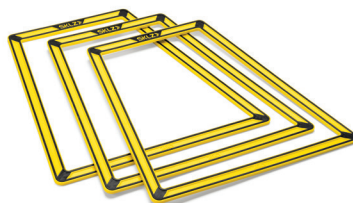


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TRAINING
GUIDE

TRAINING TIPS

WARM-UP

Prepare your body to move before you train. This helps to reduce the likelihood of injury.

TRAIN

Use these drills as part of a comprehensive session.

RECOVER

Take time to recover after every session. This can help to accelerate muscle repair.

ACCELERATION HAS TWO IMPORTANT CHARACTERISTICS THAT COACHES AND ATHLETES SHOULD KNOW.

1. Being able to apply a great amount of force into the ground in a short amount of time.
2. When that force is applied, it's done with efficient mechanics in the proper direction

The Acceleration Trainer allows an athlete to train those two characteristics while also providing a smooth transition into game-like movements when released. Often times in sports, acceleration involves movements that help transition to accelerating. These include:

- Shuffle – Lateral movement used in tight spaces
- Crossover – Links lateral movement to a sprint
- Cut – Links two movements and involves deceleration
- Backpedal – Used in retreating and transitioning in sport

Incorporate those four transitional movements into your program using the Acceleration Trainer.

DRILLS

ACCELERATION RESISTED - WITH RELEASE



STEP 1

Place 2 cones about 10 yards apart with a third cone 5 yards after the first two. Stand at the first cone with your arms at your sides and the Acceleration Trainer attached to your waist. Be sure the quick release strap is pulled taut by your partner or coach.

STEP 2

Maintaining a straight line between your ears, shoulders, hips, knees and ankles, lean your body forward and accelerate through the second cone.

STEP 3

As you reach the second cone, your partner or coach should release one end of the quick release strap as you continue to accelerate for 5 yards.

COACHING TIP: Maintain your body lean and drive your feet back and down as you're released.

FEEL IT: Working your entire body.

CROSSOVER DRILL - WITH RELEASE



STEP 1

Place 2 cones about 5 yards apart. Attach the Acceleration Trainer around your waist with the quick release strap on the side of your hip of your trailing foot.

STEP 2

Stand at one cone with the other out to your side in an athletic base position with your knees slightly bent, hips back and arms bent in front of you.

STEP 3

Drive one knee up and across your body and plant your foot outside your opposite leg.

STEP 4

When you plant your leg, transition into a sprint.

STEP 5

Your partner or coach should release one end of the quick release strap as you perform the crossover part of the movement.

COACHING TIP: Keep your chest up and shoulders forward.

FEEL IT: Working your hips, legs and torso.

LATERAL SHUFFLE - WITH RELEASE



STEP 1

Place two cones about 5 yards apart. Attach the Acceleration Trainer with your knees slightly bent, hips back and arms bent in front of you.

STEP 2

Stand next to a cone in an athletic base position with your knees slightly bent, hips back and arms bent in front of you.

STEP 3

Shuffle laterally toward the opposite cone by pushing with your trailing leg.

STEP 4

When shuffling away from the start, your partner or coach should release one end of the quick release strap at the second cone to allow for acceleration for 10 yards.

COACHING TIP: Keep your hips back and down, do not let your feet come together and minimize transition time at each cone, focusing on being explosive out of each cut.

FEEL IT: Working your entire body.

BACKPEDAL TO DROP STEP AND ACCELERATION - WITH RELEASE



STEP 1

Place 2 cones about 5-6 yards apart. Attach the Acceleration Trainer around your waist with the quick release strap in the front of your body.

STEP 2

Stand next to one cone, with another cone 5-6 yards behind you in an athletic base position with your knees and hips slightly bent and your arms bent at your sides.

STEP 3

Backpedal, keeping your hips low and arms alternating back and forth.

STEP 4

At the cone, your partner or coach should release one end of the quick release strap. Immediately drop step by opening your hips and accelerate.

STEP 5

Rest, and then complete the set by using the drop step with the opposite side.

COACHING TIP: While backpedaling, keep your back flat and hips back and down. Accelerate with good posture and a forward lean, driving your feet back and down.

FEEL IT: Working your entire body.