



# NEWSLETTER

**Specialists in Athlete  
Development**

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**Welcome** to our April 2009 newsletter. The aim of our newsletter is to not only keep people informed of recent developments at Movement Dynamics UK, but to continue to provide information to those individuals responsible for the 'practical' implementation of Athlete Development.

## Quick Gauge™ and Manual

To assist practitioners in taking their first steps along the Physical Competence Assessment pathway we have designed a 'starter' resource. I always recommend to clients that they conduct a pilot process where they can get used to the assessment process with a small number of athletes. The Quick Gauge™ and accompanying manual deal with 5 of the tests as a precursor to a more far-reaching assessment.

Double Leg Squat (120° and 90°); Single Leg Stance (120° and 90°); Shoulder Lift-Off; Ankle Range and 60° Sit Up are included on the Gauge and these tests form an appropriate start to the journey of assessment and exercise prescription.



Sales details to be added to website shortly.

## Think INSIDE the Box!

'Thinking outside the box' is one of those new fangled 'corporate speak' statements that resounds so clearly in our modern world. All aspects of our community express this statement as they look for that special something to move things forward. Looking for some new approach, trick, quick fix or magic program (usually shiny, attractive and well packaged in jargon and cliches) with loads of gadgets and long words is a sorry state of affairs.

If we concentrate on the inside of the box – the simple, basic 'must do's' – we may have a chance of appropriate progression of the athlete towards their potential. There are some very clever people out there who are skilled in appealing to a coach's vulnerability when they are a little stuck with their athlete. Don't ever think that the journey will be smooth all the time. A good coach will build into the program a safety valve for such things as injury or a slower adaptation to skill and physical development. Be prepared for some detours along the way. See these detours and challenges as a test of your patience, perseverance and ability not to panic in the face of adversity. DON'T fall for the sweet talking guru who offers all the answers.

Get back inside the box and re-visit the basics. Do the things that you know work, spend some time on consolidating things rather than always wanting to be moving forward. With the developing athlete remember the 10,000 hour rule – you will have plenty of time.

## The Rugby Football League High Performance Conference – March 2009

I was honoured to be able to make a contribution to this conference and my thanks go to all those who made this inaugural event such a success. It was good to catch up with Chris Chapman again and to continue our incessant dialogue on player development issues. If all sports have in their midst people like Chris who display insight, creativity, passion and a high work ethic then all is well. His foresight into the complex process of linking Physical Competence with Skill Acquisition in an easily delivered program in the 7 – 16 years age groups is highly regarded by me and my colleagues.

My opening address focused on the multi-disciplined process of modern performance attainment. The coordination of Coaching and Athletic Development at the centre of the process critically supported by Sports Medicine formed the thrust of my remarks. With Sports Science also bringing some distinct support structures to the process it was safe to say that:

*"It is likely that a modern performance strategy is beyond the currency of one person."*

The creation of harmony and efficacy of this coordinative approach is the paramount objective. With no room for a 'silo' mentality, often driven by ego, mistrust and inadequate direction, a successful operation will display a commitment to sharing and communication.

I was also given the opportunity of presenting an overview of The Role of Physical Competence in Player Development. This gave me the opportunity of weaving the principles of this issue into the Talent Identification process. I could not help myself commenting on the use of 'end-stage' tests such as 10-40m Speed; Jump and Reach; the endurance 'Beep' test, etc. Useful as they might be they can only tell you where the player is at the time of the test. With the principle of TID supposedly being centred on identifying players for the future I am somewhat concerned that knowing how fast they were today has little to do with where they might be 10 years from now. If you gain an insight in today's straight line speed; today's jumping ability or today's ability to sustain work throughout the 'Beep' test the key questions are:

- Do you have absolute 'best practice' services to build on the raw scores of Skill, Speed, Power and Endurance that you have measured today?
- Do you have the human resources to deliver this program?
- Are they appropriately trained and experienced in Skill acquisition AND Athletic Development?
- Are they development specialists?

## **Physical Competence Assessment and Development Course**

**Saturday May 16<sup>th</sup> – 9.00am until 4.30pm**  
**Biggleswade Rugby Club, Langford Rd, Biggleswade, Beds.**

**Application form available on web-site**