



Biomechanics of Sports

Podcast: Lee Taft and Speed Development

May 19, 2020



Lesson: May 19, 2020

Objective/Learning Target:

The student will gain insight from one of the world's leading sprint expert on prioritizing and prescribing exercise for young athletes.



Instructions

Watch the video and then answer the follow-up questions.

Elite Baseball Development Podcast



Episode 54:

Speed Training in Baseball w/



Lee Taft



Questions

1. What is the most important priority that Lee Taft recognizes in the podcast?
2. How does Lee explain how moving something heavy and slow lead to being able to be faster?
3. How can training movement quality in the weight room lead to improved running mechanics?



Email your discussion questions to the following instructors:

jay_kolster@idschools.org

Tyler_rathke@idschools.org

Marcus_Summers@idschools.org