

Long Term Athletic Development: Theory to Practice

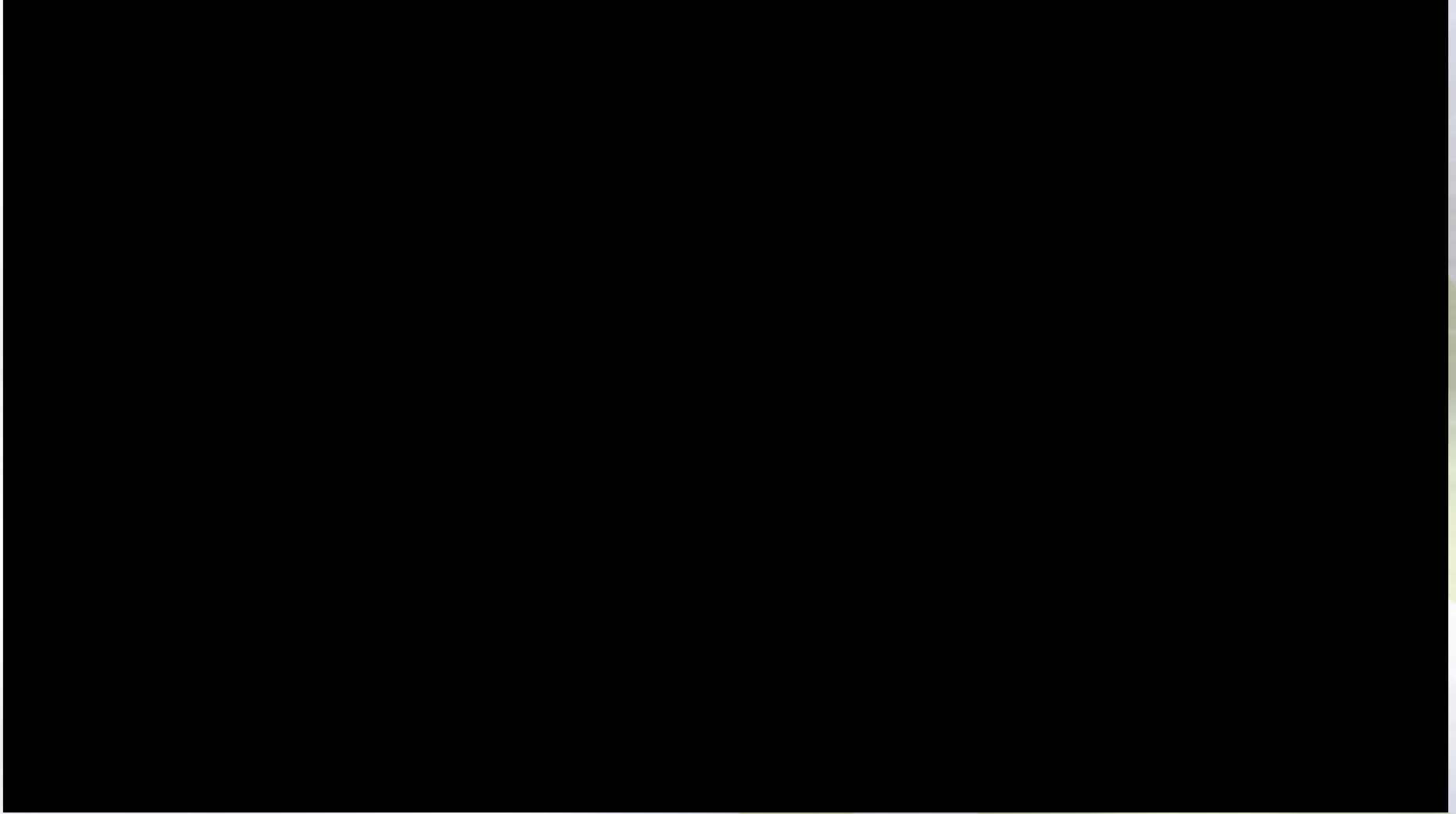
presented by
James Marshall



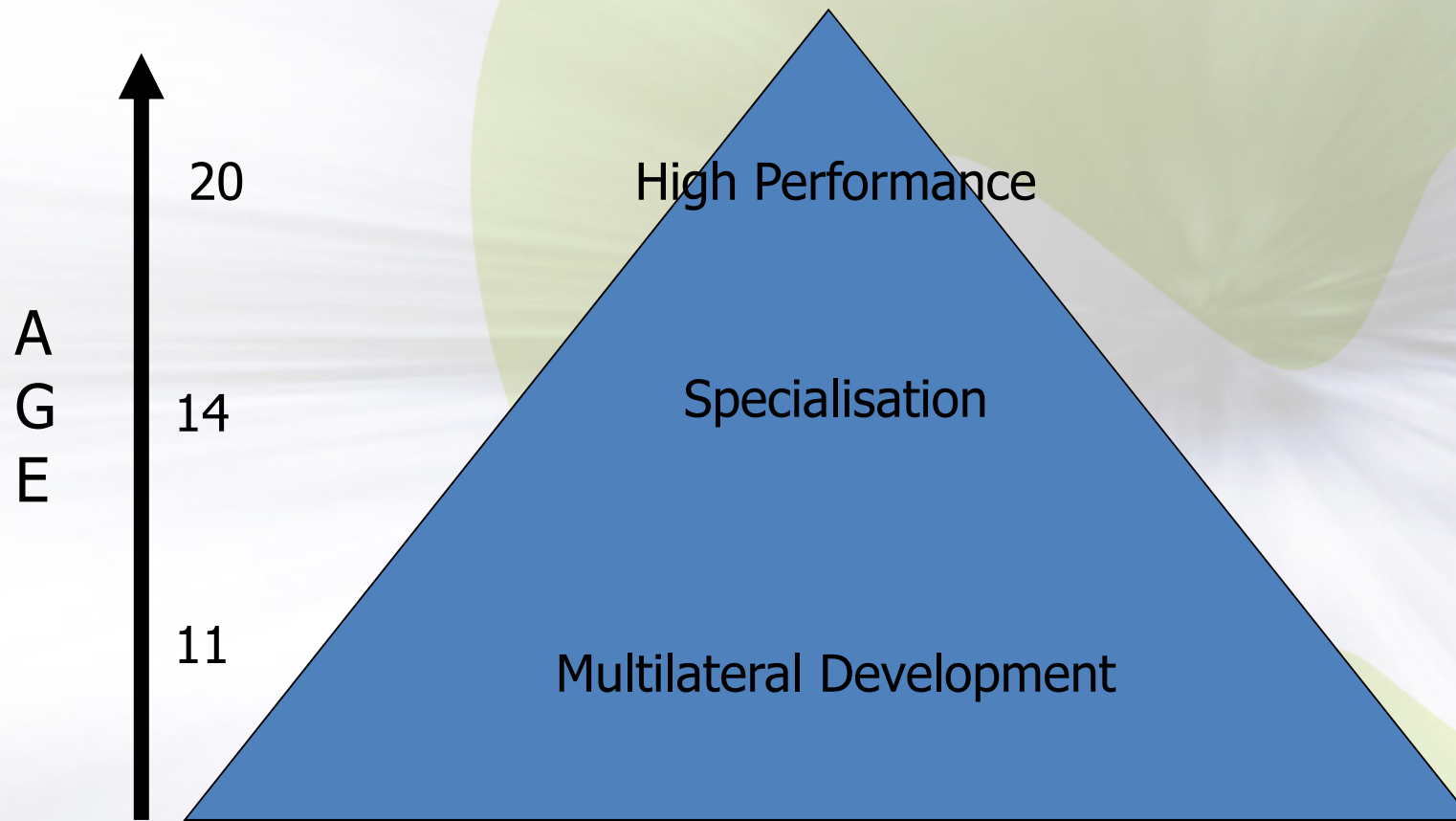
Why, How and What of LTAD

- **Why:** Theory and experiences
- **How:** Standing on Shoulders of Giants
- **What:** Day to Day stuff (what they don't tell you on a course)

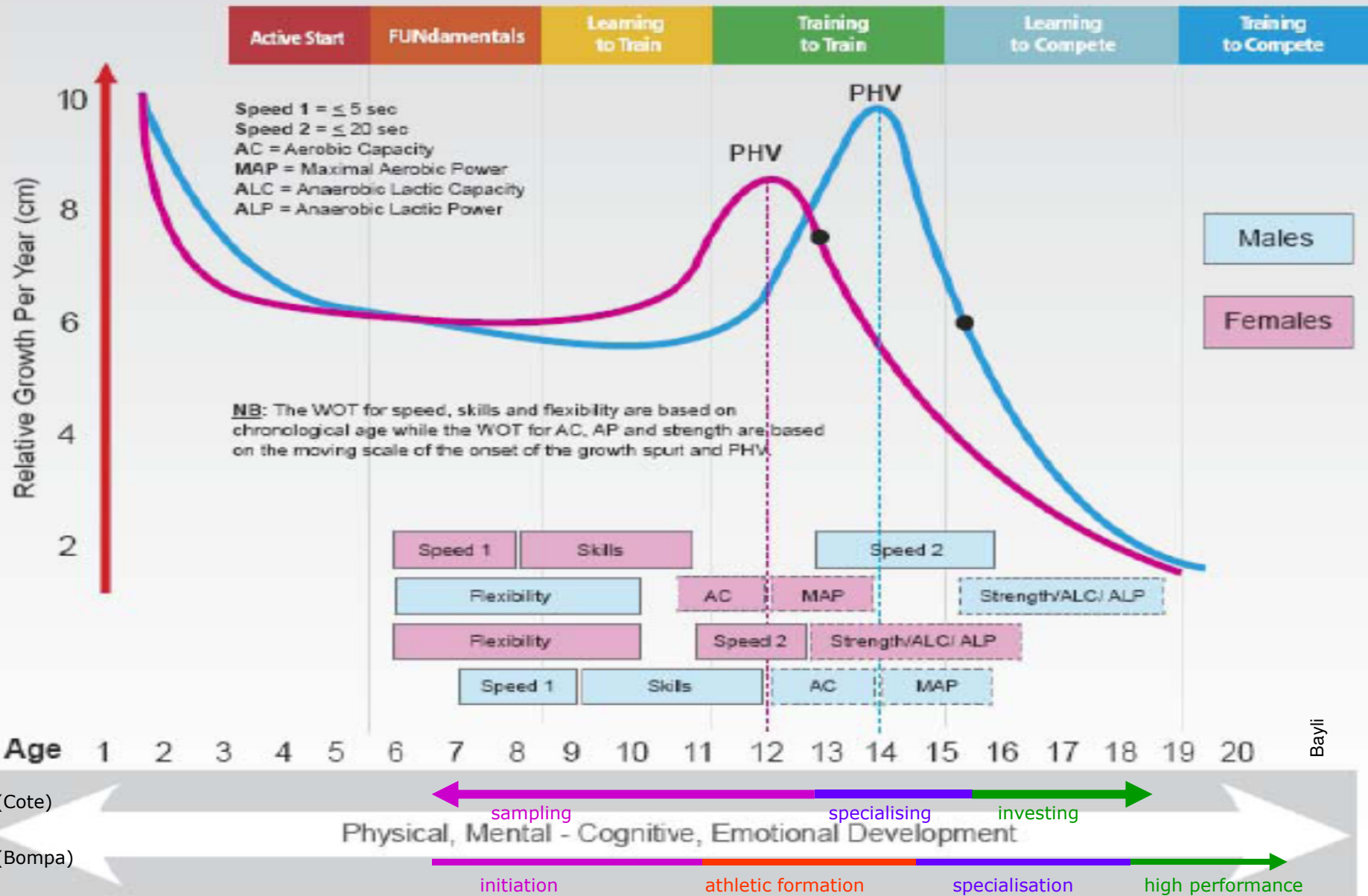




Athlete/Player Development



Biological maturity & sensitive periods of trainability



Reality

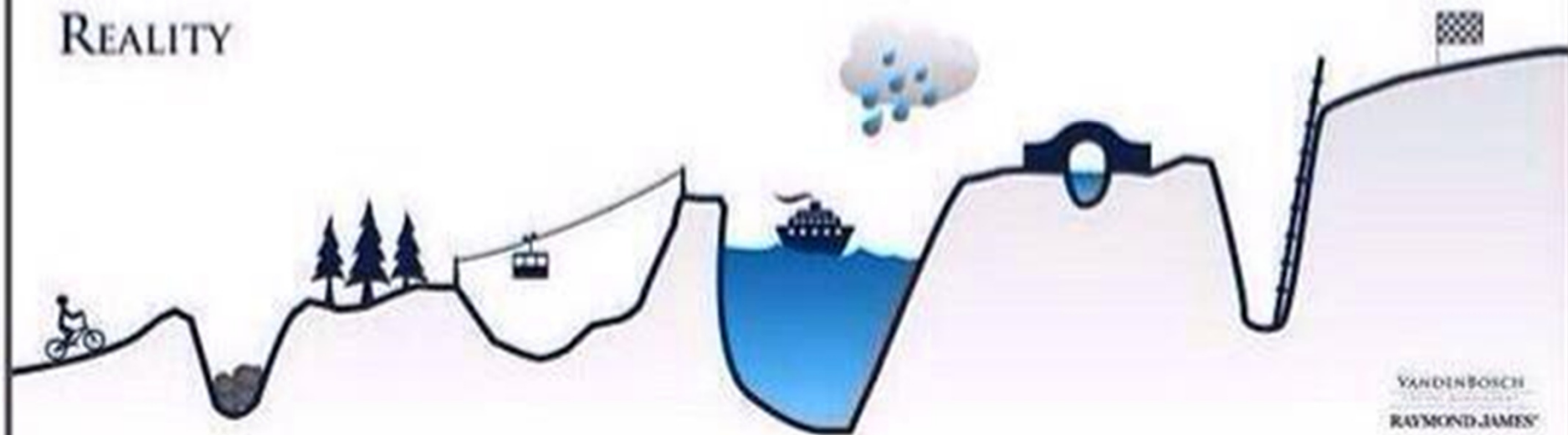


- No Governing Body's LTAD plan survives first contact with a parent

YOUR PLAN



REALITY



VAN DEN BOSCH
A DIVISION OF
RAYMOND JAMES

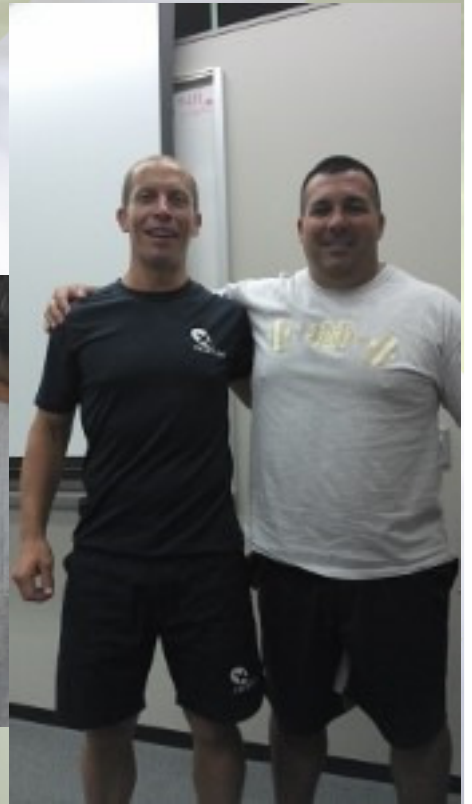
My influences

- South West Talent Programme (The Why).
- [Highlights](#)
- Screening 200 athletes (Inc TASS) only 10 could do OHS
- Paula Jardine: research and knowledge.



GAIN (The How)







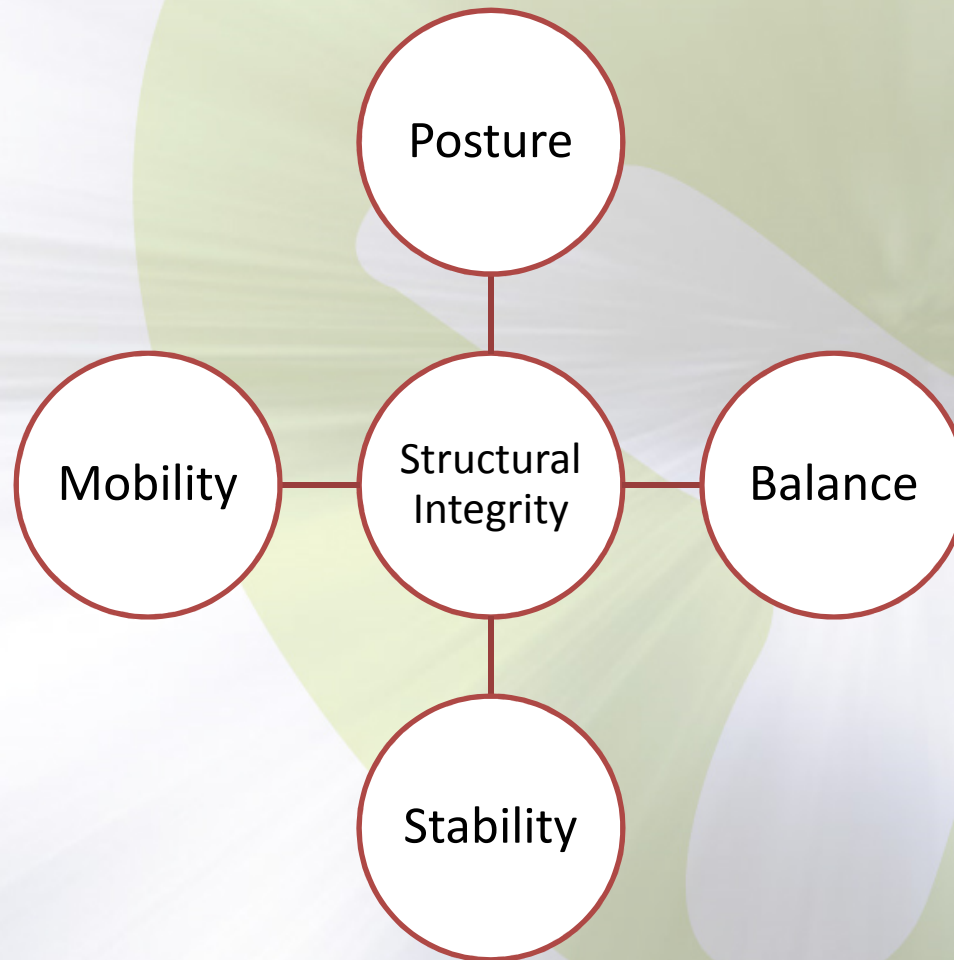
Millfield School



Exeter Harriers



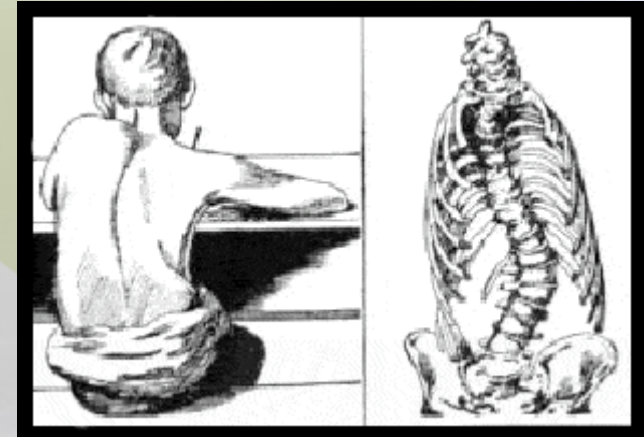
Structural Integrity



Posture

“Good posture...
I also teach that it is impossible to function on the uttermost top levels as a runner unless these matters and factors are fully attended.”

Percy Cerutti



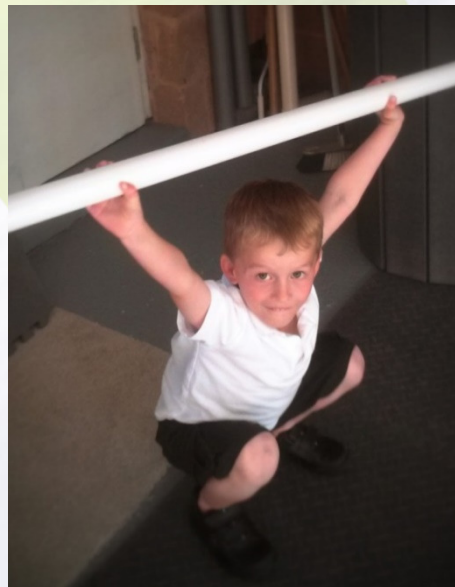
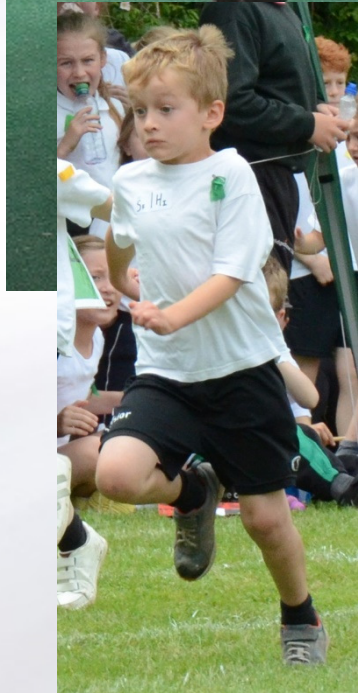
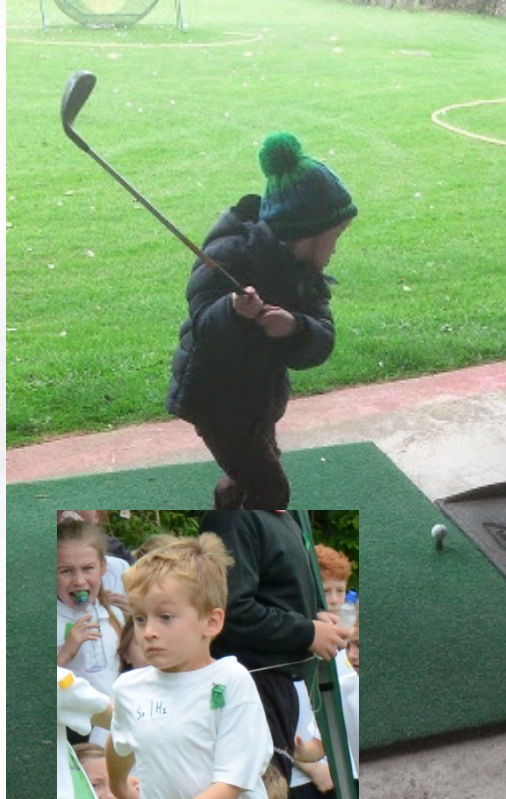


Parent Power?



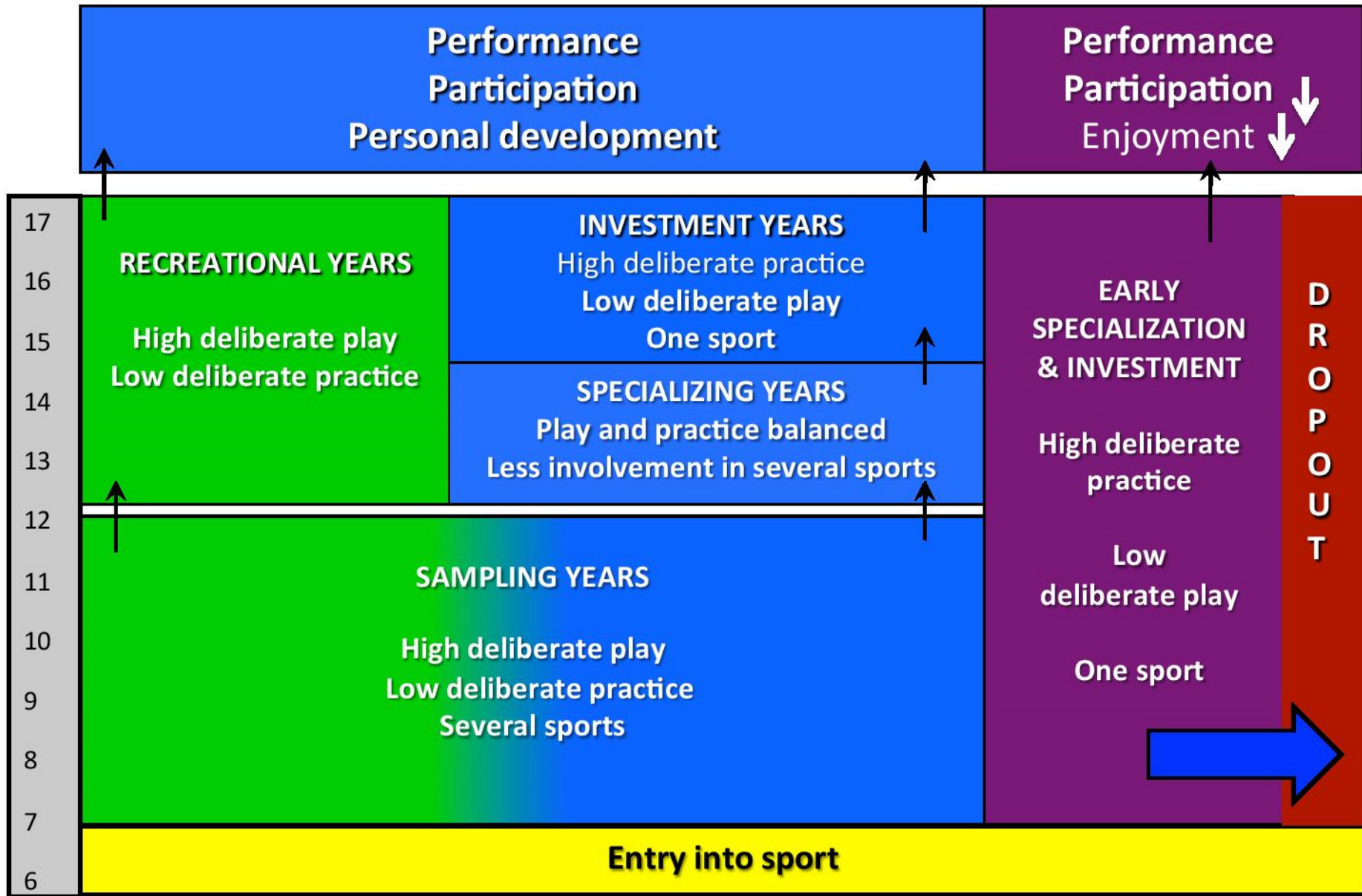
“She has been running / sprint training with a pole behind her back to get her more upright in her sprints, this may be normal behaviour for athletics...or not. I am interested to speak to him”

Multi-lateral Development



Early specialisation?





Côté, 1999; Côté, Baker, & Abernethy, 2007; Côté & Fraser-Thomas, 2007

The Crossover Model

Recreational

- Fun and exercise
- Play

Developmental

- Motivated by learning and improvement

Competitive

- Train on and off the course
- Compete to win

Elite

- Toward the end of adolescence
- More ability
- Requires special nurturing



Rounders!

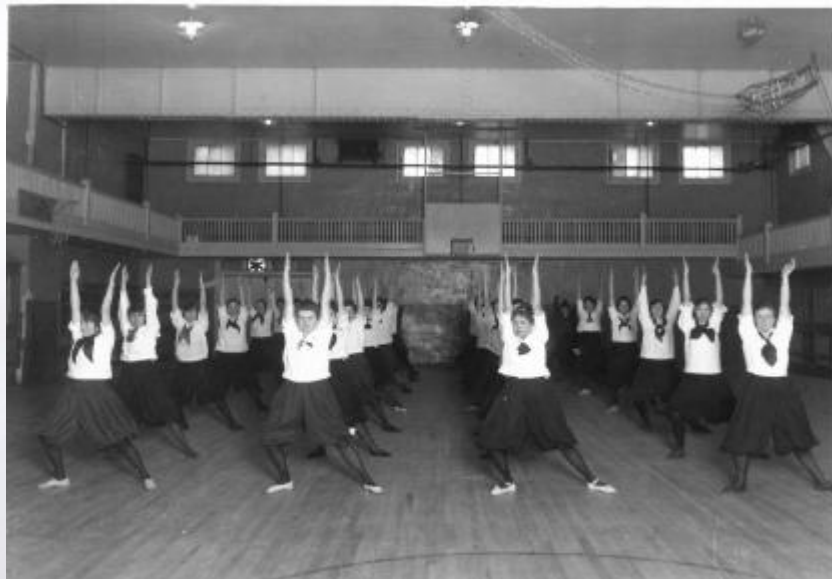


Fitness suites



School playground equipment in the year 1900





(c) Getty Images | Published in [Khan Academy](https://www.khanacademy.com)



Professional or Amateur?

Costs:

- £100 affiliation
- **Courses:**
- Lirf £150 (1 day)
- Coaching assistant £245 (2 days)
- Athletics Coach: £420 (4 days + days on pebblepad)
- Travel: 864 miles @ 40p/ mile= £345
- **Total= £1260**
- Return on investment?
- Support from EA regional officer?



Facility vs Fundamentals



Training Model

- Free to use facility
- General vs specific
- Athletes vs athletics
- Rent track monthly: starts and jumps
- Emphasis on adaptability (chaos, decision making, exploration)











Old concepts

- “Basic strength training has little or no concern for the specific movements for which training has been done. This comes later when related and specific power training are begun.”
- “Max strength, once gained, is not permanent. Even the late competitive season should include some strength training, even though infrequent.”
- Ken Doherty 1975 Track and Field Omnibook













Summer Training





Session Plan

- Warm up with lacrosse cones and tennis balls.
- Mini bands
- Spartacus training with skipping ropes.
- Starts with lean and rip on bullet belts
- Crouch and bang!
- High hurdles.
- Crawl sequence. Throws with 1 step, 3 steps, 5 steps.
- Dom (
• Running with jump every 3rd stride - – concentrate on landing leg, keep straight and stop sagging then spring rapidly up after push off Run 40m x2 Jerk and jump forward – use arms powerfully keeping legs as straight as possible
- 3 lap race, first 2 alternate leads every 50metres. Then race the last lap.
- Warm up; skipping patterns and partners then with catch ball.
- Matt/ Frank jump and nudge. Leaning towers : juniors do front support and leg raises.
- Prone series with hip raise and cartwheel jumps over.
- Rehearse key parts of Oregon track.
- week 6FridayTechnical +Repeat Drill Coaching cue: Rapid swing of legwarm up
- Side hip heists, carioca.Reach up and overSession
- Scissor jumps x 6 x3 sets.Rapid switch in the air and minimal ground contact. Skip, left, left, right.2 skips rhythm, Run 40m x2
- Skip forward accleratingEmphasise bend of swing leg in the skip, keep it going in the run. Minimum ground contact.
- Run 40m x2
- Resisted skip1 at a time, able to hold the position.swing foot comes up close to bum, then is held in front.
- Run 40m x2 6 x100m 90% x3, 95% x2, 100% x1. 2 minutes rest between reps.
- Cool downKneeling sequenceTry to relax into each stretch for 3-4 slow breaths.
- **Juniors** Use agility poles. Bend runs. zig zag runs. Try hurdle jumps 10 continuous, run forward over hurdles, kids adjust the distance. Super long, super close.
- Throw from kneeling x3 , then 1 from line, then 1 with run up to line. 3 times.
- Kenyan relays.

Winter Training



Heavy weights for middle distance

“Nothing quite equals, and certainly does not replace, the use of very heavy resistance, not even the ‘latest’ cult- Isometric exercising.”

Percy Cerutti

- Press bw above head
- Deadlift 2-3xbw
- 100 sit ups





The Future?

- Develop coaching volunteers
- Links to schools
- Training blocks and workshops
- Emphasis on run, jump and throw.
- Doing rather than competing

