



Developing physical competencies for athletes

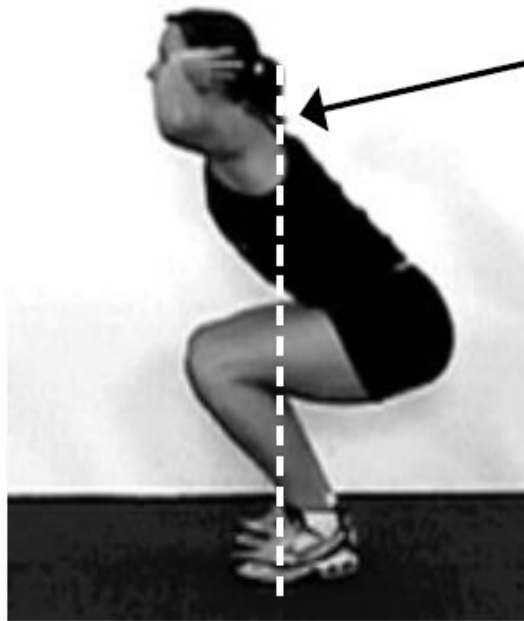
Phil Moreland

Squat

SQUAT -

Double Leg Squat - body weight (Hands behind head) - 10 reps (Movement Consistency)

Double Leg Squat - Correct Posture



Neck aligned with
mid foot

Executing all 5 points scores 5

- Depth - thighs parallel
- Ankle, Knee Hip Alignment
- Equal stance on both legs
- Heels Down
- Trunk in proper alignment; Trunk parallel to shins

Lunge

Main 5 Scoring Points for each assessment. Executing all 5 points scores 5.

- Step over opposite knee without any collapse at waist (waistband level)
- Step over opposite knee without support Leg flexing.
- Step over opposite knee without Shin of trail Leg turning out or in during pull-through.
- Ankle, Knee and Hip aligned at landing (Shin remains vertical)
- Land and return smoothly and in balance.

Lunge - Correct alignment at mid-stride. Step over opposite Knee. Full extension of support Leg.



Lunge - Correct alignment at contact



Lunge - Correct alignment front view. Ankle, Knee & Hip aligned.



Lunge - Correct alignment. Waistband level. Shin vertical at pull-through.

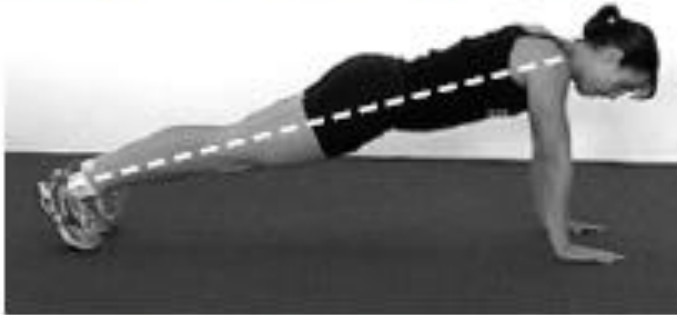


Push up

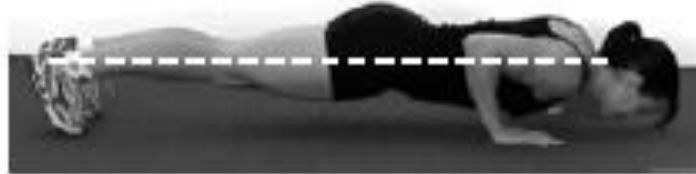
PUSH / PULL -

Push Up - Standard (Level 2) - 10 reps (Movement Consistency)

Push Up Standard - Correct position



Push Up Standard - Correct position
from side, Straight line.
Elbows close to Ribs.



Executing all 5 points scores 5

- Chest to touch floor
- Body remains straight & braced
- Head remains in neutral position (Head in line with spine)
- Shoulders remain 'down & back'
- Elbows tight to ribs

Analysing an event



Horizontal pulling

Shoulder stability & control

Trunk – Hip dis/association / stability

Ankle, knee & hip integrity

Single leg stance

Vertical stability

Analysing an event - **task**

In groups, break down the disciplines you have been given along the same lines as the examples provided.

Event 1



Event 2

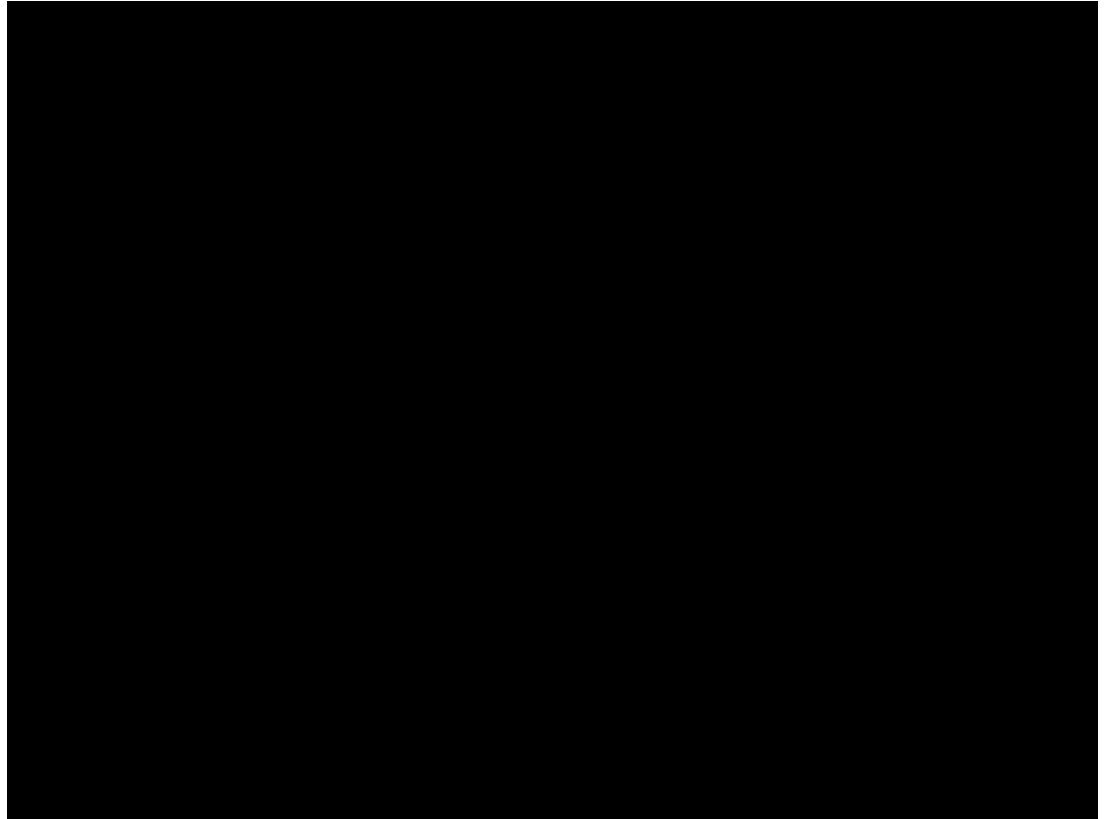


Event 3



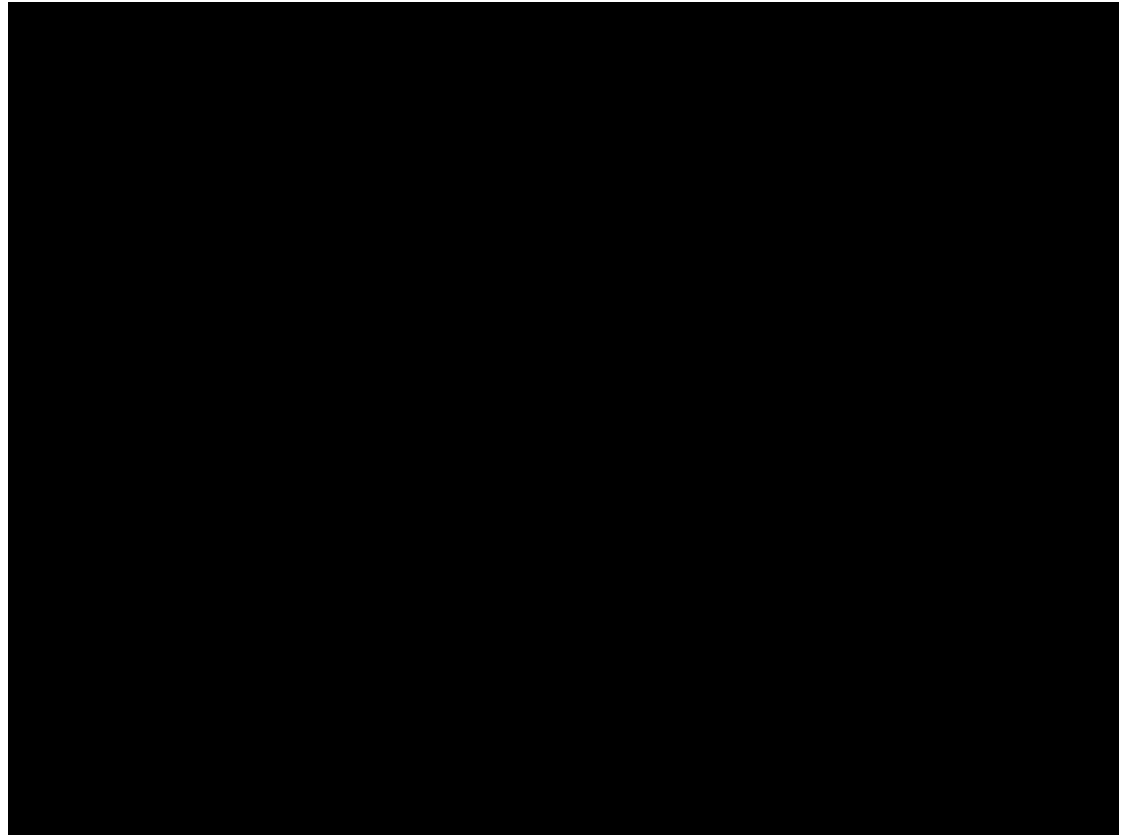
Exercise progression - example 1

- Single leg stance
- Hip, knee, ankle Integrity



Exercise progression - example 2

- Vertical stability
- Trunk hip dissociation



Exercise progression - **task**

- In groups, pick one of the key elements from your event breakdown
- Design a sample exercise journey that could improve that element

Questions ?

