

BASIC PRINCIPALS FOR BUILDING ATHLETES



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BACKGROUND

- Head Trainer SXS
- UI6 Osler coach
- Fitness Centre located in Toronto
 - Full service training centre
- Specialize
 - Introducing athletes to strength and conditioning
 - Providing foundations to become great athletes

OVERVIEW

■ Let's get Jacked!

- Coaches and parents increasing focus on getting bigger, stronger, faster
 - Good thing!
 - Fitness testing
 - For LTAD success need the proper foundation first



OVERVIEW (CONT.)

- Practical approach to teaching fundamentals
- Simple BUT effective practices and tools
 - Little no equipment
 - Do anywhere
 - Simple to monitor

OVERVIEW (CONT.)

- The Perfect Program....?

OVERVIEW (CONT.)

- Warm up principals
- Core engagement
- Overhead Squat
- Hip Hinge
- Jumping
- SAQ
- Passion for fitness



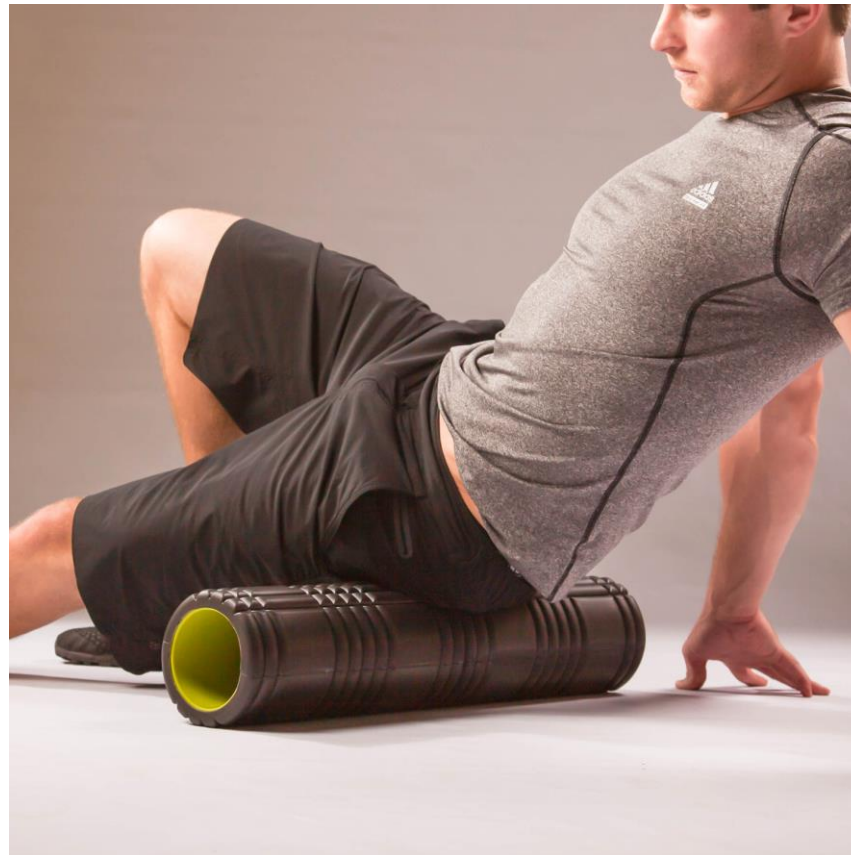
WARM- UP RIGHT

PRINCIPLES, PRACTICE AND BENEFITS OF A PROPER MOVEMENT BASED WARM-UP



WARM UP PRINCIPLES

- ROLLING/ SOFT TISSUE WORK
 - Myofascial release
 - ‘poor man’s’ massage



WARM UP PRONCIPLES

- GENERAL CARDIO
 - Get HR up
 - Blood flowing through the body
 - Raising core temp. Literally warming up



WARM UP PRINCIPLES

- DYNAMIC STRETCHES
 - Takes body through a given ROM
 - Elongates muscles



WARM UP PRINCIPLES

- Muscle activation
 - Missed step
 - Need to wake up specific muscles



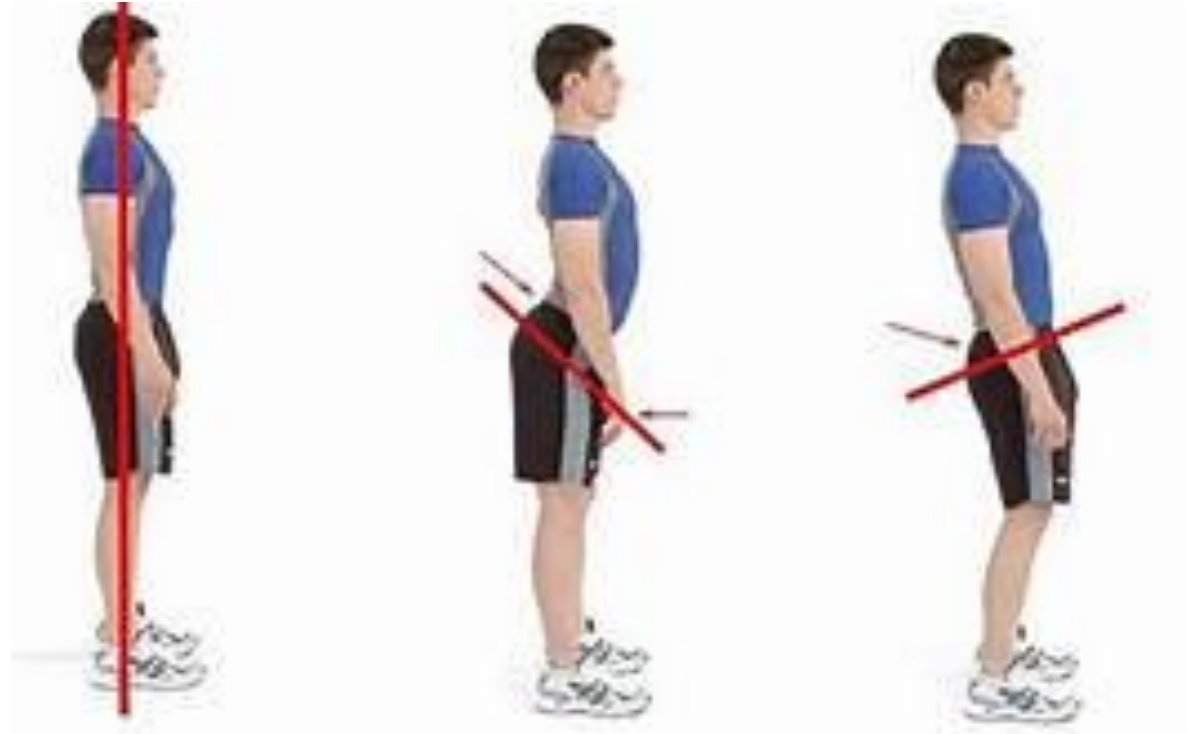
WARM UP PRINCIPLES

- Movement Prep
 - Squat
 - Deadlift
 - SAQ
 - Olympic lifts



NEUTRAL SPINE POSITION

- Optimal position for resisting against force
- Injury prevention and performance



NEUTRAL SPINE POSITION

- How do you find neutral spine?
 - Hands on pelvis
 - Cat camel
 - Disco dog



ANTI ROTATION

- Super important in skiing (and most sports)
- Under used and appreciated



OVERHEAD SQUAT

- You can learn A LOT about how an athlete moves
- Injury indicators:
 - Knee Valgus
 - Pronation
 - Ankle Mobility
 - T-Spine



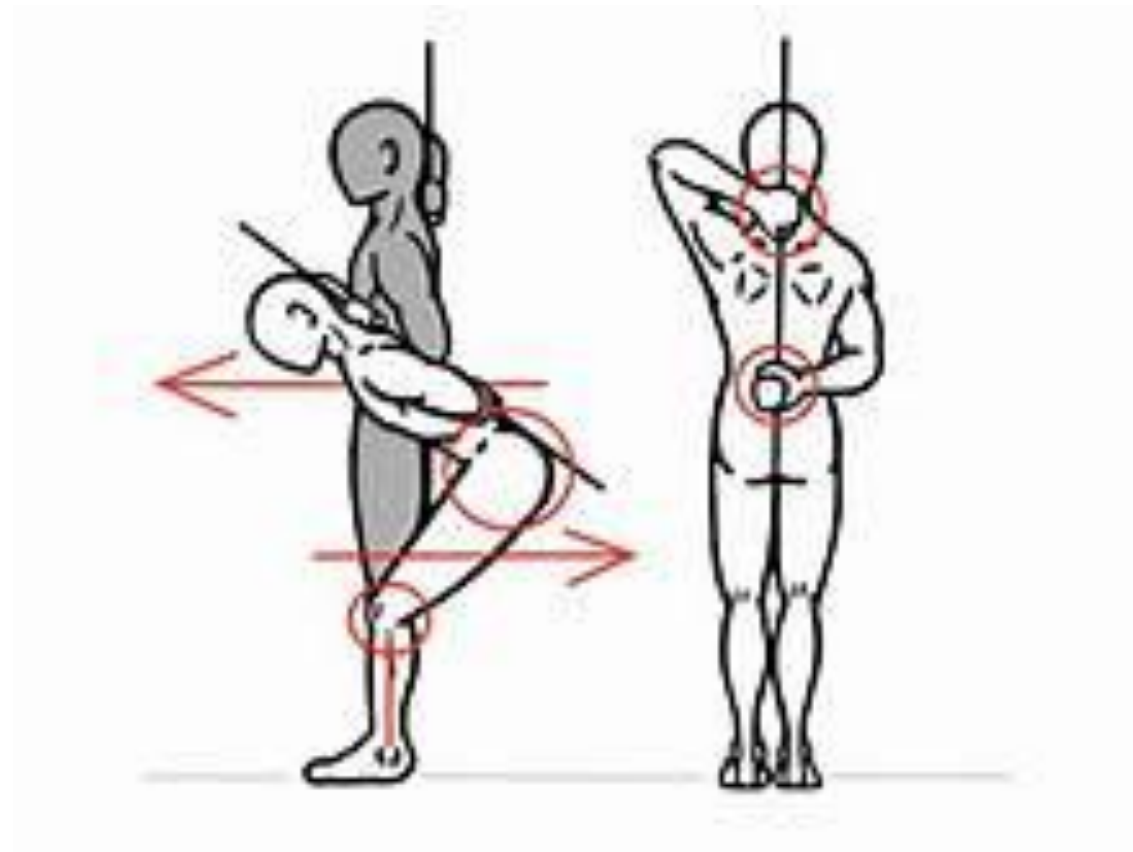
OVERHEAD SQUAT

- Prep and exercises to improve



THE HIP HINGE

- WHAT IS IT?
- WHY IS IT IMPORTANT?
- ROLE OF THE HAMSTRING...



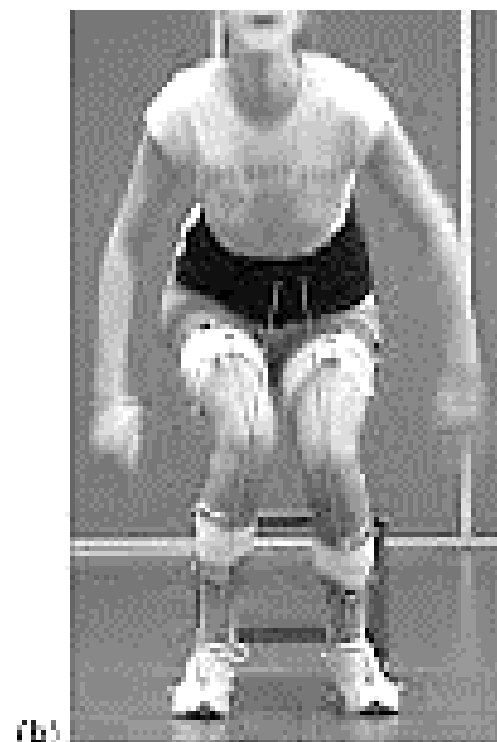
JUMPING AND LANDINGS

- WORK LANDINGS before take off
 - Down from a box
 - Gymnast landing



JUMPING AND LANDINGS

- PROPER TAKE OFF
 - Alignment similar to squat
 - Proper use of arms
 - Sandwich jump
 - Watch for 'dynamic valgus'



JUMPING AND LANDINGS

- LINKING JUMPS
TOGETHER
(Plyometrics)



JUMPING AND LANDINGS

- Single legged Jumps
 - Alternating
 - Take off and land on same leg



SPEED, AGILITY, QUICKNESS

- Speed kills in sport
- Precision over speed



SAQ

- Learn proper movement mechanics
 - Balls of the feet
 - Soft contacts
 - Proper use of arms
 - Posture



PASSION FOR FITNESS

- How good is a program without passion?

PASSION FOR FITNESS

- Behaviour modification
 - Fitness does not have to be a 'necessary evil'



PASSION FOR FITNESS

■ Challenges!

- Benchmark workouts- mini testing
 - Can be done anywhere
 - Can be done remotely
 - Minimal equipment
 - Simple to track
 - No complicated movements



PASSION FOR FITNESS

- Choose your own adventure
- Box Jump Challenge
- Run, row etc
- Run with Burpee AMRAP
- Teams
 - Increase attendance



PASSION FOR FITNESS

- Track it
 - Keep it simple
 - Set goals



CONCLUSION

- Building great athletes does not have to be complicated
- Same approach as coaching skiing (and most sports)
 - Every movement should have purpose
 - Bad habits more difficult to unlearn
 - Look long term even if you have to sacrifice short term
- Be involved
- Build the passion

