

## 3 Practical Considerations

What I learned from performing this program

# Testing

- No Force Plate
  - Jump Matt - NCMJ vs CMJ
    - Can Look at 4J Compared to CMJ
  - Vertec - NCMJ vs CMJ
    - Must use arms
- Strength Ratios
  - Snatch 1RM 85% of Clean 1RM
    - <85% Get Faster
    - >85% Get Stronger
- Tempo Based Rep Maxes
  - Compare 2/0/X/0 to 3/0/X/0 to 4/0/X/0 to 5/0/X/0
    -

# Training Age

- 3-5 years of Training Experience
  - Physical Maturity - 'Powerful', 'Strong', Resilient
  - Emotional Maturity - On Time, Consistent Execution, Necessary Work over Extra Work Focus
  - Personal Maturity - Lifestyle, Manage Personal Relationships, Manage Team Activities
- Develop Athletes, Not to Reveal Character
  - Strength Deficit, or any SPP/Peaking focus program, will reveal any underlying issues
  - We want to program to develop athletes based on foundation of Physical, Emotional, and Personal Maturity
    - Set up for success as much as you can
- Three Evaluation Points
  - Execution - Rep/Set/Training Session
  - Progression - Understand Consistent Progress is superior to other variables
  - Accountable - Takes coaching and ultimately responsibility

# Multi Year Programming (LTAD)

- Year 1
  - General
  - What do you want them to look like Year 4?
  - Reverse Engineer End to Beginning
  - Top Down vs Bottom Up
- Year 2
  - Position Specific Program (ITB/OTB)
  - Biomechanic/Bioenergetic Positional Focus
- Year 3
  - Continue Position Specific Program
  - Biomtor Threshold
- Year 4
  - Strength Deficit Focus
  - Peaking

# Positional Training - ITB/OTB

- Program to Positional Needs
  - Biomechanics
  - Bioenergetics
  - Bimotor
- Speak the Language
  - Inside the Box - Shrink the Deficit
    - Good in Small Spaces
    - Specific Athleticism
    - High Power
  - Outside the Box - Increase the Deficit
    - Good in Large Spaces
    - Broad Ranging Athleticism
    - High Capacity

# Daily Logistics

- 2 a Days
  - Lot to get in an short period of time
  - 60min Window before Diminishing Returns
  - AM
    - Neural Focus - Plyos, MB, Sprint, COD, Olympic Lifting, Complexes
    - Energy System - Phosphagen Power (Low Density)
    - Movement Prep - Reduce Risk
    - Nutrition - ATP Dependent, Minimal Glycolysis
  - PM
    - Muscular Focus - Compound Lifts, Isolation Lifts
    - Energy System - Phosphagen Capacity (Moderate Density), Glycolytic Power (High Density)
    - Movement Prep - Limit Fatigue (Muscular, Cognitive)
    - Nutrition - Glycogen Dependent, High Glycolysis
- Consideration
  - S&C Coaches - Do they know what they are doing?
  - Athletes - Do they agree with what they are doing?
  - Sports Medicine - Do they know what you are doing?
  - Sport Coaches - Do they know why you are doing what you are doing?

# Weight Room/Field Setup

- Increasing the Deficit - *Herding Gazelles*
  - Takes up a lot of room
    - Tempo Runs, Max Velocity, Plyometrics, Complexes, Compound Lifts
  - Set Up for CNS Recovery
    - Fill in the Gaps - Metaphors, External Cues, Video
    - Understand Critical Drop Off
  - Get as much out of equipment as you can
- Decreasing the Deficit - *Herding Bison*
  - Takes up less space, but working with bigger people
    - Sprints, MB Throws, Olympic Lifts, Compound Lifts
  - Set Up for Quality
    - Put Governors On Them - Pacers, Grip, Tempos, VBT
  - Get as much out of quality as you can

# Considerations

- Great Players Are not Always A Good Fit
  - Maturity will be the biggest reason someone will be success
- Selling the Program
  - Reverse Engineering the Archetype
  - Showing Progress
- Troubleshooting
  - Working with Smaller Margins
  - Collaborating with Coaches/Athletes
- Share Data
  - Siloed Data is Useless Data
  - Show progress to empower, not hold accountable
- Have a Contingency Plan
  - Substitute for bad weather?
  - Critical drop off
  - Low Wellness/High Acute Workloads



# Take Home

- Cannot force a model that does make sense for environment or tasks
- More than likely more than one program going on simultaneously
- It's a bet big approach, having the stomach matters
- Trust and Listen to Data
- Only way this works, is if it is collaborative