



Strength & Conditioning for young athletes

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Why does Periodization suck?

Periodization - that is, the traditional sports training planning model involving long blocks (cycles or phases) of training which emphasise specific aspects of training is 20 years past the use by date and it's time we all moved on to something more relevant and more effective for the training and preparation of athletes in this century.

Wayne Goldsmith

- Use it or lose it
- SAID
- GAS
- Responsive (Change to needs)
- Integrated (Uniqueness)
- Humanistic (Needs a highly experienced S&C coach with very high EQ)

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What is the alternative then?

- The goal = optimal stimulus for each session
- Cycles = days, minutes, hours or sessions
- Multi faceted = Mind body spirit (NOT only Physical)
- Speed is the Alpha & Omega! (Leave weeks of garbage mileage)

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Why is speed the Alpha & Omega?

- Who wins the race?
- The person that has more endurance?

OR

- The person that is the fastest?



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Speed vs. Endurance

- 100m x 500 in 9.9sec VS 100m x1 in 9.58sec
- Run 42km @ 5.7 m/sec Avg. or run 3 days non stop at 4 m/sec
- Tennis? Soccer? Hockey? Who cares if you ran a sprint 500 times at max effort in a match! You need to be faster in ONE moment to beat the opponent to score!

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Program design

KISS



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Keep It Simple Stupid!!



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Program design

Step 1: What is the aim?

Step 2: If you wanna teach Johnny Latin you need to know Latin, and you need to know Johnny!!

Step 3: What is you resources?

Step 4: KISS

Step 5: **Execution! Execution! Execution!**

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Physical Capacities in sport

- Aerobic Fitness.
- Anaerobic Fitness.
- Speed.
- Strength.
- Power.
- Mobility / Stability
- Collisions / Contact

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Aerobic Fitness

- Enables Athletes to handle high volume of work.
- Improves Skill Accuracy.
- ↓ Risk of Injury.
- Injured Players - O² Gains From Upper Body Exercise As Well.
- Use Of Games / Specific Conditioning.

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Strength

YOU NEVER KNOW HOW
STRONG
YOU ARE...
UNTIL BEING STRONG IS THE
ONLY CHOICE YOU HAVE.

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Strength

- Correct lifting technique essential.
- Weightlifting, Power lifting, Ancillary strength exercises, Gymnastic type activities best.
 - Multi Joint Movements
 - Generating Power From the Ground.

“Ensure that the advice given is Strength Specific not “Body Building” orientated”.

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Strength

- Training Age.

“The Relationship Between
Strength & Speed”

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Choose and stick with it!

- What is your aim?
- Biomechanics
- Neural
- Endocrine
- Metabolic
- Psychological
- Testing vs Training

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Motor learning applies to Strength training too.

- Every new exercise is a new skill
- Mastery of a new skill
- 1000 correct repetitions
- 10'000 Mastery
- 100'000 THE Master!

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Strength Coach experience?

- Outliers by Malcolm Gladwell
- 10'000 hour rule
- How many hours do you have?
- Normal work day 8 hours
- Work week 40 hours
- Work year 1'920 hours (52 weeks – 4 weeks of leave and “sick leave”)

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Strength Coach experience?

- How many strength training sessions do you / your Strength coach facilitate daily?
- How many hours a week do you or your Strength coach personally strength train?
- How many hours a week do you read / study / research / interview experts in strength & conditioning material?
- Do you mentor? Are you being mentored?

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Strength coach experience?

- Strength training (Circuit training does not count unless it is based on Crossfit or GYM JONES protocols, running / jogging does not count, cycling does not count)
- Weightlifting
- Power lifting
- Websites / Journals
- Books
- Leader / strong presence / communication
- BA(HMS) / Biokinetics / Sport Sci. / CSCS or equivalent

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