



Coaching



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LARRIES LECTURES

The next lecture is due at midday on Sunday 26th July at Par track and is titled 'The art and Science of Coaching.' These are excellent for new or potential coaches.

HOTEL DEAL

England Athletics have agreed a discount deal with Intercontinental Hotels, with rates varying from 10% to 30%, depending on the time of your booking. To take advantage of this, book at www.intercontinental.com/englandathletics

SAY IT LIKE IT IS

When I show athletes an exercise I always tell them why we are doing it, and in this way I believe they have a positive approach to doing it correctly. Here are two cases in point

The Carioca

Ask yourself this.

- Why are we doing this exercise?
- Why do we hold our arms out sideways?

This is a hip mobility exercise, extending the Range of Movement (ROM) of the hip while stretching the hip flexors so that when we call upon them to raise the pace, they can meet the demand without putting unnecessary extra loading on the vulnerable hamstrings

The rear leg does very little for anything, so it can strike the ground somewhere behind the standing leg, it is the extensive movement of the front leg in the cross-over action that works the flexors and adductors. Sprinters often drive the knee of the front leg up quickly to the height of the outstretched arm.

As I said, this is a hip exercise, not an upper body exercise, so the arms are held out sideways to give spatial awareness of the movement of the shoulders. If they are rolling sideways then the hips are not getting their full ROM because the abs and obliques are twisting instead. Therefore the arms should be steady and parallel to the direction of travel so that the athlete is aware that the shoulders are not moving. Remember to change direction to give both legs the benefit



THE LATERAL LUNGE

This is a good static stretch for the adductors, but if you make it a continuous rise, turn through 180 degrees and lunge, then it becomes an excellent hip flexor and adductor warm up



QUAD TURN. I picked this up at the European Speed Coaches Conference. Take a squat position (left) and maintain it while turning front-wards through 180 degrees and continue several times. Now do it turning outwards (backwards).

LRF COURSE AT NEWQUAY 6TH SEPT.

