



Coaching

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WHAT IS GOING ON WITH ENGLAND ATHLETICS?

In the past week all kinds of things have been going on, and I suspect it all started with EA taking over the sponsorship of the ESAA championships. The Foster Report of four years ago that was supposed to be the answer to everything, has gone down the plughole with the bathwater. The South West Regional organisation that we have been getting used to, is to be wound down and we will be going back to the old system, ie we become part of Southern England. In its place, England Athletics intend to set up about 50 Networks of clubs and schools across the country that can share their expertise, and in particular their coaching. The networks will be backed financially and must integrate more clubs with schools to expand the opportunities available to athletes at a local, grassroots level. There will be 6 pilot networks set up very soon to iron out any potential problems, and thanks to the quick thinking of Roland Mark, because the time element was very short, a submission has been made incorporating Exeter, Plymouth, Newquay and Par, CAC and Mounts Bay Harriers. I emphasise this is only a pilot bid and not definitive, since once the details are more readily available then other clubs may join if they wish to.

The continuation of regionally organised courses is in the balance, so anybody who is thinking of finishing off a course would be well advised to get it done soon. As far as we are aware, the Exeter office will be operating until at least Christmas. Some of these decisions could yet be changed again. I will keep you informed or you can check the England Athletics website.

SUBJECTIVE TRAINING. To train and coach with an end target should be part of a coaches preparation to the year, and this requires a little planning, preparation, performing, recording and analysing if you are to make it beneficial and enjoyable to the athletes and yourselves.

If you are a distance running coach, is this you? Sun: 10 miles run (What was the objective?)

Or do you plan, something like this: Objective. Strength and cardio. Beach: 2 ml steady warm up. 5 min body-strength exercises (press-ups, squats, squat jumps, single leg jumps, burpies). 5 min recovery, then 3(3x45sec) up dune, jog back x 5:00 between sets. 2-3 down dune runs up to 200m. 2 ml run back.

Or even a road session with negative splits where the second half is ran faster than the first, or parlauf's, or hill drives – where you plan to run hard up every hill on your normal run.

Have you tried predictor runs, where everybody predicts a time for a known distance, say 3k,5k,10k, everybody chips in 50p and runs without a watch? The nearest to being right wins a bottle of wine

For the track running coach, is this you?

Tue: Warm up –drills - speed work – cool down – go home, job done.

Or do you have an objective? Eg.:

Warm up with pace increase over 4 laps

Drills: Reaction drills for arms, legs and whole body

Tech. 6x10-15m block starts

Speed: 4 x 60 x 4:00 with staggered starts.

Feedback: What were we aiming to achieve? Which part of the body worked the hardest? Which part of today gave the most/least benefit?

SO WHERE DOES THE FUN TO FULFILMENT PART OF THE MOORCROFT MOTTO FIT IN?

We only have to have to compare our drop out ratio with other sports such as soccer and netball to see that team work holds people together, so lets try to build a team spirit, and this includes the socializing before training starts, and design our programme that even the lesser skilled athletes do not feel left behind. The above example track session could be made more fun by starting the sprints with a cart wheel, or from a press-up position.

I hope that by now I have got you thinking. Talk a few ideas over with your older athletes and see what they come up with. Of course, amongst road runners you will always get some stick in the mud's that do not want change; that is where your psychological skills come in

COUNTY SQUAD TRAINING DAY 25TH OCTOBER

Nearly forty athletes and coaches tuned out on Crantock Beach for the first squad training day. They were divided into four groups according to their disciplines and during the two hours they spent time at four different stations where they experienced circuit training, endurance running, plyometrics, speed work or throwing. The feedback indicated that everybody gained something from it and were asking when the next one would be, so we fixed a date for the beginning of the February half term, by which time we may be networking with clubs from across the Tamar.



COURSES THAT COULD INTEREST YOU, TAKING PLACE IN TRURO AT THE CORNWALL SPORTS PARTNERSHIP OFFICES IN THE OLD RICHARD LANDER SCHOOL To get involved go to www.cornwallsportspartnership.co.uk and download the booking form.

25th Nov. Child protection course £25 28th Nov Speed and Agility £15

31st Jan Emergency First Aid £52

and at Newquay Sports Centre on 19th Jan 09 there is a Child Protection Course £25