

NWA ... RECOGNISING ENDEAVOUR

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Recognising Endeavour is one of a series of programs (samples only) that presents resources that could be used to assist **Development Coaches** .. please note I did not say “Junior Coaches”
... **Development Coaches** assist athletes/young athletes to learn fundamental skills that can be further refined, later.

There are numerous Power Point Presentations (a few on my web site: www.nwaswimaths.com under PRESENTATIONS) .. such Presentations are posted now and then, or, shared with coaches and athletes.

Young athletes should get as far as they can
on as little as they can.
(Skills-technique being **by far** the highest priority in their endeavours)

Little (other than skills) is of long-term value
until at least late adolescence.

Be careful not to regard yourself or young athlete(s) too readily as an “exception”



Later maturers often go further
in most, if not all sports.

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**You can never be better
than your best**

Never complain help that is not sought
is unavailable

**Experience accumulates (quickly)
but
only in an open mind**

NWA ... **RECOGNISING ENDEAVOUR** is **ESSENTIAL**

Sport(s) must be coach-driven .. but .. from the athlete's perspective.
Sample tags .. there are 100's/sport .. motivating and rewarding endeavour for 20+ years

1

2



The Mirror Test

*All that matters is that you can look in your mirror and **HONESTLY** tell the person you see there .. you've done your best*

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SUCCESS
 =
Producing your best when it counts

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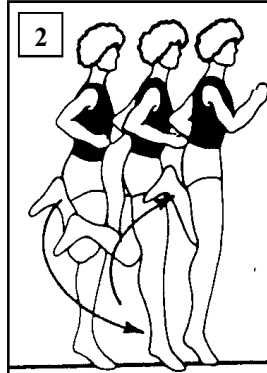


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Improving my A-Skip

"Toe Up — Heel Up — Knee Up"
"Step over the support leg knee"
 Arms: approx 90°; hand back to hip
"Tall" .. be the tallest you can be
 Lots of perfect practice .. 10L / 10R

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Butt Kicks

- **Right** Fast "snaps"; slow forward progress
 - **Left**
 - **Alternating**
 Reminders
 Tall—Toes dorsiflexed—active arms—snap heel to buttocks

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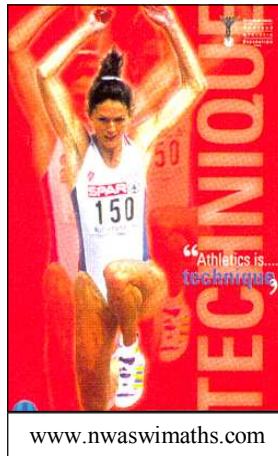
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Starts

- ▶ Standing
- ▶ Falling
- ▶ Hop
- ▶ 3-Point >>>>
- ▶ Bow-Touch-Go
- ▶ Reaction
- ▶ 4-Point

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Fast Claw

Maximum of 6-8 calls (repeats)

"Preparation" = Tall — active knee to thigh parallel with ground - toes dorsiflexed - "claw" to ground beneath hips - lift heel of active leg to buttock - fast recovery back to "preparation" position - wait for command. Straight support leg - upright - heel lift. Commands by 3rd party.

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9

10

11



Athletics is Personal Achievement
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The thrill is not just winning, but, having the courage to join the race

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*We can't all be winners but We can all be **CHAMPIONS***

The range (and number) of tags is limited only by imagination
 It is not a question of: *does it work?* or *will it work?* or *can I do it?* .. the answer to all such questions can be **YES**

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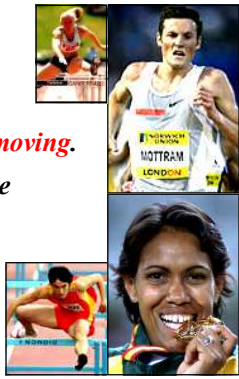
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*The greatest thing in this world is not so much where we are, or, what we are achieving, but, **the direction in which we are moving.***

You will be an outstanding athlete for a few years,

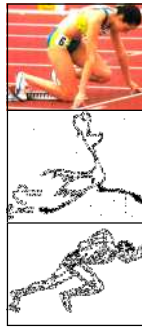
*You can be an **outstanding person** all your life.*

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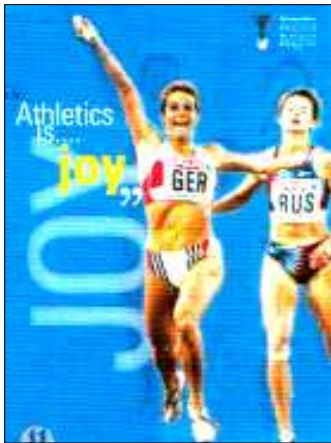
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The only time you can't afford to fail, is the last time you try.



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You'll never rise higher than your dreams

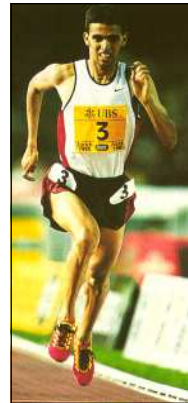
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Be your BEST
No More !
No Less !!
No Excuses !!!

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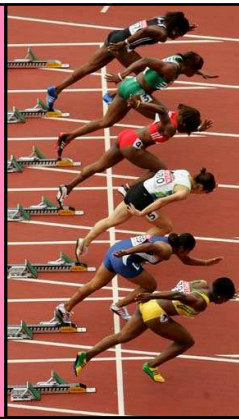


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You'll never never know If you never have-a-go

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*Hold your head high and **Run** like the wind*

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The greatest thing in this world is not so much where we are, or, what we are achieving, but, the direction in which we are moving.

*You will be an athlete for a few years, **You can be a man of quality** all your life*

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The greatest thing in this world is not so much where we are, or, what we are achieving, but, the direction in which we are moving.

*You will be an athlete for a few years, **You can be a lady** all your life*

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The only performance YOU have control over is your performance Be the Best YOU can be
www.nwaswimaths.com



22



Jump for Joy
www.nwaswimaths.com

23



Jump for Joy
www.nwaswimaths.com



The only performance YOU have control over is your performance Be the Best YOU can be
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24

25



Cheetah

ZOOM

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Tough times don't last; Tough (and smart) people do!
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Hang In If it was easy everyone would be doing it
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Today I was a Star
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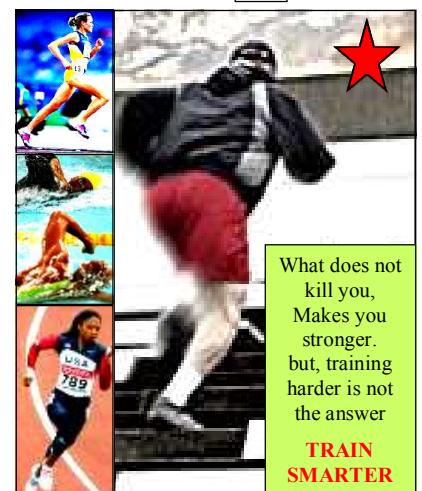
YOU can never be better than your best
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No one step does it It's a series of little steps
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30



No one step does it It's a series of little steps
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What does not kill you, Makes you stronger. but, training harder is not the answer
TRAIN SMARTER

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**Today
I did
my
best**

It's not about winning – it's about having the courage to join the race

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NWA
Quickstep Ladder

Single Step

2 Steps
(Double Step)

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NWA
Quickstep Ladder

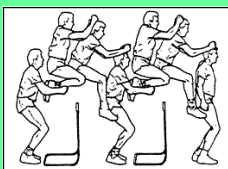
**Ickey
Shuffle**

Forwards—Backwards
Coach Commands

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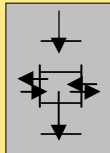
NWA: Pre-Jump & Explosive Bounds



Knees to chest, not, chest to knees

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NWA: Lateral Bounds - Pre-Jump or Explosive



Maintain hips to the front: Pre-Jump or Explosive

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NWA: Stability Bounds



On Coach
Command

*"Stick the
Landing"*



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Intro to Agility Drills



Be the best
YOU can be

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10 DRILLS CHALLENGE

1. **A-Skip (10L+10R .. 15m)** ▶ jog 15m
2. **Double A's (5 Doubles Left + 5 Doubles Right)** ▶ jog 15m
3. **Alternating Butt Kicks (10L+R .. 15m .. fast heel-to-buttock snaps)** ▶ jog 15m
4. **Fast Claw (6 x Right + 6 x Left)** .. Tall, balance on the ball of the support foot; partner/coach/teacher calls: ("Preparation" .. "1" "Preparation" .. "1")
5. **Combinations (Fast Leg-Butt Kick) .. Alternating; 10 Combinations (5L+5R) .. 15m** ▶ jog 15m
6. **Falling Start** ▶ Sprint to 15m
7. **3-Point Start** ▶ Sprint to 15m
8. **B-Skip (6L + 6R .. 15m)** ▶ jog 15m
9. **Stretches: Frog + Modified Hurdle Sit;** positions held for 30 seconds minimum
10. **A&C Drill .. (6L + 6R .. 15m)**

You will be given two chances at each drill

How to read the task: **A-Skip (10L+10R .. 15m)** ▶ jog 15m = A-Skip .. 10 times Left Leg + 10 times Right Leg (alternating) then, jog 15m (arm action: elbows 90°) (.. 15m = within a 15m distance)

Athletes who can complete the tasks will receive a special award tag
Be the Best YOU can be ... YOU can never be better than YOUR BEST

The examples could go on and on and on. Many, many years of preparation in a multitude of sports.

The important thing is **recognizing endeavour in a tangible** (and personal) **way**.

The days of a "pat of the head" and "well done" are long over ... if indeed they were ever effective.

**There is nothing more difficult,
More perilous to conduct,
or, more uncertain in its success**

**Than to take in hand,
The introduction of a new order of things,**

Because,

**The innovator has for enemies,
All those who have done well under the old conditions,**

And,

Lukewarm defenders

in those who may do well under the new. (Machiavelli)



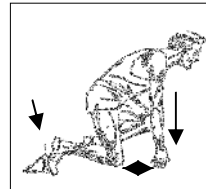
STARTS: a starting point

There is little the coach can do to assist an athlete after the race / game has commenced;
However, there is much you can do to assist and prepare the athlete before the start.

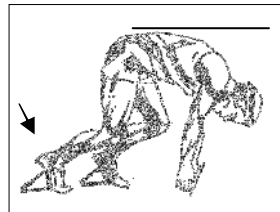
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Consistent Cues are VITAL .. repeat over and over again in practice sessions

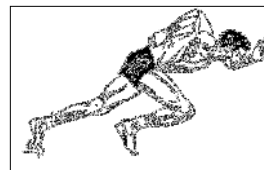
“On Your Marks” Back foot **firmly** against the back block (wall);
Front foot level (approx.) with the back knee;
(Distance from front foot to line, approx. elbow to fingertips + hand width.)
Fingers bridged, just behind the line;
Leave enough space to **explode** through;
Head in natural alignment with the body;
Eyes focused down, just in front of the line.



“Set” Raise hips above shoulders;
Load yourself into the blocks maintaining **firm back foot contact**;
Front knee angle 90° in set position
Maintain eye focus downwards;
Focus on reacting to the “gun” with a powerful co-ordinated arm drive.



“GUN!” Explode: led by a powerful arm drive;
Back foot will react first (do **not** emphasise as a coaching point, but note the importance of the back foot being firmly on the back block);
Head down for the first 6-8 strides to help maximise acceleration.



Practice is when you are allowed to make mistakes .. experiment ...
Rate your starts (5-4-3-2-1)

You and the coach can see, but **only you can feel**.
Trying different things & doing your best = perfect practice

**ONLY Plenty of PERFECT PRACTICE
Produces PERFECT PERFORMANCES**

Cross Country

is one of the toughest sports

EVERY athlete runs the same distance

No interchange benches

Athletes **need** their endeavours
to be recognized

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**The harder
you
work
The luckier
you get**

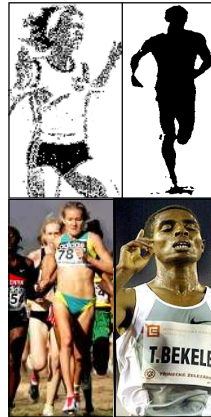
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**What does not
kill you,
makes
you
stronger**

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Cross Country

**Be the Best
YOU can be
No More !
No Less !!**

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NWA Cross Country

**YOU
are as big
as the dream
you dare
to live**

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**Cross
Country
is
Courage**

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The Mirror Test

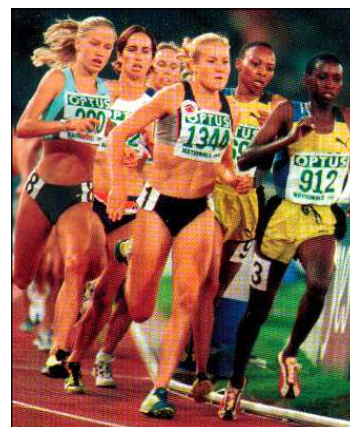
*All that matters is
that you can look in
your mirror and
HONESTLY
tell the person you
see there ..
**you've done
your best***

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Benita Johnson

Kenenisa Bekele



**No one
can make
you
feel inferior
without
your
consent**

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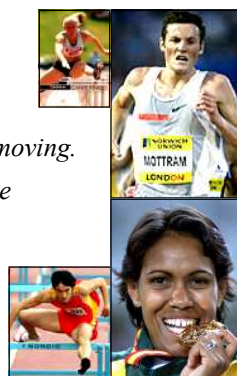
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*You will be an outstanding athlete
for a few years,*

**You can be
an outstanding person
all your life.**

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**You will become
as small
as your
controlling desire ..
as great
as your
dominant
aspiration**

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