



Speed kills – but whom?



The speed game

- ◆ A legend just like the universal player
- ◆ Top speed in any action at any time?
- ◆ Not top speed but adopted speed

As fast as necessary – as slow as possible.

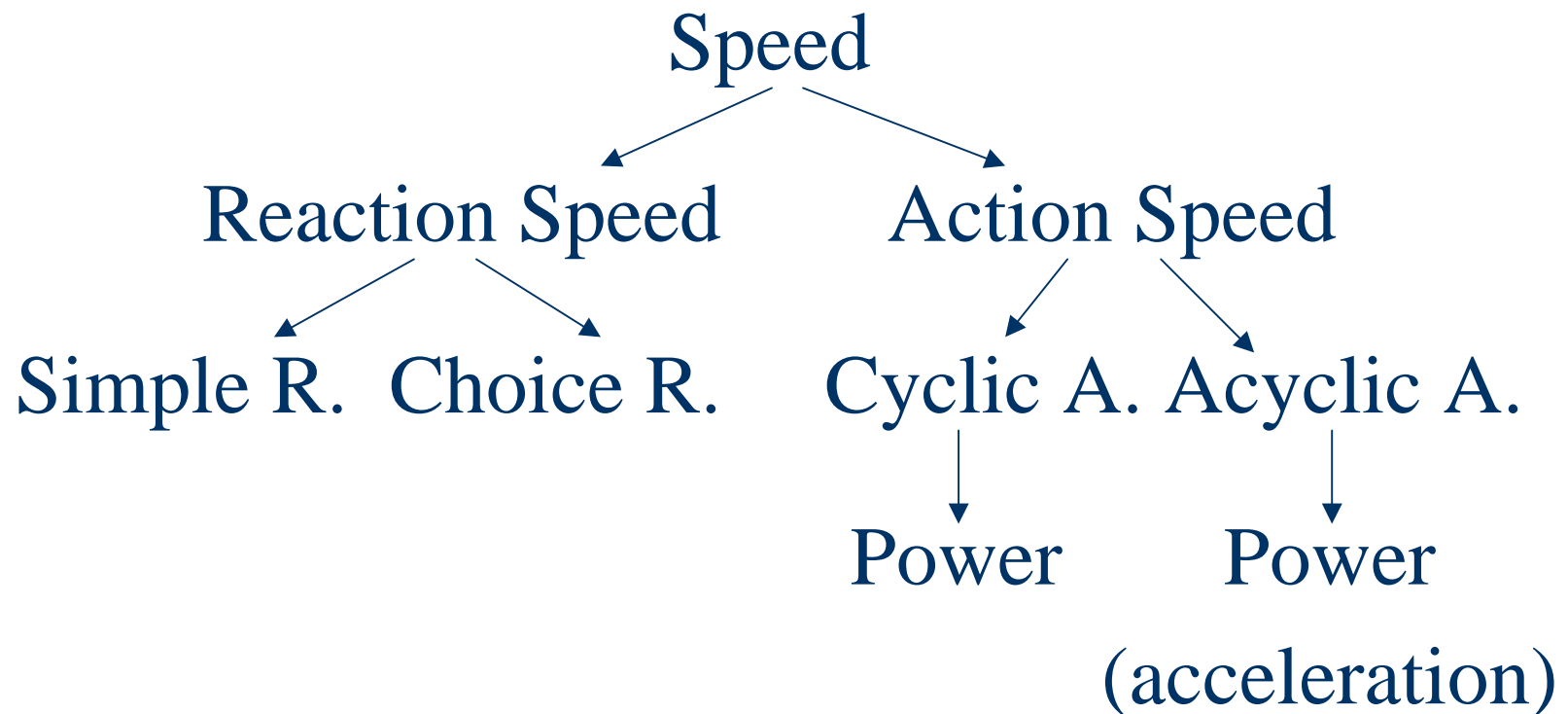


Speed

a multy-factorial phenomenon

- ◆ Perception
- ◆ Decision-making
- ◆ Action speed
- ◆ Surprise

Factors of Speed





Action Speed

- ◆ Strength
- ◆ FT/ST Composition
- ◆ Coordination

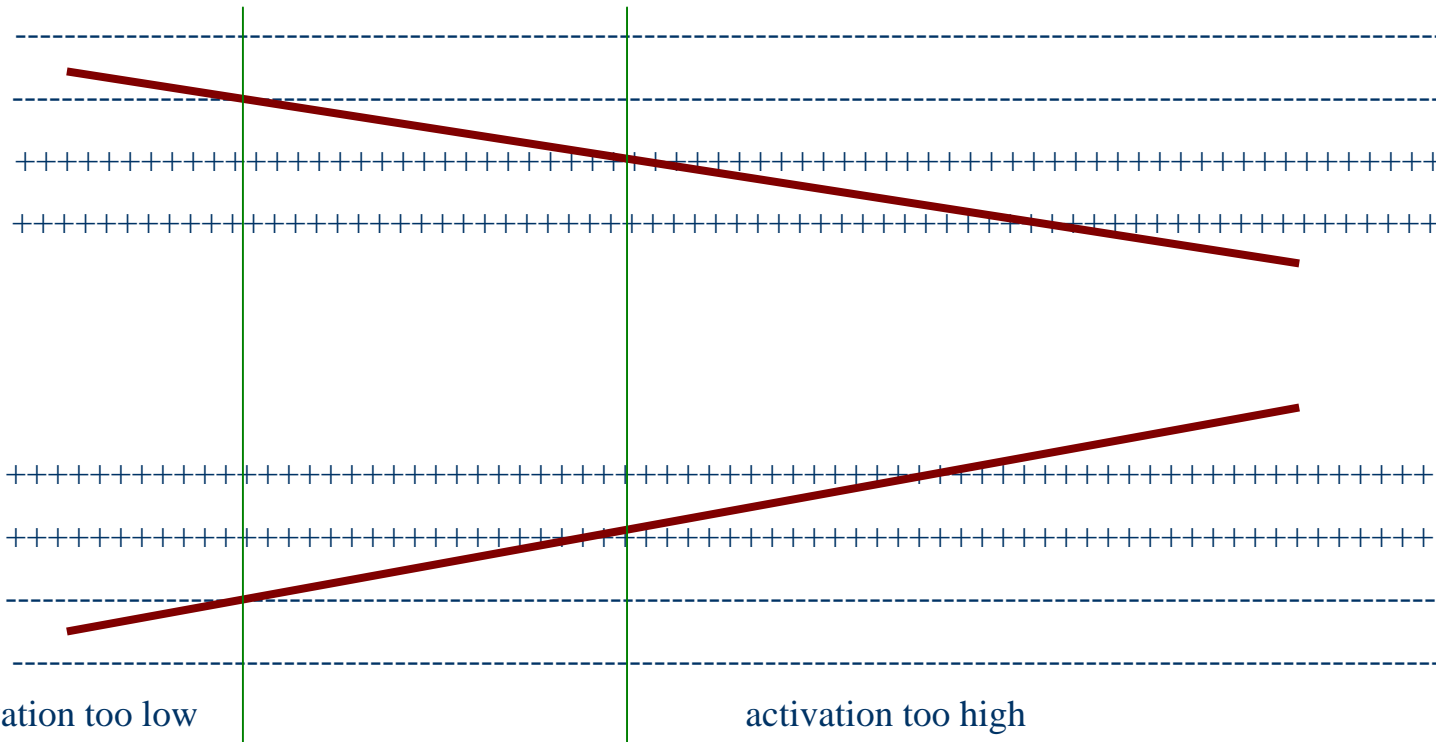
- ◆ Psycho-Factors: Weariness of CNS
Over-Activation

Tunnel View

Span
of
attention

activation too low

activation too high





Action Speed

- ◆ Cyclic Speed:

Acceleration	CP	5 – 8 sec
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Resynthesis	90 – 120 sec
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- ◆ Acyclic Speed:

Dynamic Strength

Coordination



Training



5 – 8 sec

5 – 10 reps

2 – 4 series

Breaks

1 – 6 min

10 – 15 min



Attention

No maximum speed endurance training!!!

10 – 18 sec energy supply by Lactic Acid

Lactic Acid Elimination: 15 min for 50 %



Reaction Speed

- ◆ Simple Reaction: Perception

Level of Activation

0.12 – 0.2 sec

- ◆ Choice Reaction: Perception

Level of Abilities

Anticipation

Coordination

Experience



Training of Decision Making

4 Components:

- Perfect technique
- Ability of perception

- Level of Activation Control
- Trust in Amygdala (Limbic System)

FAST AT THE RIGHT POINT IN TIME



Application

- ◆ Coaches:

- give clear orders

- ask for instinctive play within a given frame

- start with tight frame and expand

- ◆ Players:

- realize - accept - identify