



# CORNWALL COUNTY ATHLETIC COACHING

## FEBRUARY 2008 NEWSHEET

**SHAPE UP CORNWALL** is a campaign being run by The West Briton, Cornish Guardian and The Cornishman to encourage people to exercise. This is not a flash in the pan but a six months commitment to pushing fitness and sport, so if you have any bright ideas that need some publicity, then contact Richard Whitehouse on 01726 76815 or e mail it to [whitehouse@c-dm.co.uk](mailto:whitehouse@c-dm.co.uk) Alternatively, send me the details and I or Vicki Gregory will put them together to make a legible article.

**RUN FOR LIFE** dates have been announced and Vicki Gregory at Cornwall Sports Partnership would like to encourage road running clubs to fix some Run For Life training days with the possible spin off of new members. Ultimately she is looking at a big publicity splurge with contact names, numbers, clubs, etc all over the county. So if you would like to get involved, PLEASE send info to me and I shall forward everything to Vicki with a few stories to go with it to make it readable.

**BEEHIVE WEBSITE** is also part of the initiative. This is a site where clubs can register their details. Have a look and see what you think

**COUNTY TRACK AND FIELD SQUAD TRAINING** The attendance at these has fluctuated, so by next year we shall be reviewing the structure of them. Meanwhile, the joint coaching day with Devon is going ahead at Carn Brea on 2<sup>nd</sup> March, when the coaching will be shared between the two counties, picking the best possible for each event, and because it is a representative workshop it will be free to all participants with a AAA Grade 3 standard or above. The programme will include a visit from a GB team athlete, a look at a recording of the 2007 ESAA Championships and rounding up with a competition to suit throwers and anybody who can run, be they jumpers, hurdlers, sprinters or 1500m runners.

**STEVE BACKLEY** Last year I went to the National Coaching Conference and one of the workshops was run by Steve Backley. I made a few notes and shall attach some of his drills onto this newsletter. They make an interesting diversion from the run of the mill drills that many of us do.

**COACHING COURSES.** Not many are left for the remainder of this year, but you could just squeeze one in.

Level 2 St Luke's College Exeter 2<sup>nd</sup>/3<sup>rd</sup> Feb for the core weekend. Event specific days are 8<sup>th</sup> March for Endurance and Jumps at Ivybridge, and 9<sup>th</sup> March, also at Ivybridge for jumps and throws. Other dates are available on request for further afield in the region.

Level 3 phase 2 9<sup>th</sup>/10<sup>th</sup> Feb at Taunton or Mentoring On 16<sup>th</sup>/17<sup>th</sup> Feb at Yeovil College

For all the above, apply to the regional office at Exeter Golf and County Club, Countess wear, Exeter, Devon EX 2 7AE or Tel 01392 879733

**AGM** The county AGM will be on Wednesday 18<sup>th</sup> February 7.15pm at the Summercourt Memorial Hall. It is every clubs duty to attend, preferably with at least two members. The Association needs a new chairman and a secretary, so your input is vital.

**UNEMAIL** I try to keep undergraduates informed on an irregular basis, what is happening in the county. So if you have anything to pass on, drop me a line.

**SPONSORSHIPS** You probably read about Jemma Simpson getting sponsorship to the tune of £15000, well, Lamorna Newman has also been offered a sponsorship deal, a group of sprinters at CAC have a £585 grant to help with travel and strength training, a group of high jumpers are in the pipeline for something similar.

**PLYOMETRICS.** I have emphasised this aspect of training recently as being good for all disciplines. Now Arsenal striker Emmanuel Adebayor has said that the reason he can jump a foot higher than anybody else is because he trained himself to head a ball hanging from a tree. When he could hit the mark several times he shortened the string, and so on. This developed his elastic energy capability.

**STRENGTH TRAINING COURSE.** You just have time to get onto this excellent one-day course at St Austell Rugby Club on Saturday 2<sup>nd</sup> February cost £10. Ring Mo on 0797 381 3550

**CORNWALL OPEN SERIES** Sunday 11<sup>th</sup> May at Par, Thursday 26<sup>th</sup> June at Carn Brea, Sunday 10<sup>th</sup> August at Carn Brea and there is also the Carn Brea Relays on a Thursday evening, something like 29<sup>th</sup> May, but I shall check that out.

## STEVE BACKLEY DRILLS 1



**ANKLE WALKS** Done quickly and with a little lift to emphasise drive off the forefoot and ankle flexion

**HEEL WALKING.** Small steps to stretch the Achilles tendon.

**TOE WALKING** Walking on the balls of the feet with small steps. Also try walking on the outside of the shoe to bring the feet in line.

**SKIP LIFT.** Similar to ankle walking but with a small skip

**ANKLE JUMPS** Jump twice with alternate legs, then both legs together. Done fairly fast and continuous for co-ordination training. Add an overhead held medicine ball for added interest.



**WEIGHTED ANKLE RUN OR HOP.** Holding a medicine ball overhead or in front with outstretched arms, hop, ankle walk or run.



**CROSS THE LINE RUNS.** Run down a line placing the foot on opposite sides to normal. Now add a weight such as a medicine ball either in front or overhead. (Keep the body upright)



**CROSS THE LINE BOUNDING.** Rather like bounding for height, but crossing a line with alternate feet, as in the above exercise



**REVERSE EXERCISES.** Many of these exercises can be done in reverse, which normally gives the calf and Achilles a different kind of workout.



## REACTION DRILLS

Athletes contesting speed events that rely upon quick reflexes will benefit from doing some reaction drills. Naturally they should be done fast, and preferably on command or at the blow of a whistle.



**PRONE START.** Laying prone with the head in the direction of travel, hands palm down. On command, jump up and run 10-15m



**SUPINE START.** Laying supine with the head in the direction of travel. On command, jump up, turn and run 10-15m



**KNEELING START** Kneeling with a straight back and facing the direction of run. On command jump up and run. Variation: without putting hands on the floor



**TOUCH AND RUN.** Athletes in a line with the coach behind. Athletes run when they feel a touch on the back, spaced randomly by the coach.



**NOSEY.** Athlete stands with both hands either side of the nose. On command the arms are brought smartly down and back.



**KNEE JERKS** Holding a wall or fence at arms length. On command of Left or Right, the appropriate knee is pulled smartly upwards



**BUM KICKS.** As for knee jerks except that the heel is brought smartly backwards and upwards to the buttocks.

**COMBINED.** Try mixing knee jerks and bum kicks.