



IN COLLABORATION WITH DANNY FOLEY AND LES SPELLMAN

TEAM SPEED COACH CERTIFICATION

MONTH 1 FIELD GUIDE

THREE PROBLEMS EVERY TEAM SPEED COACH HAS TO
SOLVE

How to see the problem clearly, build an acceleration
system, and develop output without ignoring what the
athlete can tolerate.



STARTING OCTOBER 19TH

MONTH 1: BUILDING THE FOUNDATIONS



What problems will you be better equipped to solve by the end of Month 1 in the Team Speed Coach Certification?

Speed development is rarely limited by a lack of exercises.

The harder questions are:

- How do you know what you're actually looking at?
- How do you avoid jumping to an explanation before you've properly understood the problem?
- How do you decide what to do when the information is incomplete?
- How do you teach acceleration rather than simply run acceleration drills?
- How do you progress an athlete from projection and force-dominant early acceleration into faster, more reactive running?
- How do you organise that work when you have a large group, limited time, limited space and limited staff?
- And how do you develop higher outputs without losing sight of the athlete's capacity to tolerate them?



MONTH 1: BUILDING THE FOUNDATIONS



Month 1 approaches those problems from three connected perspectives:

STU MCMILLAN - BEAUTIFUL QUESTIONS: THE HEART OF COACHING

Learn to ask better questions, see more clearly and make decisions without pretending certainty exists.

LES SPELLMAN - ACCELERATION: ON FIELD

Learn how to identify, teach, progress and organise acceleration from the first steps through the transition toward upright sprinting.

DANNY FOLEY - WHY HEALTH MATTERS

Learn to think about health as part of performance: availability, output versus capacity, contributing factors for injury, and the interaction between structural, functional and technical pathways.

**Three perspectives,
applied to the same
job: making better
decisions about the
athlete in front of you.**



SEE THE PROBLEM BEFORE YOU TRY TO SOLVE IT



Stu McMillan - Beautiful Questions: The Heart of Coaching

THE PROBLEM

Coaching rewards answers.

What exercise should I use?

What cue should I give?

Why did performance drop?

Why does this athlete move this way?

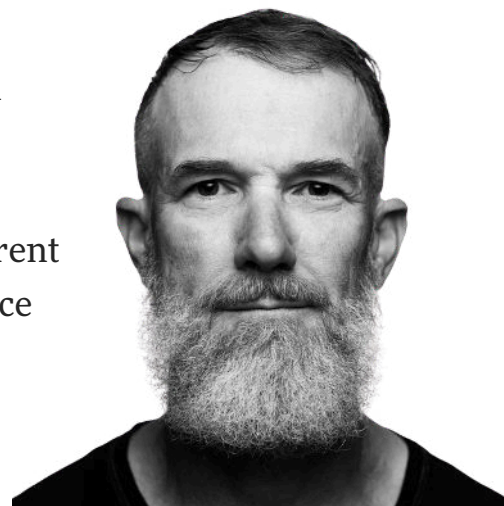
What should I change?

But athletes are not static systems. They adapt, fatigue and change. Context, timing and history matter. An explanation that seems entirely plausible can still cause you to close down inquiry too early.

The consequence is that you can become very good at solving the wrong problem.

The Month 1 material describes this as the difference between explanation and understanding.

In complex systems, the same outcome can emerge from different underlying processes, while the same intervention can produce different outcomes depending on context and timing.



SEE THE PROBLEM BEFORE YOU TRY TO SOLVE IT



Beautiful Questions: The Heart of Coaching

WHAT YOU'LL LEARN TO DO

1. Ask better questions before reaching for answers

The questions you ask shape what you notice, what you ignore, and ultimately which interventions you choose.

You'll learn to move beyond simply asking "why?" and use questions such as "what if?", "under what conditions?", "what am I not seeing yet?" and "how might?" to keep alternative explanations open and move from understanding towards action.

2. Make better decisions without pretending certainty exists

Good coaching still requires you to act. The challenge is avoiding premature closure — settling on an explanation too early and filtering everything that follows through it.

You'll learn to stay open to new information, treat unexpected outcomes as feedback, and use safe-to-fail experiments where appropriate: act carefully, watch what happens, and adjust as the system responds.

THE PRACTICAL CHANGE

Instead of immediately asking: "What should I do?"

You become better at asking: "What kind of problem am I actually looking at?"

BUILD AN ACCELERATION SYSTEM, NOT A COLLECTION OF DRILLS



LES SPELLMAN | ACCELERATION — ON FIELD

WHAT YOU'LL LEARN TO DO

1. Identify the acceleration problem you're actually trying to solve

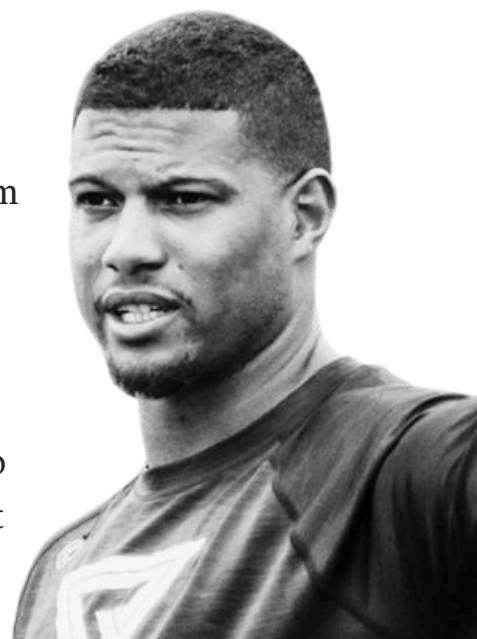
Acceleration isn't one quality. An athlete can struggle with projection and push in the first few steps, or accelerate well early but lose rhythm and stiffness as they transition towards higher velocities.

You'll learn what to look for across early and late acceleration, including common problems such as popping up, spinning the wheels, over-reaching, cutting off the push, staying down too long or rising too quickly.

2. Build and deliver a progressive acceleration system

You'll learn how heavy, medium and lighter resisted running solve different acceleration problems, and how to progress from force-dominant work towards faster, more reactive running.

You'll also see how Les structures the complete session — from preparation and power through resisted and unresisted running to testing — and how that structure can be adapted into circuits or stations for large groups, limited space and different staffing levels.



BUILD AN ACCELERATION SYSTEM, NOT A COLLECTION OF DRILLS



THE PRACTICAL CHANGE

Instead of asking: “What acceleration drills should I use?”

You become better at asking: “What acceleration problem am I trying to solve — and what progression will help me solve it?”



THE ALTIS TEAM SPEED COACH CERTIFICATION: MONTH 1 PREVIEW

BUILD CAPACITY TO MATCH THE OUTPUT



DANNY FOLEY | WHY HEALTH MATTERS

WHAT YOU'LL LEARN TO DO

1. Think beyond output to what the athlete can tolerate

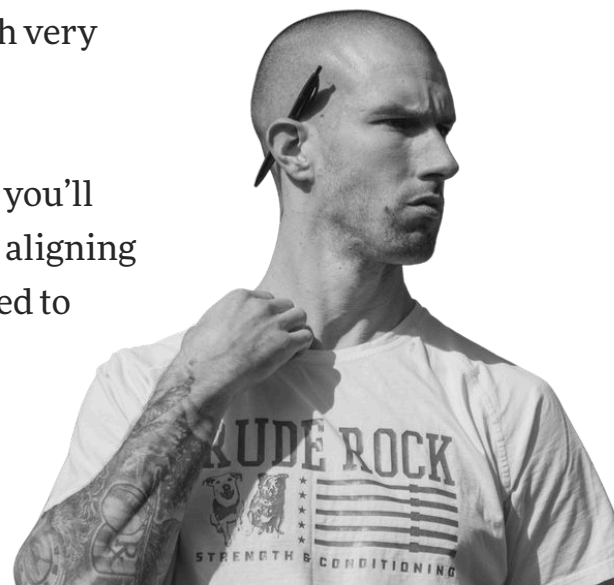
Performance isn't simply about how much an athlete can produce. It's also about how consistently they can express it.

You'll learn to consider the relationship between demand and capacity, and how movement, tissue capacity, workload, recovery, injury history and other factors interact to influence an athlete's ability to train and perform.

2. Understand injury as a system, rather than a single event

You'll learn to move away from looking for one root cause and consider how structural, functional and technical contributors interact. The same apparent injury can emerge through very different pathways in different athletes.

Rather than assuming injury can simply be prevented, you'll learn to think in terms of managing probability: better aligning what you ask an athlete to do with what they're prepared to handle.



BUILD CAPACITY TO MATCH THE OUTPUT



THE PRACTICAL CHANGE

Instead of asking:

“How do I prevent this athlete getting injured?”

You become better at asking:

“What factors are shaping this athlete’s ability to tolerate and consistently express performance?”



THREE PERSPECTIVES. ONE COACHING PROBLEM.



AN ATHLETE ISN'T ACCELERATING AS YOU'D EXPECT. WHAT DO YOU DO NEXT?

Month 1 gives you three connected ways to approach that problem.

STU: THINK

What are you actually seeing? What assumptions are you making? What else might explain what's happening?

LES: APPLY

Where does the acceleration problem sit? Is it projection and push in the first few steps, or the transition towards higher velocities? What progression best addresses it?

DANNY: SUSTAIN

What else is influencing the athlete's ability to express speed? Consider workload, tissue capacity, recovery, injury history and movement strategy.



TEAM SPEED IS INHERENTLY MULTIDISCIPLINARY.



To develop speed in team sport, you need to understand the systems and principles that underpin it. You need to know how to turn those principles into training that works on the field. And you need to understand the health–performance interface, because athletes need to be available and able to tolerate the work you’re asking them to do.

These are not separate subjects. They are different parts of the same job.

Historically, becoming good at that job has meant learning from different coaches, courses and disciplines — and then working out for yourself how everything fits together. Team Speed was built to connect those pieces for you.

AND THIS IS JUST MONTH 1...

Level I: System Foundations takes you through six months of guided learning, practical application, live conversations, peer discussion and an evolving Living Library. We’ve zoomed all the way out to understand how you develop a speed system, and all the way back down to how you implement it today.

This is the most important certification you’ll ever take in team speed.

Because speed touches almost every part of performance in team sport, we believe everyone responsible for developing, preparing or keeping team-sport athletes healthy should understand this system.

If you work with athletes in team sport, you should take Team Speed. We begin October 19.



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