

## **Long Term Athlete Development** *by Duncan Atwood, Pocket Videos, LLC*

1. Typically four years, with Youth track maybe six years. Ages 12-18. Other sports differ - Gymnastics, swimming. How much coach control?
2. Continual improvement, avoiding burnout as goals. Different events have different improvement/burnout thresholds.
3. ASSESSMENT - What are they bringing to the track? Mental, physical capabilities? Physical Literacy? German multi event system.
4. Suitability for the event(s) - size, growth pace, interest, strength, flexibility, coordination. Family, cultural, school support? Ryan Crouser, Wolfgang Schmidt
5. Filling in the Gaps - Stiff? Stretch. Weak? Strength train. Ignorant? Educate. Cross training but for athletes. Read up on what the stars in the event group can do in other activities. You may be surprised. German girls Med ball training.
6. Jimmy Ratliff, U of O strength coach, sees increasing specialization, poor basics. They do more and more remedial training.
7. Low stress training activities - bicycling, skateboarding, swimming.
8. Special attention to flexibility. Poor flexibility is often at the root of bad coordination, poor skill learning, even apparent weakness. Roggy.
9. For throwers, poor foot and calf strength can make them sluggish. 400m marches can help. Careful with plyometrics.
10. For distance runners, torso stretches and strengthening can improve lung capacity. Leg stretches can help smoothness.
11. Sprinters can work on coordination and flexibility with drills. They can be developed to a high level.
12. Use video comparisons. Put them on their phones. Make many, maybe 10 per kid per year. Valuable for both skill events and runners. Year-to-year comparisons can be powerful.

