



FIRST STEP/QUICKNESS

LEVEL 1

TRAINING MANUAL





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Included in This Manual

- *Introduction to First Step and Quickness*
- *Key Components to First Step/ Quickness Training*
- *10 Exercises with Detailed Pictures/ Descriptions*
- *Intended for Beginner to Intermediate Athletes*

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More Information

- *For information about our training programs in northern Virginia and Maryland, please visit www.TrueAP.com*
- *For information about our adult fitness, boot camp, and corporate wellness programs, please visit the True Fitness Training website at www.TrueFT.com*
- *See Rob Rose's blog at www.TrueAP.com/blog*

Introduction

First Step and Quickness are two important elements of speed development and are vital to all athletes, no matter what sport they play. **First Step** can be defined as the first 2-5 steps of an athlete in any direction (Linear forward, linear backward, lateral sprint, lateral shuffle, diagonals). By our definition, first step not only includes movements from a stand still, but also from moving and changing directions. **Quickness** is simply rapidity of movement, and is also necessary for athletes. Being able to train the muscles to fire quickly will help make any athlete more explosive and ultimately faster. Most court and field sports involve footwork and short, quick bursts of motion. It is important to improve quickness and coordination so that athletes can perform these movements naturally.

Key Components of First Step:

- Stay Low
- Balls of Feet
- Balanced
- React
- Drop and Go
- Efficiency

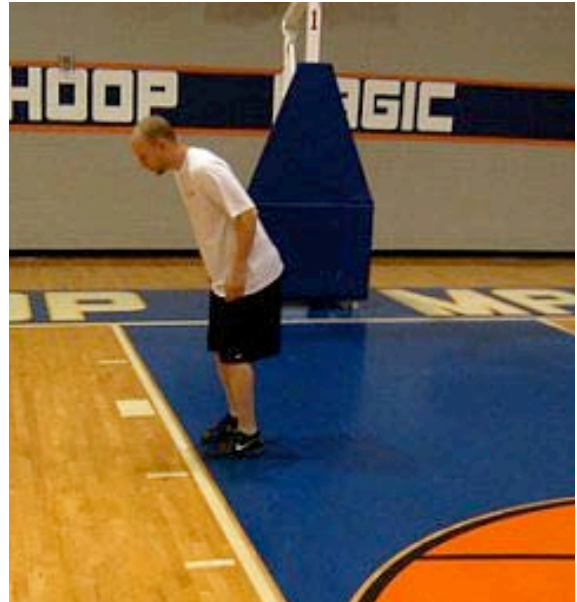
Key Components of Quickness:

- Balls of Feet
- Balanced
- Efficiency
- Arm Movement
- Coordination

Line Hop (Linear)

Setup:

All you need is a straight line to jump over.



Recommended Sets and Reps:

- Perform 4 sets of 30 seconds

Description:

- 1). On balls of the feet hop forward and back across the line as fast as possible
- 2). Be sure to tap toes on each side and not drag feet
- 3). Focus on foot speed

Equipment:

- None
- Find all your equipment needs by going to www.TrueAP.com and clicking on our Power Systems affiliate link.



Line Hop (Lateral)

Setup:

All you need is a straight line to jump over.



Recommended Sets and Reps:

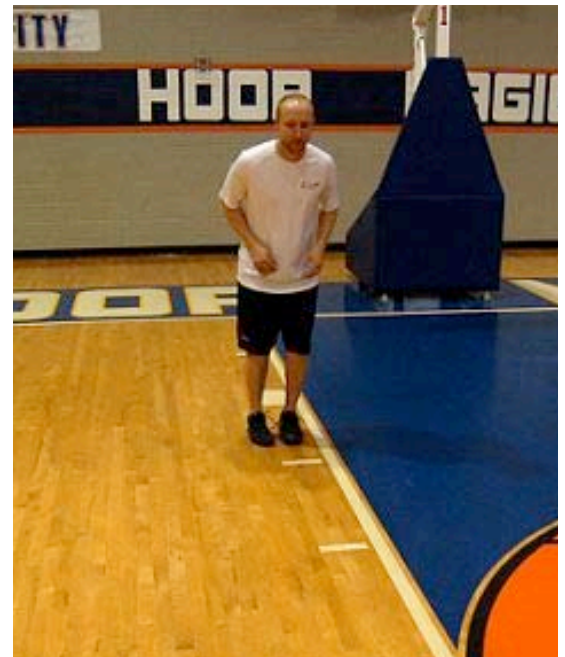
- Perform 4 sets of 30 seconds

Description:

- 1). On balls of the feet hop side to side across the line as fast as possible
- 2). Be sure to tap toes on each side of line
- 3). Focus on foot speed

Equipment:

- None
- Find all your equipment needs by going to www.TrueAP.com and clicking on our Power Systems affiliate link.



Line Hop (Stepping)

Setup:

All you need is a straight line to step over.



Recommended Sets and Reps:

- Perform 4 sets of 30 seconds, alternating lead leg.

Description:

- 1). Start with both feet behind line
- 2). Quickly step up and back across line leading with 1 leg leading throughout entire drill
- 3). Be sure to lead with the other leg as well in next set

Equipment:

- None
- Find all your equipment needs by going to www.TrueAP.com and clicking on our Power Systems affiliate link.



Line Hop (Scissor)

Setup:

All you need is a straight line to jump over.



Recommended Sets and Reps:

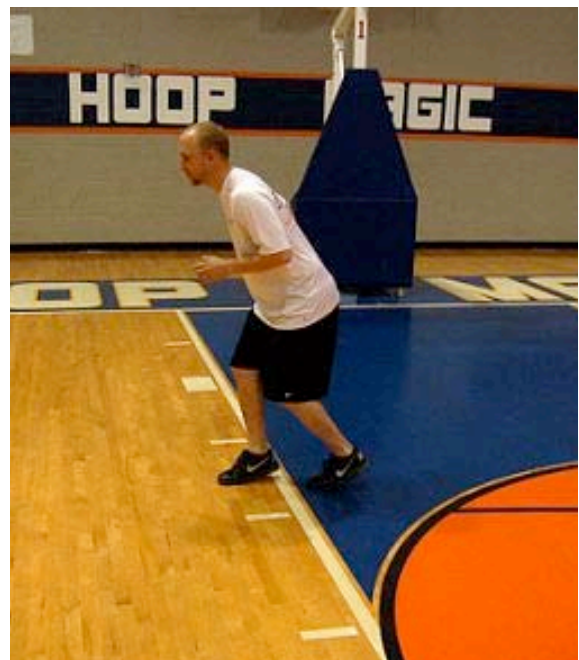
- Perform 4 sets of 30 seconds

Description:

- 1). Starting position is one foot ahead of line and other foot behind line
- 2). Goal is to switch feet as exact same time as fast as possible
- 3). Whichever leg starts in front, have opposite arm forward and keep arms switching as legs do throughout drill

Equipment:

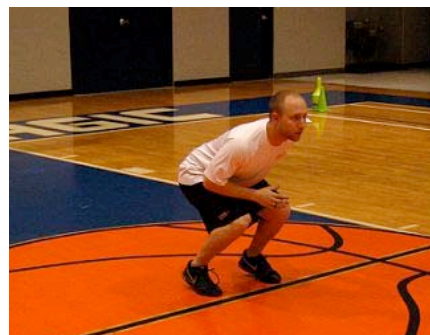
- None
- Find all your equipment needs by going to www.TrueAP.com and clicking on our Power Systems affiliate link.



First Step Form

Setup:

Two (2) cones about 10 yards apart or no equipment.



Recommended Sets and Reps:

- Perform 4-6 total repetitions

Description:

- 1). Start in ready position; feet shoulder width apart, weight on balls of the feet, hips down in squat like position, head and chest up
- 2). Quickly drop hips to activate stretch reflex
- 3). Push out in front with first step forward
- 4). Focus on NOT stepping back

Equipment:

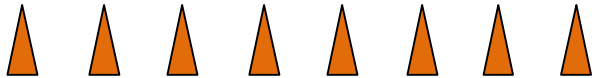
- Cones (2)
- Find all your equipment needs by going to www.TrueAP.com and clicking on our Power Systems affiliate link.



Cone Weave (Step Through)

Setup:

Eight (8) cones approximately two (2) feet apart in a line.



Recommended Sets and Reps:

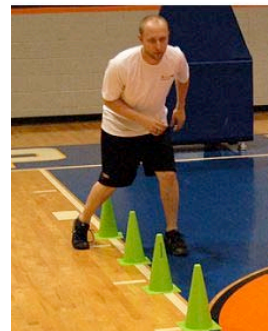
- Perform 4-6 total repetitions

Description:

- 1). 8 cone linear set up
- 2). 3 step technique
- 3). Whatever direction you're going is lead leg
- 4). 1st 2 steps are in center between cones
- 5). 3rd step is outside cones and pushes back into drill
- 6). R, L, R / L, R, L stepping pattern

Equipment:

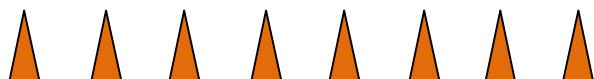
- Cones (8)
- Find all your equipment needs by going to www.TrueAP.com and clicking on our Power Systems affiliate link.



Cone Weave (Step Behind)

Setup:

Eight (8) cones approximately two (2) feet apart in a line.



Recommended Sets and Reps:

- Perform 4-6 total repetitions

Description:

- 1). 8 cone linear set up
- 2). 3 step technique
- 3). Whatever direction you're going in is lead leg
- 4). 1st step in center between cones
- 5). 2nd step crosses behind lead leg
- 6). 3rd set is outside cones and pushes back into drill
- 7). R, L, R / L, R, L stepping pattern

Equipment:

- Cones (8)
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First Step (Lateral)

Setup:

No equipment needed



Recommended Sets and Reps:

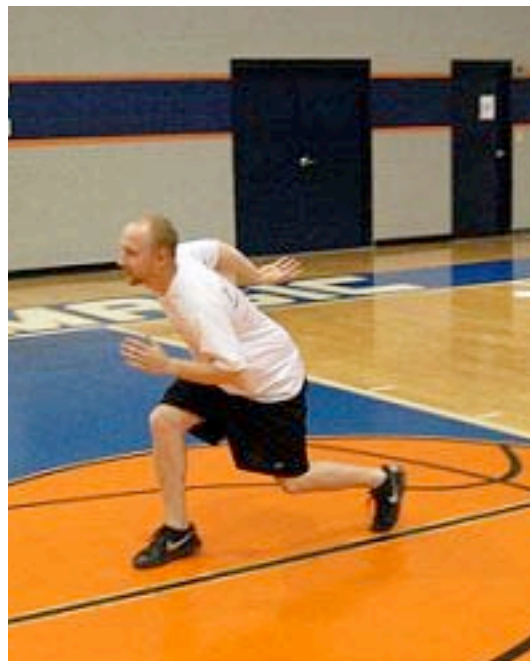
- Perform 4 sets of 10 yards

Description:

- 1). Start in ready position; feet shoulder width apart, weight on balls of the feet, hips down in squat like position, head and chest up
- 2). Quickly drop hips to activate stretch reflex
- 3). Lead leg is in direction you're trying to go
- 4). Push leg is outside leg
- 5). Quick step to ball of lead foot

Equipment:

- None
- Find all your equipment needs by going to www.TrueAP.com and clicking on our Power Systems affiliate link.



First Step (Shuffle)

Setup:

No equipment needed



Recommended Sets and Reps:

- Perform 4 sets of 10 yards

Description:

- 1). Start in ready position; feet shoulder width apart, weight on balls of the feet, hips down in squat like position, head and chest up
- 2). Quickly drop hips to activate stretch reflex
- 3). Lead leg is in direction you're trying to go
- 4). Push leg is outside leg
- 5). Push off entire instep/arch of foot when moving into lateral shuffle position

Equipment:

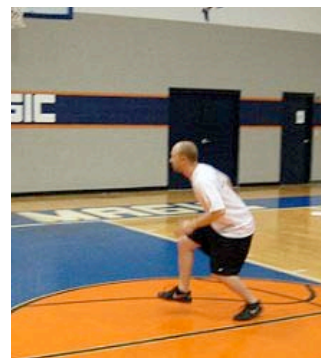
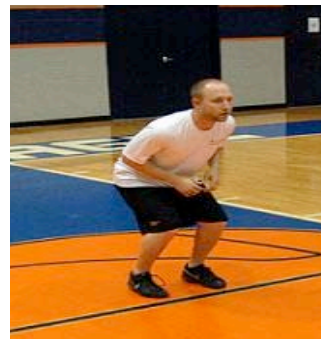
- None
- Find all your equipment needs by going to www.TrueAP.com and clicking on our Power Systems affiliate link.



First Step (Open)

Setup:

No equipment needed



Recommended Sets and Reps:

- Perform 4 sets of 10 yards

Description:

- 1). Start in ready position; feet shoulder width apart, weight on balls of the feet, hips down in squat like position, head and chest up
- 2). Quickly drop hips to activate stretch reflex
- 3). Open hips and lead with foot in direction you're trying to go
- 4). Should be an exaggerated drop and push to open hips all the way to desired position
- 5). Use lead arm snap back to get shoulders fully turned to desired position

Equipment:

- None
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