

The knee drive is for speed and power

The knee drive with Active cords is probably one of the most important exercises for athletes who run, execute cuts or kick in their sport. Not only does it increase running speed and acceleration, but it is also very effective for improving kicking power and the ability to execute quick cuts.

Because of this the knee drive, sometimes known as the thigh drive, is considered to be an indispensable exercise. When executed beginning with the leg as far back as possible behind the body, it becomes even more effective for improving the above noted skills.

For example, having the thigh back as far as possible behind the body is the position that the knee should be in when executing a powerful kick — especially for distance and power. After the hip rotation which is used to bring the thigh around to the correct position for the forward knee drive, the hip flexor muscles should automatically be placed on stretch. This prepares the muscles for the forward knee drive which will then be faster and more powerful.

In running, having your thigh back as far as possible after the pushoff is the key to a longer stride and a more powerful knee drive. The more powerful the knee drive the greater will be the running speed because of increased stride frequency. Thus, the knee drive helps to ensure not only a longer stride but also greater stride frequency.

The knee drive is also effective for developing a quick first step followed by equally fast steps as needed in acceleration. In this action you do not shorten stride length as would occur if you try taking more steps in the same unit of time. This occurs mainly in the sprint starts but also in sports such as soccer, tennis and lacrosse.

The key to doing the knee drive exercise is to get faster turnover and quicker movement of the legs which is the key to greater acceleration for 5 to 10 yards. The faster the thigh can be driven forward the faster and more powerful all ensuing actions can be.

To summarize, the knee drive exercise with Active Cords is one of the key exercises that can be done to enhance your running speed, kicking power, acceleration, a quick first step and the ability to start running quickly after making a quick change in direction.