 6 – Monday March 29, 2027	Month 6	Friday April 2, 2027	4:00-5:30pm PST
	Month 6	Friday April 16, 2027	4:00-5:30pm PST



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