

PLANNING FOR A SUCCESSFUL SEASON

From the very first day...



PLANNING FOR A SUCCESSFUL SEASON

- Season Outline: Pre-season, Early Season, In-season, Post Season
- Logistics: Schedules, Busses, Meetings, Uniforms
- Establishing Team Culture
- Training Methods for Student Athletes
- Technology and Coaching
- Professional Conduct
- Developing your Coaching Philosophy





SEASON OUTLINE

PRE-SEASON CHECKLIST

- Coaches hiring and meetings
- Call out meetings
- Pre-season meetings
- Practice Schedules
- Meet Schedule
- Invitational Schedules
- School Trainer Schedules
- Bus Schedules



EARLY SEASON CHECKLIST

- Ordering Uniforms
- Managing “tryouts” in a no-cut sport
- Understanding the different motivations of athletes who come out for the sport
- Setting realistic individual and team goals
- Establishing culture of support
- Establishing a culture that embraces positivity and sportsmanship



MID-SEASON CHECKLIST

- Adjusting Goals
- Checking in on Attendance
- Meeting with Coaches
- Team Gatherings
- Athlete Eligibility



LATE SEASON CHECKLIST

- Registration for Post-season competition
- Lettermen Standings
- Team Awards
- Team Banquet
- Senior Gifts/Awards



POST-SEASON CHECKLIST

- Uniform Return
- Communicating Off-season training expectations
- Submitting All-league/Section Recommendations





LOGISTICS

LOGISTICS OVERVIEW

- Hiring Coaches
- Coaches Meeting
- Prospective Athletes Meeting
- Pre-season Meeting
- Parent Meeting
- Transportation
- Practice Schedule
- Meet Schedule
- Invite Schedule
- Team Events Schedule
- Post Season Schedule



KNOW YOUR BI-LAWS, RULES, AND POLICIES

- Practice dates – starting date, what are the restrictions?
- Team rules – write out a team policy and bylaws: be clear and concise.
- What is the club sport culture and expectations on your team?
- Physicals: get them done.
- Safety – presentation or talk to the kids, runners on the roads, discus, hammer, javelin.
- Coaches certifications for your coaches: what's needed?
- Be clear and consistent when communicating policy, rules, bylaws, and safety requirements to your coaches and athletes.





TEAM CULTURE

DEVELOPING TEAM CULTURE

- Creating a cohesive track team
- Creating a partnership with parents
- Create a space off the track where team bonding happens
- Mix up the event groups
- Create general conditioning opportunities
- Team camps
- Choose captains wisely



CULTURE

- Prospective Athletes Meeting – setting the tone early so people join for the right reasons.



CULTURE

- Pre-season Meetings – be clear about policy and expectations early, send information home to parents!



CULTURE

- Goal Setting with Athletes – Schedule time to meet with your athletes and help them form realistic goals.



CULTURE

- Team Events – Positive team culture comes from building relationships on and off the field.



CULTURE

- Team Policy – be clear and consistent – don't make exceptions based on performance or personal relationships



PARENT MEETING

- Be clear with parents that your goal is to set create a positive program for their child and as part of the team we ask parents to do the same
- Parents are part of the team.
- Be sure parents read and sign, or at least sign, the team policy...
- Communicate with parents regularly.
- Create a space where parents can participate in the right ways.



PARENTS

- Are not the enemy
- Care deeply about their son or daughter
- Love updates on how things are going



PARENTS

- Be rational with them
- Never discuss other parents with them
- Never discuss other team members with them
- Make sure they understand team rules



ADMINISTRATION

- Athletic directors are busy: make appointments.
- Present rules to administration so you're on the same page.
- Be sure you understand school policy and rules.
- Be sure you have approval of school administration before doing anything:
 - Meets & Invites
 - Practices
 - Team Events





TRAINING STUDENT-ATHLETES

TRAINING DISTANCE RUNNERS

- One of the sad things of members of a track team is judge others about their workouts...
- A distance assumes that a sprinter is not working hard enough and has it easier then those in the longer race.
- The sprinter wonders why the distance runner is doing so many laps at such a slow pace.
- The weight guys ask each other why the sprinter and distance runner are doing workouts that don't use an implement (not including a baton)
- and the jumpers are another story....

TRAINING DISTANCE RUNNERS

- Mileage may vary: There is no magic number that guarantees success.
- Every student athlete is different; As a coach, we must train them to race/compete.
- Some athletes are great trainers, others are gamers (racers) and some both – It is our job to work with each type of athlete on the track and help them prepare for successful competition.



TRAINING DISTANCE RUNNERS

- Before hitting the track with your athletes, each of us should have a plan formulated for the entire season based on the athletes' needs and pre-season goal meetings.
- Always understand that the greatest plans can fail. We can only learn from those failures by meeting afterwards to discuss why and make the necessary adjustments
- Don't make HUGE adjustments!
- Be sure you and your athletes are on the same page.



THE **DON'TS** OF DISTANCE RUNNING

- Obsessively compare yourself to others
- Skip rest days
- Dwell on bad runs
- Get discouraged by discomfort
- Forget to be grateful





TRAINING SPRINTERS (AND HURDLERS AND VAULTERS)

- Warm-up
- Maximum Speed – Controlled
- Rest
- Form
- Cool-down



TRAINING SPRINTERS

- As in every sport, warm ups are very important.
- One area that needs improvement analysis is the cool down. Many sprint coaches seem to think practice ends with the last speed interval.
- To be able to continue a sustained workout each week, the sprinter must not only work on speed but also form, and rest.
- Just like distance runners, a sustainable periodization must be in place. The following must be included in the daily workout schedule - not all in one day or one week:



TRAINING SPRINTERS

- 1. Warm up - depends on the degree of work that day and working during two week schedule periodization.
- Cool down - must be included in all workouts.
- Form work - should include strength training (including arm action, body positioning, foot work and on ground speed, and vertical speed.
- Relaxation - before and during the race - if a race has gone to perfection, or has had a negative result, it is up to the coach to meet with each athlete and set a positive stage for the next event - the coach has to gage the feelings of each athlete before and after a race.
- Continuity is the most important communication between the coach and the athlete - every workout and competition the coach and athlete must be one.
- Racing must be designed to so that the sprinter's workload will decrease as his/her season heads to the championships. There truly is a light at the end of the tunnel.
- Block starts need to change as the season progresses. As the athlete is gaining strength and more speed, he or she needs to believe that a change will be a benefit and this is where the coach must use his ability to make it happen.



TRAINING THROWERS: SHOT AND DISC

- The shot and discus throw are the strength events of track and field. More than any other event, the shot put and discus rely on the direct application of power.
- In physics, power is defined as work divided by time. In other words, if an athlete does more work in the same amount of time, power output increases. Likewise, if an athlete does the same amount of work in less time, the power output also is increased. In both throwing events, power is the critical component.
- The shot put is considered a pushing event while the discus is regarded as a slinging event. Because both the shot put and the discus throws require athletes to generate and effectively apply great power, they are arguably the most technically complex events in track and field.

TRAINING THROWERS: SHOT AND DISC

- High school throwers should be good athletes to start.
- Throwers are required to perform numerous dynamic skills in concert to achieve good end results.



SHOT AND DISC: SAFETY FIRST

- The primary consideration in coaching is safety.
- No athlete will ever be allowed to retrieve an implement when there is an active ring.
- No athlete (coach, spectator or official) should ever turn his or her back to an active ring.
- Ultimately safety is the responsibility of everyone in the throwing area.
- It only takes one moment of inattention to lead to a tragedy.



THROWS: PRINCIPALS OF TRAINING

- PROGRESSIVE OVERLOAD
- SPECIFICITY
- REPETITION
- RECOVERY
- INDIVIDUALITY



THROWS: SPECIFIC TRAINING

- ROTATIONAL ACCELERATION
- BALANCE
- RHYTHM
- BODY CONTROL
- RELAXATION



THE MECHANICS OF THE THROWS...

- The aim of both the shot put and discus throw is to propel the implement as far as possible to land within the designated sector.
- Five factors to be considered: Speed of release – Angle of release – Height of the implement at release and with the discus (atmospheric conditions) – plus Horizontal axis: (SAH(AH)).



ALL JUNIOR HIGH OR HIGH SCHOOL COACHES NEED TO KNOW THE FOLLOWING:

- The importance of rest and recovery for the athlete
- The importance of proper warm up and cool-down
- Targeted strength and conditioning exercises appropriate for the athlete
- Coaches should develop a periodization schedule
- Coaches should always recognize and be aware of the individual differences of each student-athlete and be flexible about rest, mileage, homework load, testing days, and family obligations.
- Coaches should be up front with athletes about expectations on practice and meet attendance.



There are no silver bullets and no substitute for knowing your athletes....

Athletes differ in:

Relative physical maturity

Relative mental maturity

Physiological composition in: ? Aerobic, Anaerobic,
Skeletal muscular, Connective tissues, Balance, and
Flexibility.



TECHNOLOGY AND COACHING

TECHNOLOGY AND COACHING

- Why Tech? - It's where they are...
- Can build team culture
- Allows coaches to communicate and share off the field
- Enhances communication between coaches and athletes, and coach to coach
- Broadens your resources beyond just what you and your coaches know



TECHNOLOGY AND COACHING


- YouTube
- Coaches Eye
- Flotrack
- Filming
- Social media



long jump technique

Filters

About 98,300 results




Key Steps to Increasing the Distance of Your Long Jump

SportsDVDs

2 years ago • 204,670 views

Dwight Phillips, 2004 Olympic Long Jump Gold Medalist and three time World Outdoor Champion, reviews the basics and ...




Brianna Glenn : Long Jump Basics

ProTips4U

1 year ago • 84,779 views

ProTips4U athlete page: <http://bit.ly/1okGrif> "Like" us on Facebook: <https://www.facebook.com/ProTips4U> Follow us on Twitter: ...




How To Long Jump

EmanTheG

5 years ago • 249,192 views

This Video Won 1st In STATE! This was a TSA project which was entered into a video competition during 2010. I was a high ...




Long jump techniques

Maria Lavelle

4 years ago • 229,840 views

NOTE: First time trying the 1 1/2 hitch-kick. I did it on the wrong foot (left) as a coordination drill. I usually use the Sail technique, ...



Long Jump slow motion form analysis - Dwight Phillips, Mitchell Watt, Ngonidzashe Makusha

Elevate TrackandField

3 years ago • 65,168 views

<http://www.elevatetrack.com/long-jump/> Slow motion video and form analysis of three of the best long jumpers in the world.

long jump technique



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Rating

This year

Show

3D

Live

Purchased

360°



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TECHNOLOGY AND COACHING

- Maintain appropriate professional boundaries
- Don't friend athletes using your personal accounts – create team accounts and keep your Athletic Directors and Admins in the loop
- Don't text athlete from your personal phone number – use other communication tools.
- Online behavior is treated the same as offline, except that online behavior runs it through a copy machine set on infinite copies...





PROFESSIONAL CONDUCT

BOUNDARIES

- Know your school and district policies
- If you hire – hire well!
- Social media – to friend or not to friend?
- Interactions – Athletes are for display only
- Maintaining professional relationships with coaches and parents is very important



BOUNDARIES

- Understanding expectations and limitations in the daily lives of your athletes
- Clarifying appropriate involvement and inappropriate involvement



HOW TO KEEP YOUR JOB: 101

- Always:
 - Interact in public if there is a 1:1 interaction
 - Interact in earshot of other adults
 - Refer notes or letters from students to a counselor
 - Transport more than one athlete if you're required to transport them at all, otherwise avoid it.



HOW TO KEEP YOUR JOB: 101

- Refrain from:

- Bussing
- Kissing
- Hugging
- Patting
- Poking
- Groping
- Grabbing



HOW TO KEEP YOUR JOB: 101

- **USE COMMON SENSE.**



HOW TO KEEP YOUR JOB: 101

- Understand:
 - Adolescents are going through a period of sexual expression and...
 - This is not an invitation
 - Interact in earshot of other adults.
 - Reflect on your own behaviors and emotions regularly, and be sure these align with what constitutes professional behavior between an athlete and a coach





YOUR COACHING PHILOSOPHY

DEVELOPING YOUR COACHING PHILOSOPHY

- What is your background? Take time to reflect.
- Head coaches (unless they are decathletes) usually need to develop a broader understanding of events to support event coaches and work with athletes.
- What team culture do you want to establish?
- Go around to every event – circulate, talk to each athlete.
- The Student-athlete – encouraging balance and healthy habits around training on and off the field
- What is your training philosophy?



THE *JOURNEY* BEGINS FOR US ON THE FIRST
DAY OF PRACTICE — IT'S ABOUT THE JOURNEY.

“WALK THROUGH THEIR DOOR SO THEY CAN WALK THROUGH YOURS.”

- Kids begin on all different levels:
 - Some haven't prepared
 - Some may have other activities
 - Some may have over-trained
 - Some may have worked with other coaches
 - Some may have injuries
 - Maturity levels vary at these ages





We never really know what's going on at home: teachers and coaches are often more influential at this age than parents can be: **Never take that responsibility lightly.**

THINGS GOOD COACHES KNOW FROM EXPERIENCE

- You will make mistakes - accept that and learn from them.
- Because something is in print or online does not make it true.
- When we fail, placing the blame on something or someone outside of ourselves is a way to rid us of the responsibility: but that doesn't get rid of the problem.
- There is no right or wrong system of training track athletes, just a continuum ranging from successful to unsuccessful.
- Thinking critically can move you along that continuum to success.
- Question what you know and what you learn.
- Don't forget this, because this is what keeps us from getting stuck in dogmatic beliefs that keep us from gaining wisdom.



WHAT IS COACHING?:

- It is an art and a science
- Whether you're an artist or a scientist, seek balance.
- **The Art:** A developed intuition on when to push and when to back off, when to praise and when to criticize.
- **The Science:** Going beyond the fundamentals and using a learned understanding of anatomy and physiology, sports science, and athletic training.
- **Balance:** Developing a plan and caring enough for your athletes to deviate from that plan when needed.



WINNING WITH KINDNESS AND POSITIVITY

- Avoid Sarcasm
- Think before raising your voice
- Stop cursing
- Remain in control
- Reconsider Punishment
- Assess your Coaching Style

Source: <http://coachesnetwork.com/content/winning-kindness-and-positivity-0?k=2882>



ABILITY TO ADAPT YOUR COACHING TO YOUR OWN UNIQUE SITUATION.

- Existing team culture – what are you starting with?
- Budget – be sure to get clear information from your AD about your resources
- Coaching staff – hiring well is everything – everything...
- Other obligations: What are your other contractual obligations as a coach. What is your “day job”.
- The only thing part-time about coaching is the pay.
- Are you on campus?



STRATEGIES FOR ORGANIZING, COMMUNICATING WITH, AND MOTIVATING YOUR ATHLETES

- Social media and electronic communications
- Team events: Schedule them early and as often as is reasonable.
- Establishing cultural leaders – choose your captains wisely.
- Differences between girls and guys.
- Mix it up– shot-putter's and distance runner movie night.



COACHING INSIGHTS GAINED FROM YOUR OWN EXPERIENCES AND THOSE EXPERIENCES LEARNED FROM OTHER COACHES ETC.

- Balance psychological and physical training
- Don't take it too seriously.
- Talk is cheap – let your results speak for themselves
- Encourage healthy preparation.
- Hire well – and be hands off, don't create a need for micromanagement.





**“IT IS HARD TO MAKE PREDICTIONS,
ESPECIALLY ABOUT THE FUTURE.”
— YOGI BERRA**

KNOWLEDGE ACQUIRED FROM COACHING CLINICS AND PERSONAL STUDY OF TECHNIQUE AND SPORT SCIENCE: EXERCISE PHYSIOLOGY, BIOMECHANICS, NUTRITION AND SPORT PSYCHOLOGY

- Relating physiology to athletes helps them understand why and how they train.
- Training is a 24-hour a day job – Diet, Sleep, preventative therapy, stretching, time management, academics, and even relationships with coaches and teammates – parent partnership is key.
- Finding a healthy/right balance between stress and disinterest: the right kind of nervous = excitement vs. fear.
- Keep it simple – you should be able to explain it to an 8 year old.
- Know your systems – Aerobic, Anaerobic, Muscular, Skeletal, and Connective Tissue.



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- Relate stories and situations to athletes who need motivation and inspiration: David Hemery story on Mexico City.
- Jim Ryun – handling a loss – how do we handle expectations? How can we model this?
- Finding a balance between results-oriented, healthy expectations and what the kid can give that day.
- Don't get caught up in pushing the results on the athlete – it's about the journey.
- If you're in it for fame and glory or the money, you've come to the wrong place...



POSITIVE PERSONAL EXPERIENCES AS AN ATHLETE, A LOVE OF THE SPORT AND THE DESIRE TO ASSUME THE MANY ROLES OF A COACH TO HELP YOUNG ATHLETES IMPROVE...

- Positive personal experiences as an athlete, a love of the sport and the desire to assume the many roles of a coach to help young athletes improve
- You'll have athletes, and you have participants – how do you handle this?
- Help them find a love of the sport, the team comradery, and work ethic and how to improve.



COACHING = TEACHING = MENTORING

- Understand what it means to be a No-cut sport
- We're in the business of crafting better citizens
- Establishing healthy habits for life:
 - Teamwork
 - Sportsmanship
 - Perseverance
 - Diet and Exercise



WHAT IS A COACH?

“A coach is someone who can give
correction without causing
resentment.”

- John Wooden

