



## General: Long Short Laps

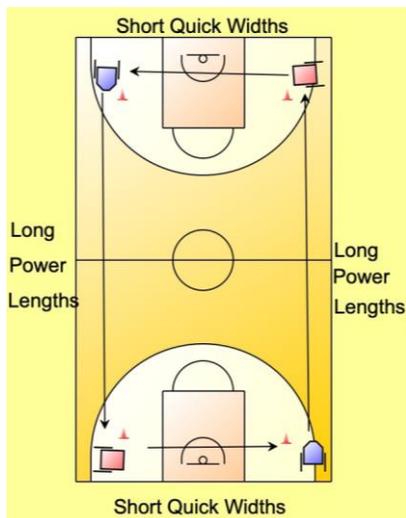


FIGURE 1

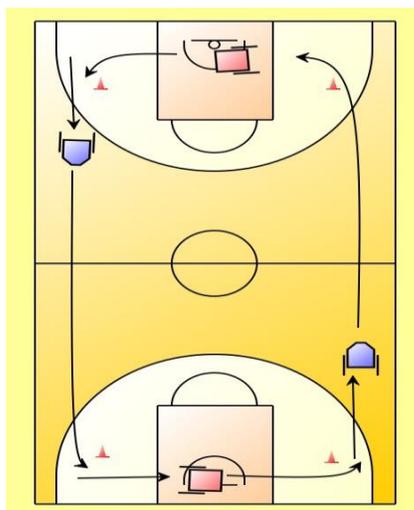


FIGURE 2

**OBJECTIVE:** To develop effective power and speed using both short/quick strokes and long/power strokes.

**Setup:** Set up 4 pylons just inside the corners of the court to form a rectangle for laps. Size is approximately 9m x 18M.

**Instructions:**

1. Athletes start anywhere on the side or end lines. (Figure 1)
2. Athletes will use long power strokes when doing the length of the court and then switch to short quick strokes for the width of the court.
3. Push all out in this pattern for 2 minutes clockwise. (Figure 2)
4. Switch directions and push for 2 minutes counterclockwise.

**Note:**

- Long power strokes use more forward posture and hands should finish past 3pm on the wheels. Force is applied for a longer time over a longer arc on the wheels.
- Short quick strokes use a more upright posture, and hands should finish between 2pm and 3pm. The contact on the wheels is shorter and quicker, so greater force must be applied, and a higher cadence is needed.

**Activity Rules / Games Approach:**

- There must be a pronounced difference between long power strokes and short quick strokes.
- Athletes must push through the corners, rather than glide around.

**Coaches Key Points:**

- Focus on quickness or power deliberately.
- Long/power push: Apply force to the wheels over a greater arc of the wheel and for a greater time.
- Short/quick push: apply more force per push, more frequently over a shorter arc of the wheel.

**Variations/Loading:**

- Adjust the time per repetition (e.g. 3/4 min).
- Long endlines, short lengths.
- Use alternate hand pushes (e.g. right-left).
- Add a ball and use regular dribbling or alternate hand dribbling.

**Mental:**

- Focus and intensity, especially to apply 100% effort.
- Use cue words to help efficiency of the long power stroke and the short quick stroke.