

By Failing to Prepare
YOU
are Preparing to Fail

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Basic Conditioning & Movement Skills Program

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While I am happy to share ideas, the details in this presentation are NOT to be released without my direct approval to persons outside the program.



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General Fitness — Speed — Movement Skills

(a summer program)

When ?

Program Commences: **Monday, October 10, 2005**

Monday and Wednesday, 4.15 p.m.

Athletes may take part once or twice a week .. at their discretion, but, sustained involvement is expected.

Where ?

Victoria Park, Echuca

unless otherwise notified

Some sessions will be competed at the YMCA Pool in Echuca;

participants must pay their own pool entry.

What is involved ?

Basic movement skills .. Key drills that will assist your agility and co-ordination.

Speed enhancement activities.

Familiarisation with AFL Football Draft Camp Tests, incl. Vertical Jumps, Agility.

All participants will receive a regular newsletter and multiple handouts.

Activities / training will be linked with NWA athletics / swimming groups when appropriate.

Follow-up activities will be given to participants to complete in their own time.

Cost ?

\$5.00 per athlete per week

Expectations (Requirements)

Your Best Effort and Behaviour.

No More !! No Less !! No Excuses !!

Punctual and regular attendance.

Comfortable and appropriate training gear + a full water bottle.

Athletes travelling significant distances may have attendance requirements negotiated.

Only young men and women capable of and willing to offer high standards of endeavour and general conduct will be admitted to the program.

If you are interested in working together in a group to learn and enhance skills that can advance your performance in your chosen sport(s) .. this may be for you.

This is **not** simply a social group

Learning and refining skills can be challenging and fun !!

but,

participants not up to the standards of behaviour and endeavour expected, will be leaving the group.

Speed is a Key in Sport

The activities can be completed and fitted into specific sport programs

Knowledge (only) accumulates quickly in an open mind



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Check out the back of this sheet for examples of **some** of the issues that will be addressed.

Test Yourself: Circle the **best** answer

1. Training to develop **sprint speed** should feature:

- A Long Runs (>90m) or Long Swims (>100m) / Complete recoveries
- B Short Runs (<50m) or Short Swims (<25m) / Complete recoveries
- C Short Runs (<50m) or Short Swims (<25m) / Short Recoveries (<2 mins.)
- D Long Runs (>90m) or Long Swims (>100m) / Short Recoveries (<2 mins.)

2. Finish the following: "**Long(er) levers move slow(er)**" "

- A that's why giraffes run slowly.
- B short(er) levers move fast(er).
- C short(er) levers move even slow(er).
- D short(er) levers move slowest.

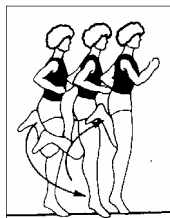
3.



Identify the drill:

- A Running-the-Boards
- B Alternating Butt Kick
- C A-Skip
- D Seated Arm Drill

4.



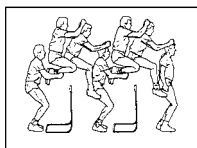
Identify the drill:

- A A-Skip
- B Fast Claw
- C B-Skip
- D Butt Kicks



5. What is the **maximum** number of **bounds** a young athlete (<16 years) should complete in a **session**?

- A 200
- B 50
- C 100
- D 10



6. In general, the **maximum** number of **sessions** within which **bounding** should be included **each week**, is:

- A 6
- B 4
- C 2
- D 0

7. Which of the following statements is true:

- A *What does not kill us, makes us stronger.*
- B *Rest (recovery) is a **very** critical factor in training programs .*
- C ***Winning is Everything.***
- D *Training harder always produces improved performance.*

**If
you have
the courage
to accept
the challenge of
learning
and
refining
your skills**

**The
NWA
program
may
be
for
you**

If you cannot
take advice .. or
cannot commit to
reasonable standards

.....
"have a nice day"

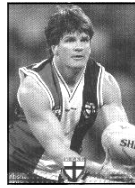
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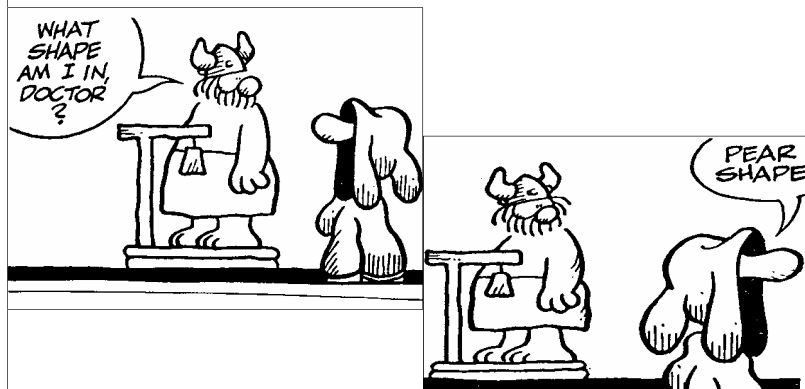
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Another term for **discipline** positive leadership

Preparation



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Expectations

A folder containing program guidelines may be ordered by those athletes who wish to maintain a record of their endeavours: \$15

1. Reasonable (coach discretion) endeavour ..

In general, active attendance at one session per week (minimum), and completion of basic fitness / skill program expectations. These will be clearly outlined.

Program sheets will be given out from time-to-time at sessions. Athletes are expected to read all sheets / Newsletters. Allowance will be made for personal commitments, but attendance must be regular. Training venues will change from time-to-time to allow a variety of endeavours to be incorporated in the program.

If any doubts or questions arise, contact me direct.

2. Equipment .. All appropriate training gear must be worn / brought to ALL sessions, including a full water bottle (and a hat/cap).

No excuses !!

3. Behaviour must be of the highest standard at all times.

4. Come to each session with an open mind, and, a willingness to have-a-go.

5. All program members must be positive and encouraging to all group members at all times.

Any athlete who cannot and does not deliver these expectations will be leaving the group.

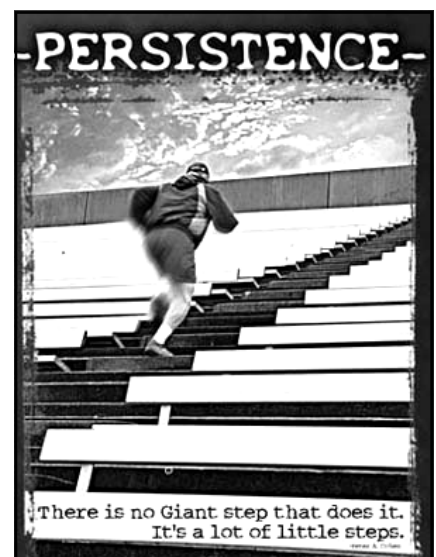
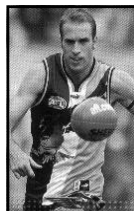
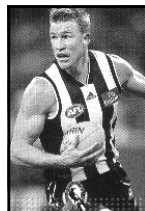
On behavioural standards there will be no compromise and no exceptions.

At the outset, all participants will be expected to learn six (6) fundamental movement drills that they can practice with the group in sessions and in their own time.

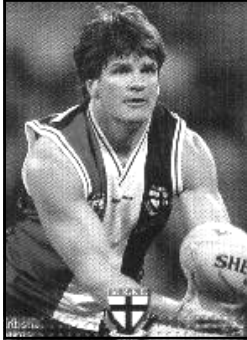
Over a relatively short period, a range of speed, co-ordination/agility, power drills will be introduced.

Athletes are encouraged to compare their capabilities and knowledge at the commencement of the program, with their awareness and efficiency after six weeks.

Russell Parsons



**No opportunity is ever wasted
Others take up what you let pass**



You do not need fancy weights or fancy programs
to enhance your fitness

Potential is not relevant

*It is a measure of what we are yet to achieve
It may be a measure of what we may never achieve*

You need

**COURAGE
ATTITUDE and WILLINGNESS**

Every day

ask yourself (and answer honestly) ..

*what did **you** do today that was a conscious
and
deliberate contribution
to
your performance,
and, the team's outcome?*

(You may have run, swam, stretched, worked on your skills,
rested (recovery is your most important training session), read a
motivational book, ... the options are many.)

The only non-productive activity is to do nothing.

PUSH-UP Progression

SIT-UP Progression

Cross Body Lifts

Accept the challenge

100 PU and 100 SU every day

4-6 Cross Body Lifts after each set

A separate sheet is available for those who
are prepared to take up the challenge.

Don't hope things happen .. make them happen !!

Dreams are free .. but they are **not** goals



Plenty of people talk-the-talk ... few walk-the-walk

Weekly Training Plan

Name: _____

Weeks to next key competition:

| Date | Plan | | Actual Training / Comments |
|------|------|--|----------------------------|
| | | | <input type="radio"/> |
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Comments should be brief but as precise as possible: e.g. 4 km. Easy Run; or, w/u + 2 x 4 x 150 @ 90%, w/b, 8 mins. w/d Record times where appropriate.

Your Rating of your Session(s): 5, 4, 3, 2, 1, 0



YOU are the difference

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*“You can't put in what God left out” (Chariots of Fire) ... but, the success achieved by most great athletes is based on **patient progression, lot's of hard work, and attention to detail.***

The *Good* Footballer

Generally turns up on time to training.
Generally trains regularly, but seeks opportunities to minimise personal discomfort.
Does the training program set by the coach.
Tries hard when challenged directly, but does the minimum amount of work they can get away with.
Appreciates encouragement. Tends to rationalise personal performance in relation to team performance.
Dreams of glory.
Socialises well with the team and club.

The *VERY GOOD* Footballer

Always turns up on time to training, with all necessary equipment.
Looks forward to training; trains regularly; seeks to maximise their efforts most of the time.
Listens carefully to and does the training program set by the coach.
Understands the team plan and personal performance responsibilities.
Tries hard on most occasions, and seeks opportunities to do that bit extra. Hard at the ball.
Listens to advice. Is willing to try new ideas and expand skills.
Generally maintains an appropriate pre-match and post-match routine, including rest, diet, and stretching.
Seeks to refine strengths and develop weaknesses.
Is capable of analysing personal performance.
Encourages team mates. Understands he has role model responsibilities. Socialises well.

The *GREAT* Footballer

Always turns up on time to training, with all necessary equipment.
Looks forward to training; trains regularly; seeks to maximise their efforts on all occasions..
Listens carefully to and does the training program set by the coach.
Demands an uncompromising level of excellence to get the maximum out of every session and match experience.
Listens to and applies advice; seeks to learn something from every person or situation.
Perseveres to achieve improvements in skills. Hard at the ball.
Provides positive feedback to the coach on session details and competition plans.
Understands and applies personal responsibilities in relation to the team plan.
Prioritises team goals ahead of personal glory.
Maintains a record that analyses personal and team performance.
Has and maintains a constructive pre-match and post-match routine, including rest and recovery, diet and stretching.
Does something (active or passive) that contributes everyday to performance progression and appreciation of the sport.
Does not just hope (dream) things happen, but makes them happen.
Encourages team mates, all the time. Appreciates and accepts responsibilities as a role model.

**If you want to be the best footballer in the AFL,
YOU should first strive to be the best footballer at training tonight ..
the best footballer in your team .. in your club
.. in your league.**

There are a great many other character traits and behavioural patterns that can be associated with success.
Some very good players, for example, display some of the characteristics of great footballers.
Each team and each athlete has to balance and work within a set of personal constraints that cannot be addressed effectively by any single list.

BUT, think ... what did **you** do today (any day) that was a conscious and deliberate contribution to your performance, and, the team's outcome?

If you, or those guiding you, see “too much” as the response to the training challenges, then this is not the program for you.

Let's Apply these concepts to part(s) of a Training Session (Example only)

| | Good Footballer | Very Good Footballer | Great Footballer |
|------------|--|---|--|
| Arrives | Arrives on time (or nearly). Jogs 1 lap. Joins in kick-to-kick and/or handball drills. | Arrives on time. Jogs 2 laps .. movement variations. Stretching. Kick-to-kick / handball drills. Non-preferred kick/handball practice. Encourages others team members. | Arrives early. Jogs 2 laps .. movement variations .. specific drills and Non-preferred kick/handball practice Gradual drill / skill progression |
| and Skills | Listens and does the drills, with special effort on those that best display personal skills. Generally tries hard when pressed, but, readily accepts rest options. | Listens. Attacks drills with speed and aggression; seeks opportunities to do more than the minimum. Applies personal training error penalties and some extra practice of non-preferred skill options. | Listens and applies drills with aggression and attention to detail. personal training error penalties (e.g. ups, sit-ups, speed drills) and extra practice of non-preferred skill options. Develop weaknesses and enhance strengths. Minimises rest; sees practice as a challenge to extend skills and take chances. at greater than match intensity and provides feedback ; analyses performance and on appropriate advice . |
| Down | Jogs a lap and goes in. | Jogs, stretches, warms down gradually. | Jogs, practising non-preferred skills, e.g. bouncing and ball control drills. Appreciates the importance of recovery ; analyses well-being and seeks appropriate recovery options (e.g. pool, etc) |

**Age has nothing to do with age
Leadership
is
a state of mind**

Muscles strengthen and grow while rested, not, during vigorous exercise. Rest is the athlete's **most important training**

Age has little to do with becoming a great footballer ... time will bring progression if the athlete adopts the **attitude** of a great footballer

Train your body and your brain.

The harder and smarter you train .. the harder it is to surrender

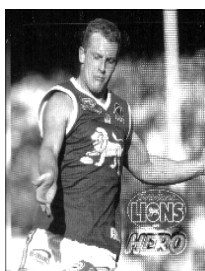
NWA: Weeks 1 & 2

1. Drills

A-Skip
 Alternating Butt Kicks
 Running-the-Boards

2. Agility

Quickstep Ladder
 Star Sprint



Copies of the program will be released every two weeks, to athletes who attend sessions and satisfy endeavour standards.

Star Sprint (Start ► Centre Circle ► Cones ► Finish mark .. 5m apart)

Place a marker 3-5m beyond the finish line to act as a target for the athlete.
 Video each trial if feasible.

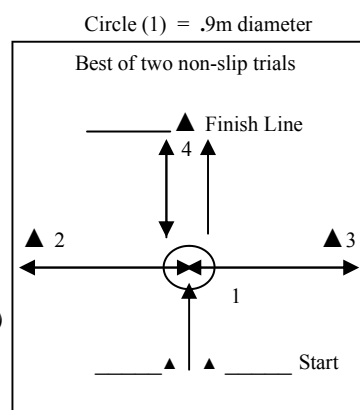
Sneakers only on indoor surfaces. (Spikes allowed if outdoors.)

Mark: Start Line - Prone start, shoulders aligned with start line; up, sprint to circle (1) ► lateral side stepping to left (or right) cone 2 (or 3) .. touch cone .. lateral side stepping back into circle .. sprint to cone 4, touch cone, backwards into circle (1) .. lateral side stepping to cone 3 (or 2) .. touch and return into circle .. sprint to finish line (4).

Athlete **must** have at least one foot in the centre circle (or on the line of the circle) before commencing lateral side stepping or sprint from the circle.

The start: whistle signal. (Touch = tap cone on its top)

Encourage (urge) the athlete to run maximum beyond finish line; there is a tendency for athletes to slow down approaching the final gate/marker.



Scoring: Best of two (2) non-slip trials, measured in seconds / tenths.

If not familiar with the test, ensure athletes have 2-3 half-pace task awareness attempts before timing. (All should have at least one practice.)

3. Speed Endurance

Pairs Beep Test

Multistage Fitness Test: Shuttle Run (“Beep” Test)

Check the speed of the cassette cadence tape using the one minute calibration period, and adjust the running distance. (Separate manual)

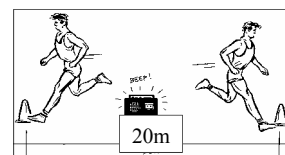
Athletes are instructed to continue until they can no longer keep up with the progressively increasing pace as determined by the “beep” signal from the tape.

At every “beep”, the athlete’s foot **must** be on or over the line.

The test is complete when the athlete can not maintain the running speed for two successive “beeps”.

Note! After the first miss, the athlete is cautioned and told they must make the line by the next “beep”.

If the athlete’s foot is then not on or over the line by the next “beep”, the test (for that athlete) is terminated, and the score given is the last level attained (**not** the current level they are attempting).



Staging the Beep Test by pairing footballers, netballers, or both, produces great results .. A great team bonding exercise .. Football / Netball are team sports .. **Pairs Beep Test** is about working together, having responsibility to one another:

- First attempt .. Choose a partner(s)
 - Add ages of partners; calculate average age .. this becomes the **GOAL** of the Team: aim to attain that Level .. e.g. 12 yrs + 10 yrs = 22; minimum goal for the pair is the conclusion of **Level 11**.
 - Start tape at Level 6.
- Here’s a challenge: 2 x 10yr. old girls have reached Level 15
- Max. out on the test is achievable (Level 22)

**If it is measurable,
 measure it**

All athletes will record their performances on a Performance Record Sheet.

Over time, athletes have an ongoing record of their performance progression.

Don't train by the *Attrition Method*

The same thing, week after week

That's Yesterday's (Dark Ages) Coaching

Research tells us variations stimulate progression

So,

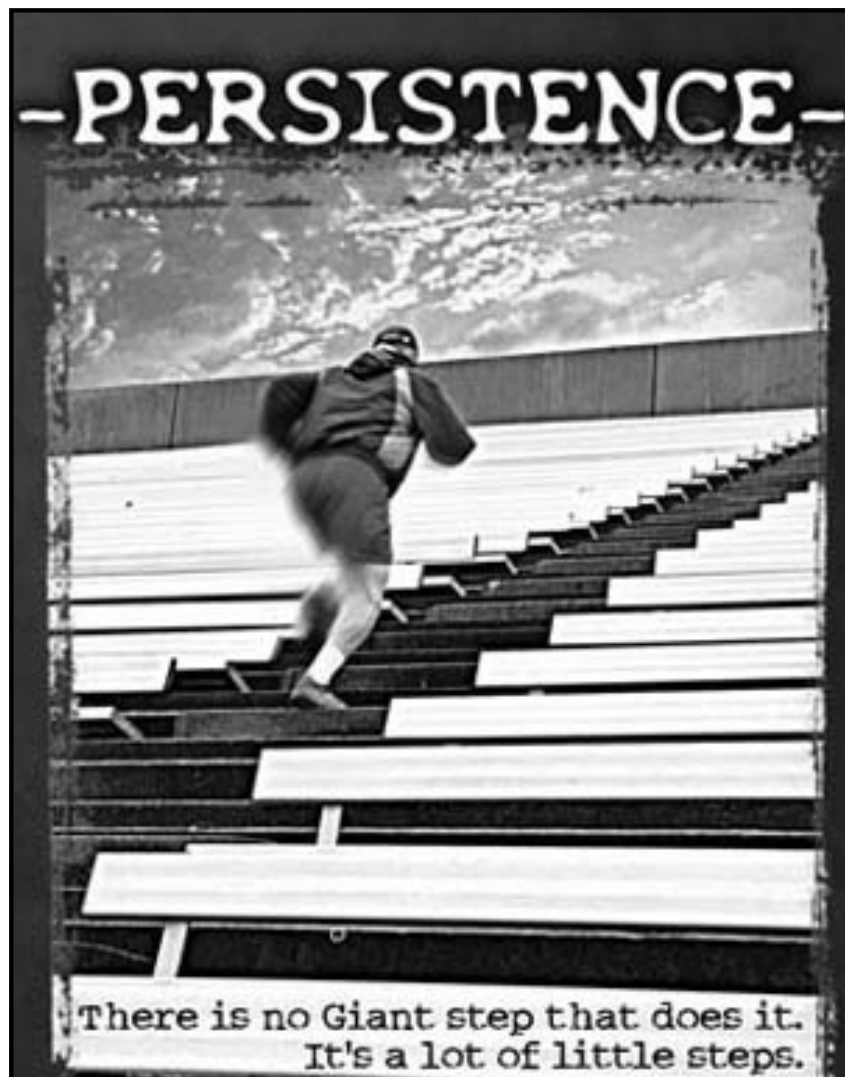
the *Hills*

are coming

Hills are a form of resistance training,
so are stairs, weighted vests,

Explore the options

Reap the rewards



North West Athletics: Athlete Performance Record

www.nwaswimaths.com

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AFL: Speed is a Key

Address:

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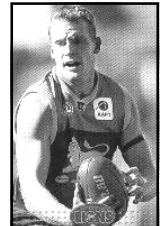
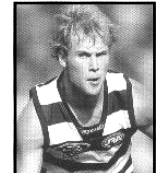
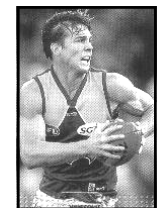
Date of Birth:

Club and/or School:

The information presented is useful to develop a record of some aspects of your progression over time. Test items **must** respect the precise protocols to yield meaningful results.

Note! All hand times are "rounded up"; e.g. 6.73 = 6.8

| Some Basic Tests | | | | |
|---|---|--|---|---|
| 1. | Height (cm.) | | | |
| 2. | Weight (kg.) .. keep your own record | | | |
| 3. | Arm Span (cm.) | | | |
| 4. | Sit & Reach Flexibility | | | |
| 1 – 4 can be self-managed and/or completed after an appropriate warm-up | | | | |
| 5a. | 20m Sprint from Standing | Hand timed to tenths of a second from first movement of back foot; "rounded up", e.g. 3.12 = 3.20 i = indoor; s = synthetic; g = grass | | |
| 5b. | 20m Flying Sprint (from 20►40m) | | | |
| 5c. | Star Sprint | | | |
| 6. | Standing & Running Vertical Jump (Preferred) - cm. | / | / | / |
| 7. | Standing & Running Vertical Jump (Non-Preferred) - cm. | / | / | / |
| 8. | Agility Run 1 .. hand timed to tenths of a second | | | |
| 9. | Agility Run 2 .. hand timed to tenths of a second | | | |
| 10. | Multistage Fitness Test ("Beep" Test) .. Level / Shuttle (completed in pairs) | | | |
| 11. | AFL .. Anaerobic Power Test | | | |
| 12. | | | | |
| Comments: | | | | |



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**It's not about being the fastest .. it's about YOU becoming *faster*
Working to improve YOUR personal performance**

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Netball: Speed is a Key

Address:

Postcode:

Phone:

Fax:

Email:

Date of Birth:

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Club / School:

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| Some Basic Tests | | | | |
|---|--|--|--|--|
| 1. | Height (cm.) | | | |
| 2. | Weight (kg.) .. keep your own record | | | |
| 3. | Arm Span (cm.) | | | |
| 4. | Sit & Reach Flexibility | | | |
| 1 – 4 can be completed during registration and/or after an appropriate warm-up | | | | |
| 5a. | 20m Sprint from Standing | Hand timed to tenths of a second from first movement of back foot; "rounded up", e.g. 3.12 = 3.20 i = indoor; s = synthetic; g = grass | | |
| 5b. | 20m Flying Sprint (from 20-40m) | | | |
| 5c. | Star Sprint | | | |
| 6. | Standing & Running Vertical Jump (Preferred) - cm. | | | |
| 7. | Standing & Running Vertical Jump (Non-Preferred) - cm. | | | |
| 8. | Agility Run 1 .. hand timed to tenths of a second | | | |
| 9. | Agility Run 2 .. hand timed to tenths of a second | | | |
| 10. | Out—Back .. hand timed to tenths of a second | | | |
| 11. | Multistage Fitness Test ("Beep" Test) .. Level / Shuttle (completed in pairs) | | | |
| 12. | | | | |
| Comments: | | | | |



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