



NEWSLETTER

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Development**

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Welcome to the May 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.

National Teams

One irrefutable point about the success of any national team in the international arena is that the qualities of skill, tempo, intensity and consistency seen in the domestic competition structure determine what the national team can do. There is no escape from it.

Other structures and strategies seen at Club level also influence the national team's potential. Injury reduction strategies which include Return to Training and Return to Playing processes also have a distinct effect.

National teams come together for very brief periods of preparation and it is unlikely that they can expect and change to what the players have already adapted to. The answers to an optimal relationship between Clubs and the National Team lie in the ability of the NGB to support the Clubs in their endeavours and at the same time create a process that supports the national team. There are certain plans that can help both sides of the equation but it needs some creativity and 'change' to make them work.

Injury Management - Return to Training / Playing Strategies

Interesting to visit many operations where these don't exist. While all such processes must be very flexible there is still value in at least having a framework for everyone to work from. In today's multi-disciplined approach to performance enhancement it is vital that all pertinent departments that make a contribution are not operating with a 'silo' mentality.

Too often organisations say - 'Yes we do all that, we have a plan' - yet in delivery terms they are a made up of departments that simply go their own way. Best thing is to take down all the walls.

Recent Visits

Met up with England Head Coach for Rugby League, Steve McNamara for an enjoyable afternoon. A very smart man with a creative view on the present and the future of his sport.

Worked with the Australian Defence Forces in Perth on the preparation of their Special Forces. They face the same issue as all high performance operations – getting the foundations done first.

Australian Hockey – always interesting to meet this forward thinking NGB. Plans are afoot to review player development.

Injury Resilience

An excerpt from a recent article on injuries.

Using but one reason for an controllable injury one might consider what happens when a required movement pattern is unsound and is then exposed to the full measure of our modern day sports-specialist who operates in a narrow band of expertise and who only has this one experience a thousand times. For example with triple-flexion and triple-extension of the ankle, knee and hip complex forming the basis of all gait / locomotion (think sprinting, running, hurdling, acceleration, deceleration, stopping, starting, agility, evasion, jumping, landing) it seems obvious that the neuro-muscular pattern that coordinates this fundamental movement will not react kindly to any errors.

What we must also understand is that any errors in this movement pattern do not shut the system down like a blown fuse might stop your kettle from boiling. The body is an incredible self-righting mechanism and in the face of a movement pattern error (whether conceived through poor lifestyle and posture or an inappropriate bit of teaching or coaching) it will keep going. The body will recruit a series of compromises to continue the work being asked of it. It will ask certain muscles to change their role and do the job that another should have done. It will ask a muscle group to stabilise when it really should be moving just as it will ask a muscle to move when it should stabilise. It will alter the joint sequences and re-route neural signals just to survive the implications of the poor movement sequence that originated through some short term or long term error.

Full article on website

5in5

Greg Thompson and Steve Myrland continue to develop the raw materials of this movement curriculum. Level 1 has been completed (24 progressive modules). Now we enter the 'proof-reading' stage and then the final deliver vehicle issues. Still much to be done so the patience of everyone is appreciated.

Physical Competence projects continue in some UK Primary Schools to assemble a snapshot of the current movement 'well-being' of our younger generations. The well-being of these young people within our society is of primary importance to all the community especially when some recent research found that:

- One out of 6 children under the age of 14 can't swim.
- One in 10 can't ride a bike.
- 33% never owned a bike; 79% owned a games console
- One in 4 has never run more than 400m.

I have met some forward thinking Head Teachers in some Primary Schools who wish to report back to parents on the physical well-being of the students alongside their numeracy and literacy results – can't happen soon enough!

In talks with *Edge10* – the first rate Sport and Medical Database – to incorporate the Physical Competence Assessment process and access to libraries of movement video clips (including the '5in5'). This kind of corporate relationship could be beneficial to all concerned if it allows easy access to the tools to assist everyone along the well-being / high performance pathway.