

## I. GENERAL CONCEPTS

1. Planning is everything.
2. Keep records of all training for later analysis.
3. Be progressive in the loading process: gradual and systematic.
4. Rest and recovery are just as important as the load.
5. A holistic approach to training addresses the implications of outside influences.
6. Different times within both training cycle and season as well as varying ability levels require different themes in training.

## II. USING THEMES TO WRITE TRAINING PROGRAMS

1. The coach should have devised a plan that is thematically-centered around the development of the five biomotor elements: speed, strength, endurance, coordination/skill, and flexibility/mobility.
2. Design training by working backwards from the target date.
3. Training should progress from general to specific.
4. Plan long-term first, then short-term.

## III. STEPS IN THE PERIODIZATION OF TRAINING

1. Determine how much time is available for training.
2. Determine the length of the *macrocycle* (typically a year or season).
3. Divide the macrocycle into *phases* (typically 3 phases to a macrocycle).
4. Divide the phases into *mesocycles* (typically 4 weeks).
5. Divide the mesocycles into *microcycles* (typically 7 days).
6. The microcycle is composed of individual *workout sessions*.
7. Each session is composed of individual *training units*. Each of these training units addresses an individual biomotor element.

## IV. BIOMOTOR DEVELOPMENT

1. The five biomotor elements are:
  - a. Strength.
  - b. Speed.
  - c. Coordination.
  - d. Endurance.
  - e. Flexibility.
2. All five biomotor elements should be addressed in some form at all times.
3. When training young athletes, the biomotor elements should be kept in balance.
4. The biomotor development should be kept in balance during the early segment of the training year.
5. Late in the training year, the element most specific to the event should be stressed.
6. Be careful not to over train any particular biomotor element at the expense of others.

## V. TRAINING ACTIVITIES FOR ADDRESSING THE FIVE BIOMOTOR ELEMENTS

### A. *Strength*

1. Weightlifting exercises.
2. Jumping exercises.
3. Medicine ball work.
4. Throwing exercises.
5. Body-weight exercises.
6. Calisthenics.

### B. *Speed*

1. Sprints of various distances.
2. Ins-outs.
3. Variable speed runs.

*C. Coordination*

1. Agility drills.
2. Hurdle-mobility exercises.
3. Technique work.

*D. Endurance*

1. Various running workouts.
2. Circuit training.

*E. Flexibility*

1. Stretching routines.
2. Range of motion exercises.

**VI. PRACTICE DESIGN**

1. Plan practices in advance. Don't make them up on the spot.
2. Consider biomotor development when designing each workout.
3. Individualize workouts based on the exact needs of the athlete.
4. A proper warm-up should precede the workout.
5. Practicing skills (technical elements) should occur early in the workout.
6. Fitness training should occur later in the workout.
7. Finish the practice session with a cool-down.
8. Evaluate each training session objectively.
9. Make the practice interesting and fun. Avoid boredom.

**VII. THE THREE STAGES OF LEARNING A SKILL**

1. The beginning stage of learning is where the skill is taught. Demonstration and explanation are critical at this stage. Feedback from the athlete is also critical in determining if the acquisition of the skill will be successful.
2. The intermediate stage of learning focuses on refining the skill and correcting faults.
3. The advanced stage of learning emphasizes the stabilization of technique and the minor refinement of skill.

**VIII. STEPS IN TEACHING A SKILL**

1. Introduction of the skill.
2. Demonstration of the skill.
3. Practice of the skill.
4. Provide feedback.

**IX. PLANNING A PRACTICE SESSION**

1. Efficient, planned practices yield optimal learning and performance.
2. Consider the ultimate goal of the workout.
3. The plan for a given session should include:
  - a. Warm-up.
  - b. Overview and/or practice of previously taught skills and material.
  - c. The teaching and practice of new techniques.
  - d. Fitness training.
  - e. Cool-down.
  - f. Post-workout evaluation of the session.