



NEWSLETTER

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Welcome to the January 2011 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.

Another year starts and again we face a series of changes to contend with. For the UK it is another step closer to 2012. For UK Track and Field athletes there are probably only about 30 training cycles left and probably only one major preparation phase left. Doesn't time fly?

I am now back in the UK after a 6 month consultancy with the UAE. More travel is in the air with a trip 'down-under' on the cards and more development of resources to consider.

The 2011 Apprentorship is scheduled for June at Rice University in Houston which is going to be another highlight.

PCA Results

As scores of results keep on arriving so the implications keep on being raised. This 21st century generation of students, athletes and players appear to be critically limited in their movement literacy. Some answers from NGB's is to develop more and more resources that focus on 'skill acquisition' by the creation of copious drills and small games aimed at improving technique.

Herein lies the leading mistake. The modern day teacher and coach needs to be well armed with more than the technical and tactical elements of the specific game they are coaching. All sports specific postures and actions require defined physical qualities for them to be executed correctly and consistently. In Vern Gambetta's words it is a matter of building the athlete from the ground up.

One serious implication to the ever present poor Physical Competence assessment results is that Teacher / Coach Education does not contain enough information on the exercise prescription and coaching interventions required to overcome these problems. Drills, drills and more drills is not the answer. The athletes just get good at doing the drills. A concerted effort through all Schools and Junior Clubs should be mounted to prioritise movement efficiency and consistency.

This will take some brave steps by PE Curriculum designers and Teacher / Coach Education providers if this is to be achieved. It requires practical modules and direction in some major areas:

- **Assessing fundamental movement patterns**
- **Mending faulty movement patterns**
- **Applying the improved movement pattern into sports specific requirements.**

Understanding Fundamentals

It's not how to kick a ball; or strike a hockey ball; or do a sprint start from blocks; or grip the racquet; or cross the hurdle; or do a lay-up. These are fundamental sports-specific skills and although they are the start of the journey towards improving performance they are NOT the important fundamentals.

Every sports-specific action or posture demands that the body moves or stabilises with:

**Just the right amount of force
In the right direction
At the right time
In a complex, coordinated sequence that is efficient.**

In summary these 'physical' foundations give the athlete / student 'movement efficiency' which, once trained correctly, leads to 'mechanical resilience'. If the athlete / student has embraced a reservoir of movement development they will more readily have the answers to the sports specific challenges.

Ignore the movement literacy and the sports-specific skill acquisition will be flawed or compromised. Teaching a sports-specific action or posture with a compromised movement vocabulary will lead to long term problems. It may look like the skill is being learned correctly because the body will simply find the 'best answer'. With a poor movement vocabulary the body will find 'compensatory movement patterns' to get the answer.

This might be OK for the 'quick-fix' but once the skill is exposed to speed, fatigue and pressure it will either break down or create injury.

Article on the background and rationale for 5in5 and PCA now on the website. Click on '5in5 News and Update' and view the main article.

The Journey to Injury.

- **Poor movement exposed to training / game load = compensatory movements to survive.**
- **Continue the training / game load = micro-trauma.**
- **Continue the training / game load = more compensatory movements, macro-trauma.**
- **Continued training / game load = catastrophic tissue failure.**

This is the typical journey for many soft tissue injuries. In the early stages all looks well technically – they are surviving by compensating. After a while those parts of the body that are being asked to do a job for which they were not primarily designed (they have come to the rescue!) suffer micro-trauma. Without an intervention to mend the poor movement the final destination is major tissue failure. And you thought the injury happened just today!