

SPEED PARACHUTE



DRILL CARDS

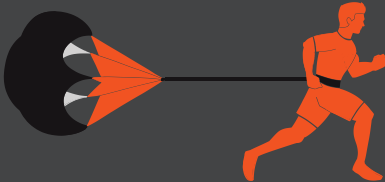
**THE BEST WAY TO IMPROVE
YOUR PERFORMANCE IS TO
MEASURE IT.**

Knowing your personal record or the score you are trying to beat gives you an optimal guideline to follow for improvement. It's as simple as knowing your starting line and finish line.

This is why we recommend that all of the following drills be done using the Jawku Speed Timing System in addition to the Speed parachute to maximize your results.

- 1 Set up in an open area with room to run.
- 2 Attach Speed Band to your wrist.
- 3 Open the Jawku App and connect to your Speed Band
- 4 Select Build-A-Drill, and name your drill after your Parachute-drill
- 5 Then select MOVEMENT or *AUDIBLE start
- 6 Set your Jawku device up at the finish line. The finish-line can be however far away you choose. There really is no limit. Press the Ready button on your device
- 7 Go to the starting line and set up. When you are in the ready position press the button on your Speed Band once
- 8 If you selected Movement start, you will remain still for 2 seconds and then begin the drill at full speed
- 9 If you selected Audible start: you will wait until the 3rd beep and then begin the drill at full speed

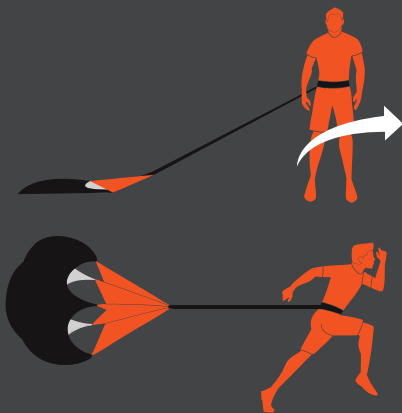
*Use the Audible setting to measure reaction time



ACCELERATION

FALLING START

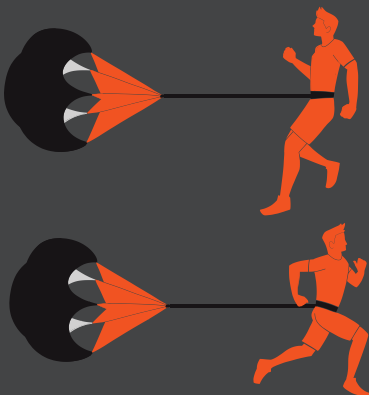
- 1 Start with the parachute attached behind you. Make sure there is no slack in the line.
- 2 Begin by standing up-right on your tip-toes.
- 3 Slowly fall forward until you have a comfortable, yet aggressive forward lean.
- 4 Then put one foot in front of you to catch your fall and begin running as fast as you can pumping your arms and legs in unison.



ACCELERATION

LATERAL START

- 1 Set up cones or markers 10 and 20 yards/meters away.
- 2 Start with the parachute attached behind you on and to your side. Make sure there is no slack in the line.
- 3 Start shuffling as fast as you can towards the first cone.
- 4 Once you reach the first cone turn and sprint the rest of the way to the second cone/finish line.



ACCELERATION BACKPEDAL

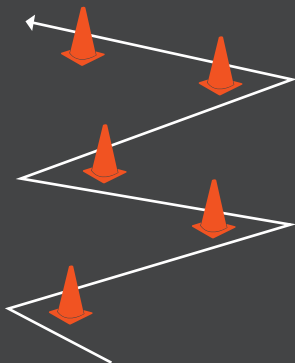
- 1 Set up a cones or markers 10 and 20 yards/meters away.
- 2 Start by facing the parachute with your back to the finish line. Make sure there is no slack in the line.
- 3 Start backpedaling as fast as you can towards the first cone.
- 4 Once you reach the first cone (approximately, since you are backwards) turn and sprint the rest of the way to the second cone/finish line.



ACCELERATION

GET UP AND GO

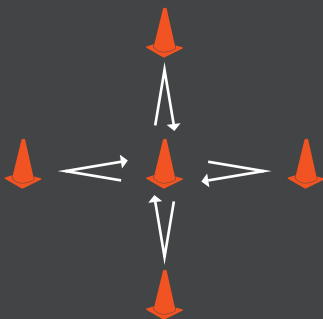
- 1 Start in a pushup position with your arms bent and your body touching the ground.
- 2 Make sure the parachute is attached and behind you.
- 3 When you are ready immediately press against the ground popping up into sprint.
- 4 Run as fast as you can across the finish line.



AGILITY

ZIG-ZAG

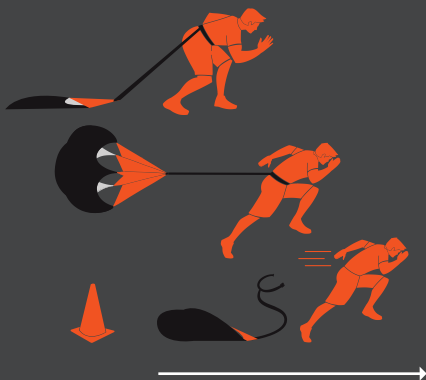
- 1 Set up 4 to 6 cones 10 to 15 yards/meters apart in a zig-zag pattern.
- 2 Start with the parachute attached behind you. Make sure there is no slack in the line.
- 3 In a 2-point stance sprint to the first cone.
- 4 At the 1st cone quickly change directions and sprint to the next cone.
- 5 Continue this process until you pass the last cone which is your finish line.



AGILITY

COMPASS DRILL

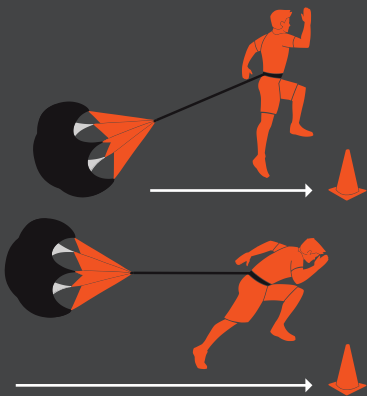
- 1 Set up 5 Cones. Representing North, East, South and West with one cone in the middle. The cones should be 10 yards/meters away from the center cone.
- 2 Starting at the center cone sprint to the North cone.
- 3 Once you reach the North cone, quickly change direction and sprint back to the center cone.
- 4 Once you reach the center cone, quickly change direction and sprint to the East cone.
- 5 Repeat this process until you have made it to all directions.
- 6 Then repeat this process N, W, S, E.



ABSOLUTE SPEED

100 YARD/METER

- 1 Set up cones or mark out 50 and 100 yards/meters.
- 1 Start with the parachute attached behind you. Make sure there is no slack in the line.
- 1 In a 2-point stance sprint as fast as you can.
- 1 Once you reach the 50-meter mark, reach down and release the belt detaching the parachute.
- 1 Continue running the rest of the way without resistance.



ABSOLUTE SPEED POWER SKIP

- 1 Set up cones or mark out 20 and 40 yards/meters.
- 2 Start with the parachute attached behind you. Make sure there is no slack in the line.
- 3 In a 2-point stance begin skipping as fast as you can focusing on distance and not height.
- 4 Continue until you reach the first cone and then start sprinting the rest of the distance to the finish line.