



DEUCE ATHLETICS

# PROJECT SPEED

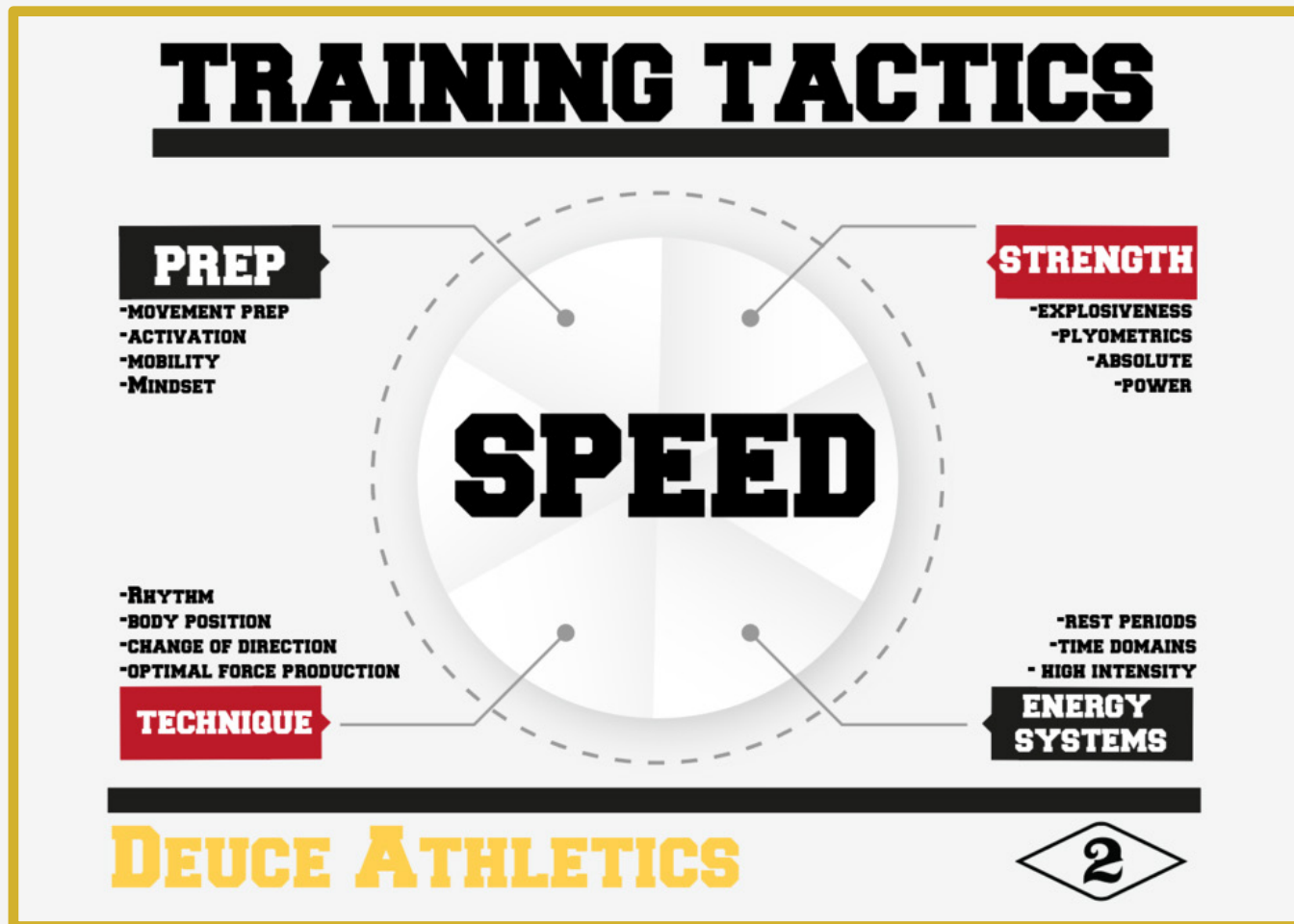


EMPOWERING  
MOTIVATED ATHLETES

POWERED BY SKLZ

# THE PROJECT SPEED MODEL

This model was created in order to organize and prioritize training. We value each topic equally. An athlete's capacity will be limited by their limitations in any pillar. We provide structure but ultimately it is up to the athlete to master each topic to achieve their full potential. An example of this is, if an athlete is limited by mobility they will never have the capacity to perform technique movements properly. Hence, an athlete should work on their weakness. Our goal is to provide the tools, but ultimately empower everyone to take control of their training.







# WARM UP →

The warm up is a crucial part of the workout in preparing the athletes body for movements and skills that they will be applying in the training session. This preparation consists of muscle activation, mobility, and mindset. Muscle activation allows the neuromuscular system to begin to communicate to the muscles to optimally fire at the right time during a contraction. Mobility exercises enable athletes to get full range of motion in their joints keeping them safe and proficient in their movement. Mindset includes a mental game plan about what new techniques the athletes will be going through in the workout and how this will translate onto the field. The warm up is designed to be specific to the movements the athletes will be going through best preparing them for the skills learned in the training day.





# TECHNIQUE →

**This part of the workout is where athletes are exposed to high level technique and skills that they can apply to in-game situations.**

Athletes are exposed to a wide range of speed training techniques: Linear / Lateral Acceleration, Top End Speed, Change of Direction, Hip Turn, and Cutting. Athletes are taught the different Body Positions, Footwork, and Optimal Force Production in each of the different technical skills. They are able to practice these different positions with proper progressions allowing athletes to better understand the movements.





# PLYOMETRICS →

Where strength and explosiveness meet. Plyometrics is a key factor in our training methods.

Allowing athletes to go through a series of plyometric movements gives them the ability to understand the strength and force production needed to move explosively in a minimal amount of time. In order to have athletes fully understand this concept, we include workouts that include bilateral leg movements (jumps), single leg movements (hops / bounds), and hybrids of each in different planes of motion.





# ENERGY SYSTEMS →

**This is the conditioning part of the workout where athletes are put through a series of drills and movement patterns that combine both the technique and plyometric worked on earlier in the training session.**

Taking into account proper work to rest ratios, athletes are able to move at high intensities making it a game like setting. These drills are set up to stress athletes out and challenge them to keep correct body position and footwork through the drill enabling them to translate this onto the field.



## SAMPLE WORKOUT

# WARM UP

- 3x10 External Hip Circles
- 3x:30 Side Plank Adductor Hold
- 3x10 Step Lateral Bent Leg Bear Crawl (each direction)







## SAMPLE WORKOUT

# TECHNIQUE

### Superset:

- 3x:15 Kneeling AO Drill
- 3x:15 Kneeling Cheek 2 Cheek Drill
- 3x6 Universal Athletic Position COD (15 yards)



## SAMPLE WORKOUT

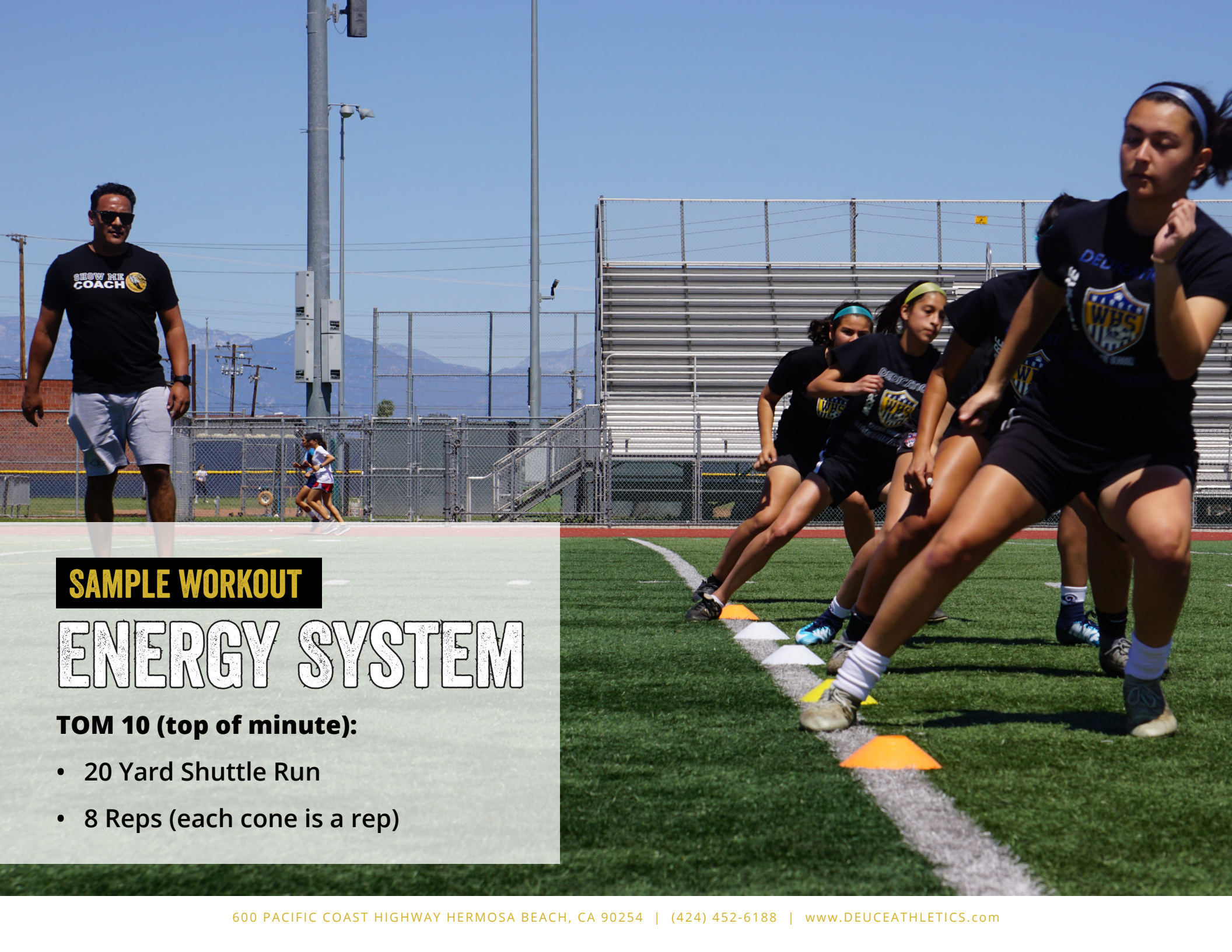
# PLYOMETRICS

### TOM 8 (top of minute):

- 1 Kneeling Jump
- 4 Lateral Bounds over Hurdle







## SAMPLE WORKOUT

# ENERGY SYSTEM

### **TOM 10 (top of minute):**

- 20 Yard Shuttle Run
- 8 Reps (each cone is a rep)





## **RONNIE LOPEZ** @RONNIELOPEZ21

Ronnie was born in Dallas, Texas but calls California home. Ronnie graduated, and played collegiate baseball at Chapman University where he participated in three Division III College World Series. He was introduced to functional movement and asked to deeply think about methods of training by Logan Gelbrich. Having a passion for sports, and human movement in general, Ronnie is a student of sports movement. He believes learning is never complete and the key to success as an athlete and coach is adopting a growth mindset.

## **JUAN GUADARRAMA** @JLGUADARRAMA

Juan grew up playing competitive soccer, then turned strength coach post college. His experiences range from brief military training to driving ambulances. His passion lies with enabling athletes to reach their potential through strength training. He spends his time coaching the DEUCE Strength program, Strongest On The Field Radio Host, Venice Beach FC, and coaching Crossfit.

## **KYLE HENMI** @KYLE\_HENMI2

Kyle is a local to the South Bay area and played collegiately at Azusa Pacific University with a degree in Kinesiology. He currently coaches at DEUCE Athletics and South High School.

## **CHRIS PASCUAL** @CPASCUAL6

Chris grew up playing baseball. His career extended through the collegiate level playing at San Diego Christian College. He currently, works with major league athletes during their off-season and focuses on working every individual enhance their performance by helping them get stronger, faster and improve their overall athleticism.





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