

Improvement of athleticism



By Ignatius Loubser
Head Strength & Conditioning
Specialist
HPC University of Pretoria

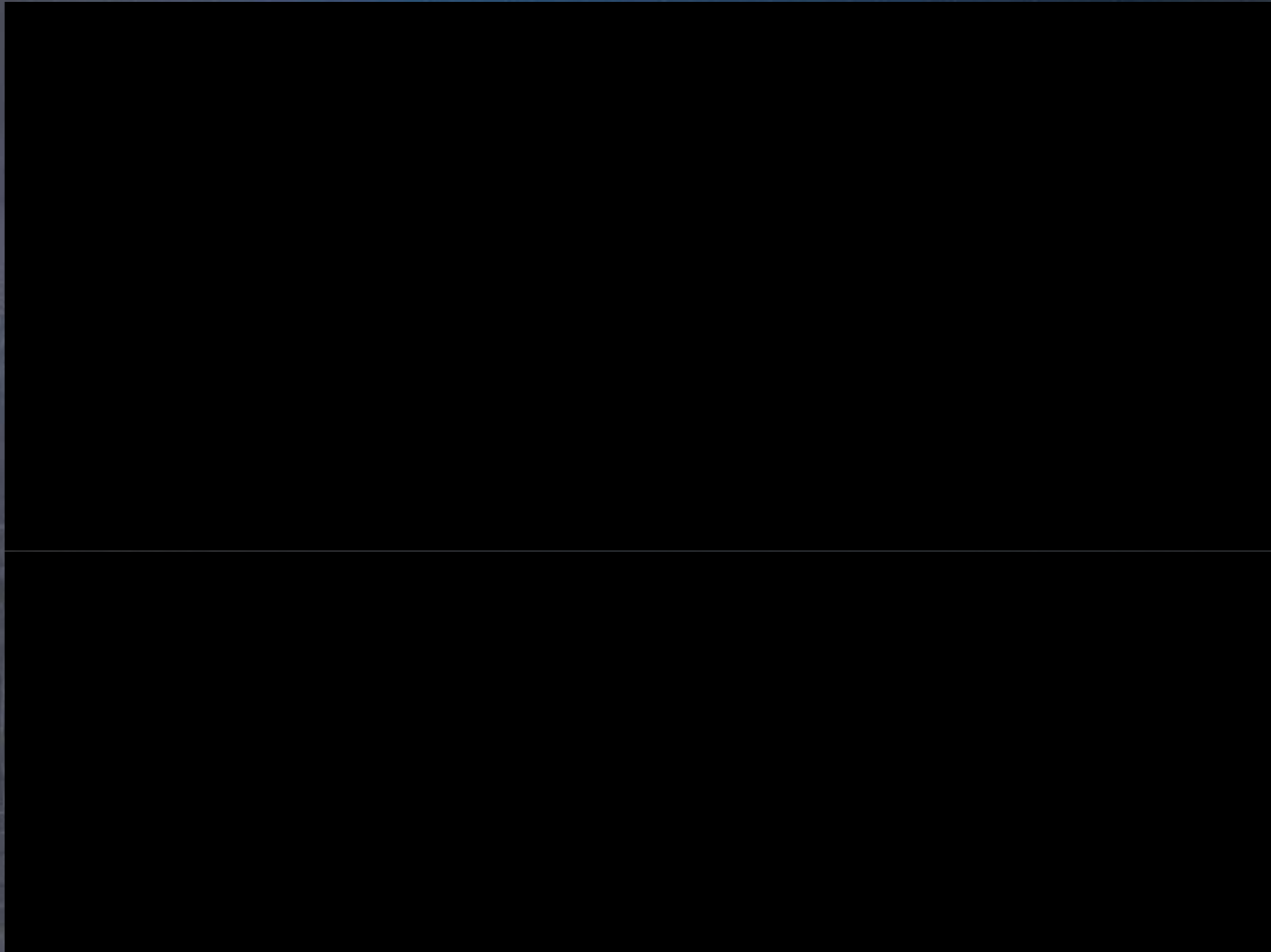


UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc

University of Pretoria



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc

University of Pretoria

What is Athleticism?



"the ability to use a variety of motor abilities (strength, power, speed, agility, coordination, stability, balance, etc.) to effectively and efficiently perform a wide variety of sporting actions."



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc

University of Pretoria



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



Can You Give Me the Names of Some of the Worlds Most Elite Athletes and Why?

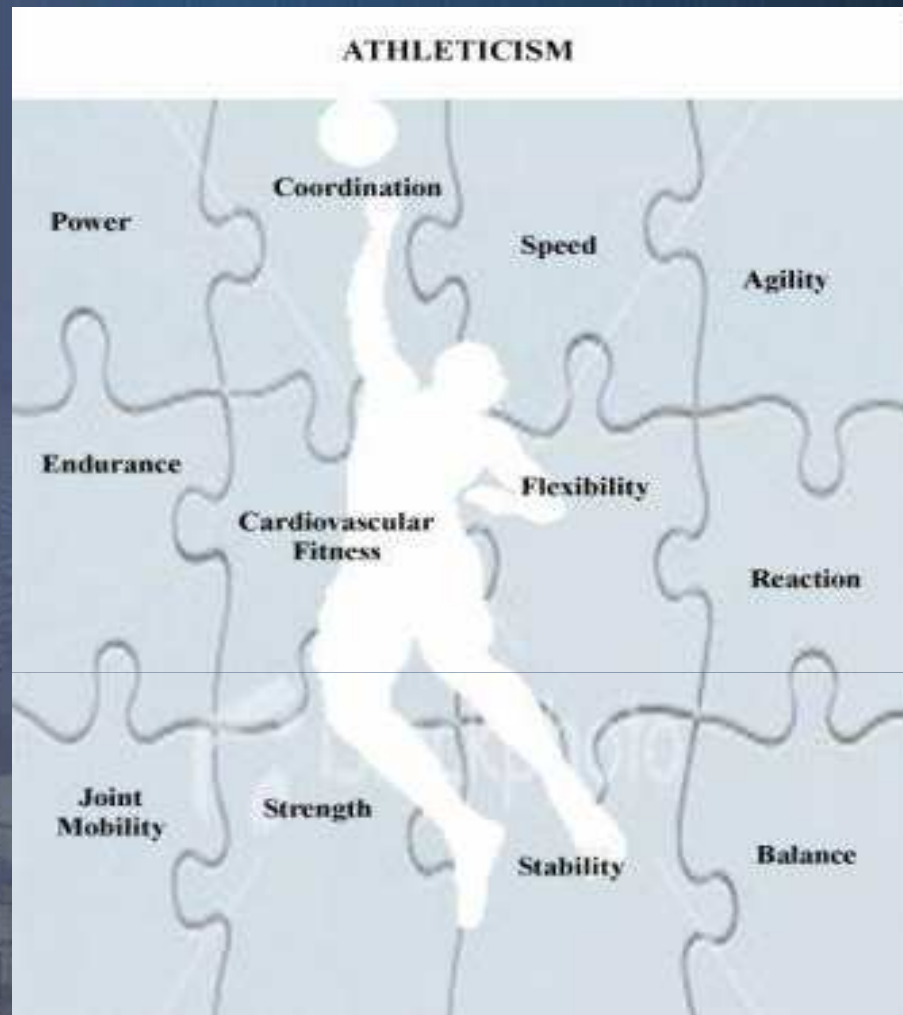


UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc

University of Pretoria



<http://www.endzoneathletics.com/content/view/35/66/>



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



Motor learning applies to all training.



Every new exercise is a new skill

Mastery of a new skill

1000 correct repetitions

10'000 Mastery

100'000 THE Master!



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc

University of Pretoria

Adaptation

Any Biological organism adapts to the environment, or to the stimulus applied to that organism.

And that organism will adapt **SPECIFICALLY** to that stimulus.



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc

University of Pretoria



Strength & Conditioning Practise
sessions are structured in a goal /
outcome specific way.

To improve athletic performance and
prevent injuries



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hperc

University of Pretoria

LTAD

Long term athletic development

- **Optimal training, competition and recovery programming with relation to biological development and maturation**
- **Equal opportunity for recreation and competition**
- **Athlete centred, coach driven and administration, sport science and sponsor supported**



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc

University of Pretoria



1
FUNdamental



2
Learning to Train



3
Training to Train



4
Training to Compete



5
Training to Win



6
Retirement/ Retainment



The six phases of LTPAD

- 1. FUNdamental** - build overall motor skills
- 2. Learning to Train** - learn all fundamental sports skills
- 3. Training to Train** - build 'the engine' and consolidate sport-specific skills
- 4. Training to Compete** - fine-tune 'the engine', skills and performance
- 5. Training to Win** - maximise performance, skills and 'engine'
- 6. Retirement / Retainment** - adjustment/retain players;athletes for coaching/ administration



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc
University of Pretoria

Visit

www.hpc.co.za

click on the
strength & conditioning
banner



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



hpc

University of Pretoria