



Coaching

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THE UKA DEVELOPMENT PLAN IN A NUTSHELL (2010)

PRE-PUBERTY

FOR:

- Alactic short bursts of high intensity
- Mobility and skill learning
- Neural muscular strength development through coordination exercises

AGAINST:

- Lactic energy system- there is no ability or necessity to try to develop it
- Aerobic development not necessary since it already switches on very quickly
- Beware of overloading bones and tendons

PUBERTY, which varies between age 12 and 16+, with girls starting first.

FOR

- Alactic short bursts of high energy
- Skill training
- Improving bone and tendon density through plyometrics and bodyweight training

AGAINST:

- Aerobic energy system is still a secondary function therefore it has less emphasis
- Over excessive progress leads to injuries if it exceeds the rate of bone and tendon growth.
- It MAY be possible to start gym work towards the end of puberty depending on rate of growth

POST PUBERTY that can go on up to the ages of 18 or 19

FOR:

- Lactic training for runners in the region of 45-90 seconds
- Alactic speed training continues but at a reduced percentage of total programme
- A high rise in testosterone levels means greater strength development
- Plyometrics and controlled gym work
- Females especially should re-train coordination skills

AGAINST:-

- Higher risk of injuries due to rapid strength development
- Too much aerobic training at the expense of other development areas.

ADULTHOOD from about age 19 onwards

FOR:

- Retrain skills to match senior events
- Raise aerobic training levels
- Reduce alactic training but do not stop it altogether
- Keep lactic energy training going
- Specific event strength training
- Maintain mobility by exercising full ROM of joints

The gist of this for speed and technical events is not to overload athletes by advancing too quickly during pre and puberty, and for distance runners not to spend too much time on aerobic training for the same age groups when they already have the ability to switch on their aerobic energy supply very quickly and there would be greater advantages working on developing their speed.

The website www.British-Athletics.co.uk has a selection of films of different events and years available on their home page and UKA website ucoach has some good podcasts.

Teachers should be aware that each school has a free place for one teacher to attend an Elevated Athletics course with a view to introducing the sport into their PE curriculum. Check it out with Mo Pearson.

USE OF THE CAMERA that I mentioned last month is on hold until we get the funds to purchase batteries and a charger. I will let you know when it is available.

COUNTY CONFERENCE AND WORKSHOPS

I can only repeat that we need to know your wishes for the contents of any workshops or a conference to follow up on the last one held in May.

TONY HADLEY is a renowned coach of several international athletes and is head of the UKA mentors for speed events. He will be coming to Carn Brea on 29th July for a speed coaches master class. As far as I am aware I have invited everybody in those disciplines, but if you think you should be invited the please give me a ring on 01209 891101. I have a mobile but as I don't get a signal at home I do not use it a great deal.

CSP SPORTS BULLETIN

I will have forwarded this to you already, but just in case you think there was little of relevance, here are two points to consider.

- The closing date for nominations for the 2010 Sports Awards is 31st August. There are a wide range of categories for which nominated persons or clubs receive a certificate and then of course there are the award winners themselves. Last year N & P and Mandy Sinden were amongst the nominees from athletics and Mo Pearson won an award.
- Train to Gain is worth £650 to participating clubs which offers support, workshop access, funding advice, 3 mentoring visits, 6 generic workshops and support to obtain clubmark.

For information about any of these, contact Natasha Howard on 01872 323347, or go to the CSP website

NATIONAL JUNIOR LEAGUE

If you remember, we entered this league to make up a composite team with Plymouth to get a better level of competition. It meant the participants had to catch a 5am bus but the net result is it looks very much like we shall be in the Promotion meeting in Derby next month, and if successful then the team moves to an even higher level.