



#PEPfast complete
Multi-Directional
Warm-Up Series Vol. 1

Sports Specific Agility, Mobility
& Dynamic Flexibility
Preparation

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RUTHLESS

S O F T B A L L



1 Lateral Push-Step

Muscular Benefits

- ✓ Builds lateral strength and power in the glutes and quadriceps muscles
- ✓ Greatly improves your ability to change directions quickly in sports
- ✓ Entire load is on one leg, which helps with balance and reduces the tendency to favour the stronger leg
- ✓ Helps decrease lower body imbalances, making both legs equally powerful
- ✓ Increases body control

Sports Performance Benefits

The Explosive Lateral Push Step has been shown to greatly increase your overall power and speed. The single-leg nature of the exercise equalizes strength in both legs to improve lower body imbalances making both legs equally powerful! It develops a strong base in all sports!

Lateral Push Step How To:

- ✓ Start the drill in the universal athletic stance!
- ✓ To start the movement the athlete will Forcefully push one leg down and away into the ground, pushing hard through the glute and finishing through there toes, leading with the other leg in the direction they are going. Making sure every step mirrors the last.
- ✓ Feet will remain under the hips or shoulder width apart. It is critical that the feet remain in this position in order to generate maximal power, which greatly increases your overall speed and agility movements.
- ✓ This will also increase the amount of force you can put into the ground, thus improving your ability to change directions quickly in sports and for hockey players “skating stride power.”
- ✓ 10-20 yards on both legs



2 Explosive Lateral Push Step

Muscular Benefits

- ✓ Builds lateral strength and power in the glutes and quadriceps muscles
- ✓ Greatly improves your ability to change directions quickly in sports
- ✓ Entire load is on one leg, which helps with balance and reduces the tendency to favour the stronger leg during two-legged jumps
- ✓ Helps decrease lower body imbalances, making both legs equally powerful
- ✓ Increases body control

Sports Performance Benefits

The Explosive Lateral Push Step has been shown to greatly increase your overall power and speed. The lateral push (either with foot remaining in contact with the ground or picked up and stomped) at the beginning of each rep simulates making contact with the ground or ice, followed by an explosive extension of the hip and knee. This will increase the amount of force you can put into the ground, thus improving your ability to change directions quickly in sports and for hockey players skating stride power. Also, the single-leg nature of the exercise equalizes strength in both legs to improve lower body imbalances making both legs equally powerful!

Explosive Lateral Push Step How To

- ✓ Start the drill in the universal athletic stance! (Feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ Forcefully drive one leg down and away into the ground, push hard through your Glute and finish through your toes
- ✓ Without counter movement, lead with the other leg in the direction you are going
- ✓ Always Land with control and reset making sure you are in proper form before going again and never rush!
- ✓ 10-20 yards on both legs



3 Quick Lateral Push Step

Muscular Benefits

- ✓ Improves ground contact and reaction time while developing explosive power in the hips/glutes and quadriceps muscles
- ✓ Greatly improves your ability to change directions quickly in sports
- ✓ Entire load is on one leg, which helps with balance and reduces the tendency to favour the stronger leg during two-legged jumps
- ✓ Helps decrease lower body imbalances, making both legs equally powerful
- ✓ Increases body control

Sports Performance Benefits

The Explosive Lateral Push Step has been shown to greatly increase your overall power and speed. The lateral push (either with foot remaining in contact with the ground or picked up and stomped) at the beginning of each rep simulates making contact with the ground or ice, followed by an explosive extension of the hip and knee. This will increase the amount of force you can put into the ground, thus improving your ability to change directions quickly in sports and for hockey players skating stride power. Also, the single-leg nature of the exercise equalizes strength in both legs to improve lower body imbalances making both legs equally powerful!

Quick Lateral Push Step How To

- ✓ Start the drill in the universal athletic stance (Feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ Forcefully drive one leg down and away into the ground, push hard through your glute and finish through your toes while quickly returning your foot back under your hips
- ✓ Without counter movement, lead with the other leg in the direction you are going, while swinging your arms across body creating momentum
- ✓ Always land with control and never click your heels making sure to have full foot contact with the ground with every push
- ✓ 10-20 yards on both legs



4 Explosive Lateral Crossover Push Step

Muscular Benefits

- ✓ A great crossover step can significantly improve the power in your hips and groin, which will help your speed and reaction time.
- ✓ Builds lateral strength and power in the glutes, quadriceps and adductor muscles
- ✓ Greatly improves your ability to change directions quickly in sports
- ✓ Helps reduce lower body imbalances, making both legs equally powerful
- ✓ Increases body control and coordination

Sports Performance Benefits

The Explosive Lateral Crossover Push Step has been shown to greatly increase your overall coordination, power and speed. The lateral crossover (either with foot remaining in contact with the ground or picked up and stomped) at the beginning of each rep simulates making contact with the ground or ice, followed by an explosive extension of the hip and knee. This will increase the amount of force you can put into the ground, thus improving your ability to change directions quickly in sports and for hockey players side to side skating stride power. Also, the single-leg nature of the exercise equalizes strength in both legs to improve lower body imbalances making both legs equally powerful!

Explosive Lateral Crossover Push Step How To

- ✓ Start the drill in the universal athletic stance (Feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ Forcefully drive one leg down and away into the ground
- ✓ The other leg will powerfully crossover
- ✓ Land softly and with control
- ✓ 10-20 yards on both legs



7 Deceleration Sprint (Decelerate every 5 yards “Complete Stop”)

Muscular Benefits

- ✓ The Deceleration sprint activates the quadriceps, abductor and glutes
- ✓ Stabilizes the knee and hip joints
- ✓ Core and body control

Sports Performance Benefits

Deceleration is the most important form of training for athletes! The faster you can slow down, the quicker you can change direction and re-accelerate to your top speed. Today’s athletes are getting bigger, stronger and faster. At the same time, the numbers of ligament injuries are sky high with ACL repairs being at the forefront. Deceleration training teaches athletes how to move from top speeds, to stopping and changing directions safely, which is out number priority when training athletes!

Deceleration Sprint (Decelerate every 5 yards “Complete Stop”) How To

- ✓ Have the athlete Set up in a staggered stance position (modified sprinter stance)
- ✓ The athlete will start the movement with a quick burst off the line
- ✓ Running for 5 yards then decelerating, breaking down “ coming to a Complete Stop” making sure to maintain full body control
- ✓ Then reaccelerate with a quick burst off the line without significant level change!
- ✓ 20 yards (Decelerating every 5 yards)



8 Deceleration Sprint (Decelerate every 5 yards “stutter step and go”)

Muscular Benefits

- ✓ The deceleration sprint activates the quadriceps, abductors and glute muscles
- ✓ Stabilizes the knee and hip joints
- ✓ Core and body control

Sports Performance Benefits

Deceleration is the most important form of training for athletes! The faster you can slow down, the quicker you can change direction and re-accelerate to your top speed. Today’s athletes are getting bigger, stronger and faster. At the same time, the numbers of ligament injuries are sky high with ACL repairs being at the forefront. Deceleration training teaches athletes how to move from top speeds, to stopping and changing directions safely, which is out number priority when training athletes!

Deceleration Sprint How To

- ✓ Set up in a staggered stance position (modified sprinter stance)
- ✓ Make sure toes/feet are pointed straight with knees bent, back straight, shoulders down.
- ✓ The athlete will start the movement with a quick burst off the line,
- ✓ The athlete will run 5 yards and decelerate breaking down but not coming to a complete stop, and reaccelerate without significant level change maintain body control!
- ✓ 20 yards (Decelerating every 5 yards)



9 Sprint/Shuffle/Sprint Shuffle

Muscular Benefits

- ✓ Activates the whole lower body system due to its movement changes: The sprint activates the quadriceps, abductor and glutes and the shuffle activates the calf's, hamstrings, quadriceps, hip flexors and glute muscles!
- ✓ Develops body control "Deceleration and Stabilizes the knee and hip joints
- ✓ Core and body control
- ✓ Builds lateral strength and power in the lower body
- ✓ Core and body control

Sports Performance Benefits

The Sprint to Shuffle is a critical movement pattern that all athletes do in sports and learning how to do it correctly helps create overall body control and the ability to change directions quickly! It increases coordination and agility helping overall lateral movement skills, which will benefit an athlete transitioning to linear accelerate much faster!

Deceleration Sprint How To

- ✓ Set up in a staggered stance position (modified sprinter stance)
- ✓ Make sure toes/feet are pointed straight with knees bent, back straight, shoulders down.
- ✓ Run and Every 5 yards slow down and transition from Sprint to Shuffle
- ✓ Keep your core engaged the whole time and make sure you stay one level and don't pop up and down! This will help you maintain proper form
- ✓ 20 yards (Sprint to Shuffle every 5 yards)



12 Kick Step or Drop Step

Muscular Benefits

- ✓ During the kick step or drop step, the hamstring muscles are less active and the quadriceps muscles are more active.
- ✓ Learning how to control speed and tempo, which is a gross movement skill that can vastly improve reaction time!
- ✓ Develops core strength and body control, which can enhance the ability to change direction.

Sports Performance Benefits

The kick step is similar to backpedalling, which is a critical skill and is used in virtually every major sport. It's very effective because you can get out of your breaks faster because your feet are in a more optimal position, which has shown to enhance your ability to transition to linear or lateral movements more effectively!

Kick Step or Drop Step How To:

- ✓ Set up in a staggered stance position but the feet lined up about shoulder width apart!
- ✓ Make sure toes/feet are pointed straight, knees bent at a 45 degree angle, head up, back straight and arms hanging loose in front of the body!
- ✓ Weight on the ball of the feet
- ✓ As shown in the video, initiate your kick step by kicking your right leg back, followed by your left leg, switching stances (feet placement) every 5 yards repeating for 20 yards total!
- ✓ Keep chest over feet, feet close to the ground and pump the arms
- ✓ Keep your core engaged the whole time and make sure you stay one level and don't pop up and down! This will help you maintain proper form
- ✓ Go fast for 5 yards then slow for 5 yards, repeating for 20 yards total!
- ✓ 10-20 yards on both legs



13 Two Step Rhythmic Shuffle “ Quick Hip Flips ”

Muscular Benefits

- ✓ Stabilizes your core
- ✓ Improves torso/trunk control
- ✓ Activates the quadriceps, abductor, glutes and calve muscles
- ✓ Greatly increases spatial awareness/coordination
- ✓ Improves ground contact time
- ✓ Allow loading from all different planes, vectors, and positions

Sports Performance Benefits

Quick Hip Flips is a fundamental movement in order to be an elite athlete! Learning to control your hips through body dissociation can produce strength and coordination of your core muscles! The freedom of movement in order to produce various athletic abilities and movement patterns like the quick hip flip is critical in all multi-directional sports that involve rapid change of direction from all angles! Being able to flip your hips and turn and run is what separates the greatest athletes in the world! Dissociation of the upper body and lower body is a crucial requisite to help generate torque and power! This drill will help create active control of your muscles during fast movements in sports along with developing reactive agility and the ability to change direction quickly!

Two Step Rhythmic Shuffle “ Quick Hip Flips How To:

- ✓ Athlete starts on line in a 45 degree athletic position (feet under hips or feet shoulder width apart)
- ✓ Make sure toes/feet are pointed straight and knees are aligned outside of big toe
- ✓ Start with right foot moving right and left foot following
- ✓ Every 2 steps, hip flip always keeping your head/eyes straight ahead
- ✓ Keep your core engaged the whole time and make sure your chest stays lifted. This will help you maintain proper form
- ✓ 20 yards (Decelerating every 5 yards)