

Coach Casale's Corner

Training Theory (briefly)

We will develop overall training plans that address the **Five Biomotor Elements**.

- 1) **Speed** – sprints of various distances, acceleration skills, and variable speed runs.
- 2) **Strength** – jumping exercises, medicine ball work, throwing exercises, calisthenics, and body weight exercises.
- 3) **Endurance** – various running workouts.
- 4) **Coordination** – agility skills, hurdle-mobility exercises, and specific event technique work.
- 5) **Flexibility** – stretching routines and range of motion exercises.

The training will progress from very general to specific skills, but will include the following:

- ◆ A proper warm-up will proceed and conclude each workout.
- ◆ Practicing skills (technical elements) will occur early in the workout.
- ◆ Fitness training will occur later in the workout.

Our goal is to make each practice an interesting and fun learning experience.

There are 3 Phases of learning a skill (technical part of an event). These are:

Introductory Phase (beginning) – The coaches will demonstrate and explain the skill. Feedback from the athlete will determine if the acquisition of the skill is successful (“Billy, so which foot do you plant on the takeoff board?”)

Practice Phase (intermediate) – The athlete practices the skills. Coaches help focus on refining the skills by correcting flaws/faults.

Consolidation Phase (advanced) – Coaches emphasize the stabilization of technique and make minor refinements of the skill. Few youth athletes advance to this phase.

Correct form must be over-learned to establish retention and learned behavior.

Coaches will incorporate the following 4 steps in teaching each phase:

Introduction of the skill.

Demonstration of the skill.

Practice of the skill.

Feedback from the skill.