

SUSSEX MASTERCLASS 2016



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Level 4 coach / Speed

Today...

- The coach / athlete “journey”
- Event specifics – acceleration
- Running the curve
- Preparing to be a champion

So you want to coach an athlete?

- Physiology / Psychology – KNOW your athlete!
- S & C
- Nutrition
- Physio' / body maintenance
- Training time / frequency / venue – AGREE!
- Training plan: set but flexible; the athlete must know why he/she is doing what they are doing!

The coach / athlete “journey”

- Are you a *qualified* coach? (Not just a badge!)
- Are you biting off more than you can chew?
- Squad dynamics/abilities/events: do they suit?
- Venue/facilities/equipment/experience/knowledge?
- Your ability to deliver (commitment / work...)

The coach / athlete “journey”

- Keep it real: is he/she going to OG or SAL?!
- Athlete: what is your commitment? Goals?
Keep it real!
- Expectations – coach and athlete. Are you both on the same wavelength?

The coach / athlete “journey”

- DEVELOPMENT! If the partnership is to work, you both need to move with the times and develop *continued learning!*
- Athletes can outgrow coaches – **COMMUNICATE!!**
- No coach knows it all - many think they do!
DECISION TIME!

How do you accelerate?

- Acceleration is: The ability to generate force on the ground that achieves top speed as quickly as possible;
- Reaction / force / speed of movement / coordination of arms / legs;
- Drag **not** loop! Drive through the kinetic chain, or waste your effort exiting the blocks!

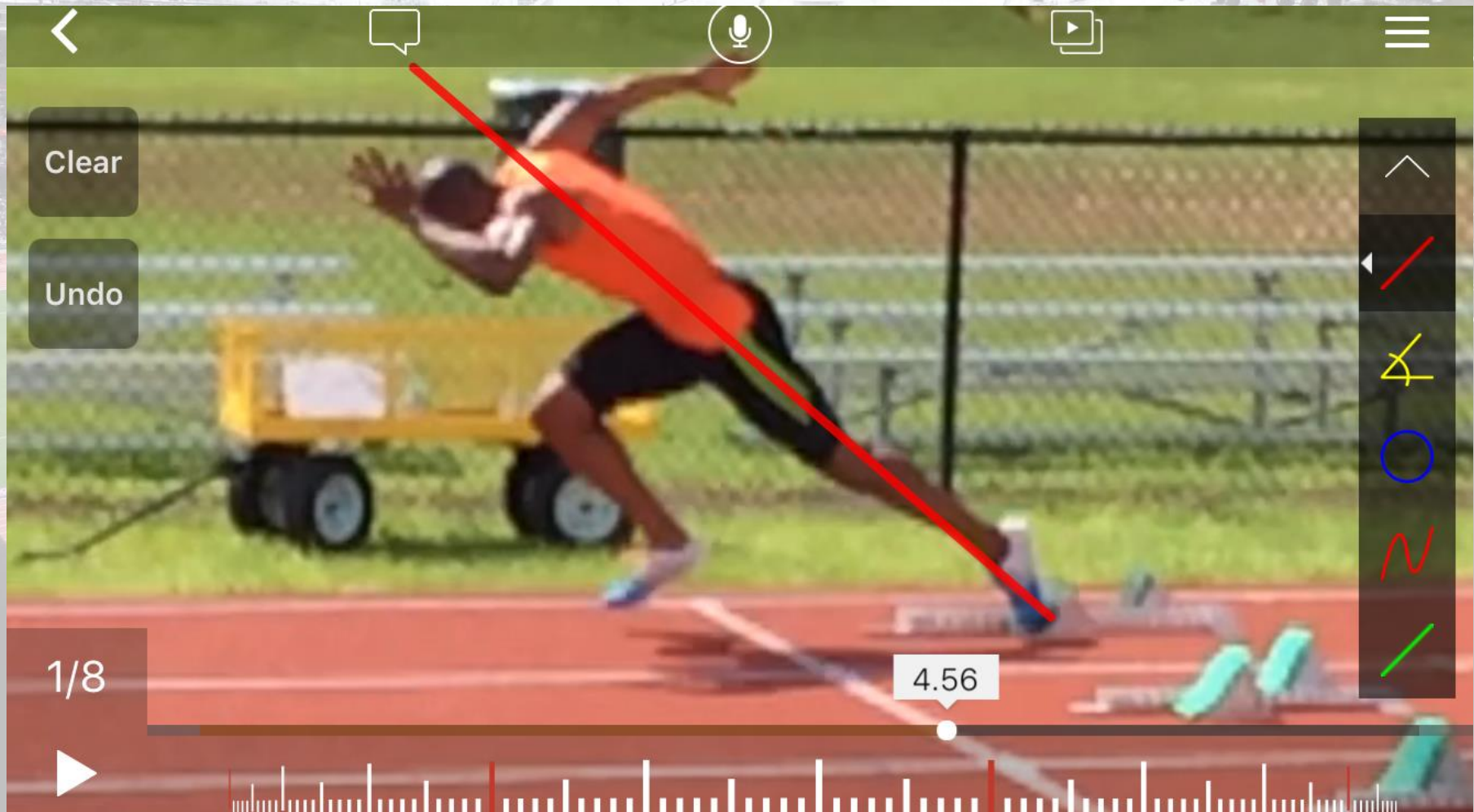
How do you accelerate?

- Posture / COG – use that g-force!!
- Do NOT over-stride or you will stand up and be facing a lot of back-sides!
- ‘Claw’ versus drive. Minimise ground contact.
- An efficient leg speed is critical (or you standup or fall down, and you want neither!)

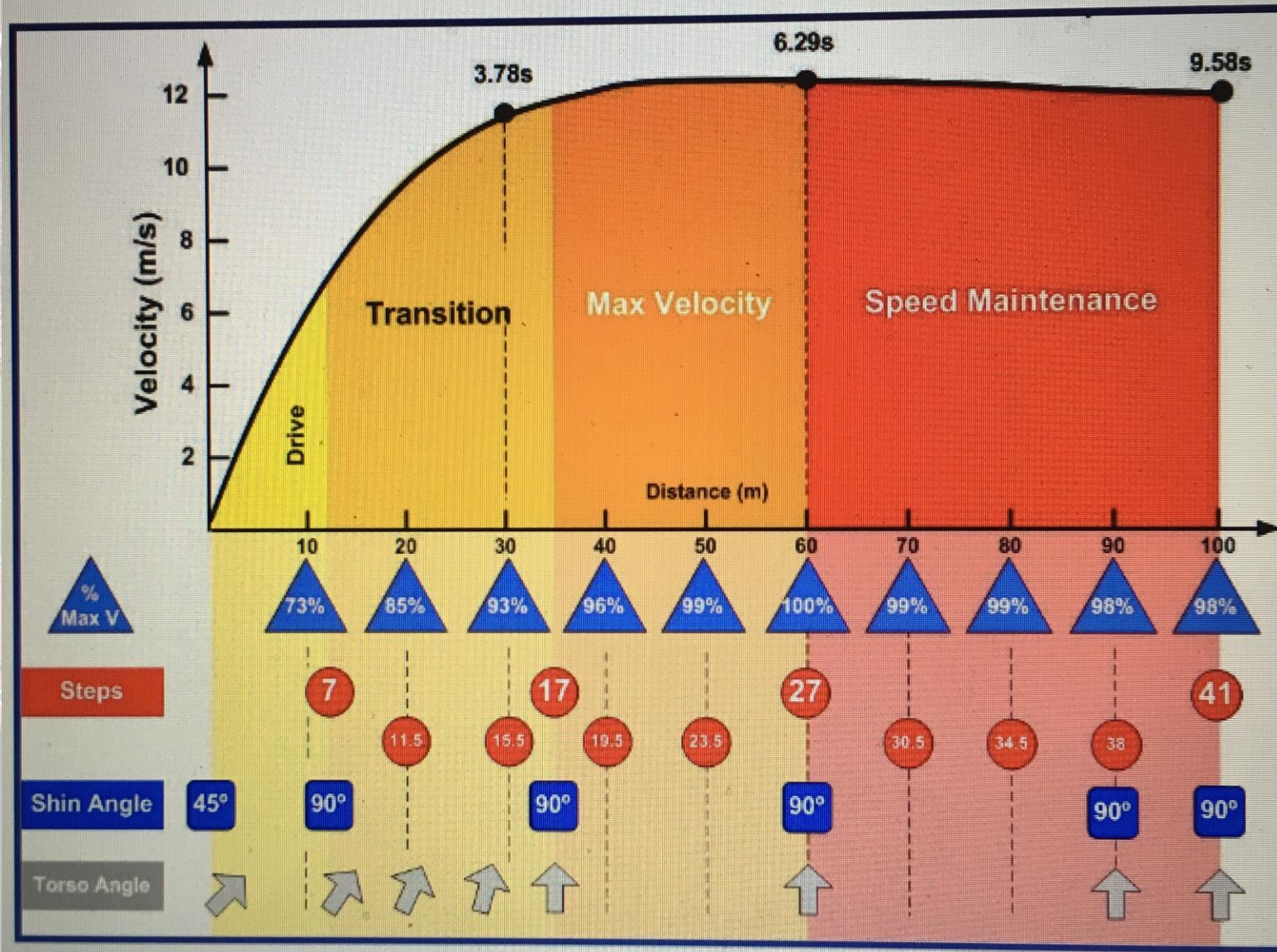
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How do you accelerate?



100m Race Model based on Usain Bolt 9.58s Berlin, 2009



Running the curve – 200m

- The first step on a training rep' or out of the blocks should be 'light' and 'staccato'. Landing too heavily wastes time;
- Arm action should be 'punchy' and not scoop, or this creates a drag on the whole sprint action;
- Always, run on the inside of your lane and never stray out, especially as you enter the straight;
- Do not lean into the bend (focus on exaggerated use of the left arm if you tend to do this);

Running the curve – 200m

- Transition is after about 80-85m: lift the knees to increase leg speed, and extend into the straight; pick up leg speed again;
- Listen to your steps – even in warm-up. Heavy and laboured? You are spending too long on the ground.
- A clue could be lack of dorsiflex in high knee drills if your toes droop. To do this, you need to *remove headphones!*);
- Don't try to reach the line – let the line come to you. Many athletes find themselves under pressure and either dip early or start over-rotating. This simply amplifies deceleration!

Running the curve – 200m

- Don't over-develop your pectoral muscles, or your arms become bandy in action – and inefficient, affecting the entire mechanical model;
- When negotiating the bend, make sure your arms do not sink;
- Do not 'rest your head on a pillow' (ie: tilt in). Stay upright with a slight tilt from the ground straight forward (COG);
- Every step is important – in training don't always do point starts as a coach cannot then see the first step – mix up stand and point starts.

Running the curve – 200m

- Only look about 20m in front of you – not right round the bend, as the latter will encourage the lean into the bend which we want to avoid at all costs;
- Sprint 50m and run 150. Try to sprint 200m and you will find it is a very tough event!



Preparing to be a Champion!

- PLAN AHEAD – starting in October! (eg: if you are aiming at rounds, training needs to enable the athlete to have the capacity to survive! So it's not just speed!!!)
- A competition plan should feed the intended peak;
- Rehearse – always try to have a dummy run;
- You can't put more in the tank after about T-minus 10 days!
- Timetable – yours! 9.30 heat? Up by 5.30...
- Sleep – enough, but not too much (no tablets/mobiles!)

Preparing to be a Champion!

- Travel – overnight is best
- Know the venue, know your opposition (no surprises);
- Discuss the coach input BEFORE the day;
- Kit / call rooms / call times / qualification;
- Nutrition before / during and after
- Warm-up – change **NOTHING**.
- Recovery strategy between rounds (no distractions, eg: media!)



QUESTIONS

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...let's do it!