

The Artist's Palette

If you want to be a Strength & Conditioning / Fitness / Athletic Development coach or PE / Games teacher or you might be about to appoint such a person - what might their 'palette' or 'toolbox' need to look like?

Even though I may miss something out of this list the more I look at it the more I realise that this 'calling' demands a sound formative education coupled with experience (accepting and learning from mistakes) before we can feel comfortable that we are doing things appropriately.

The delivery tools need to include both IMPLICIT and EXPLICIT learning processes and all stations in between. This is the ability to work along the continuum from experimentation through guided discovery to the more explicit means of learning.

The 'strength' palette should see the athlete experiencing ISOMETRIC, CONCENTRIC AND ECCENTRIC elements.

The 'Force' menu should see all aspects of the FORCE/TIME CONTINUUM being experienced and adapted to e.g. from fast 'bodyweight' movements to the slow 'maximal strength' movement (UNLOADED TO LOADED).

The 'speed of movement' element e.g. jumping, throwing and running, should see TECHNIQUE predominating over reps / mileage – no matter what speed you are moving at.

General movement patterns and sports-specific actions and postures should be exposed to the full range of speeds and AMPLITUDES just as they need to be exposed to different complexities e.g. SLOW to FAST; SIMPLE to COMPLEX; STATIC TO DYNAMIC.

All exercise prescriptions should have an aim relative to the outcome desired. In other words, there must be a reason for its choice. The overall journey should see an ever-changing emphasis between GENERAL, RELATED and SPECIFIC elements. In the sports-specific environment, there should be an appropriate balance of GENERAL and SPECIAL / SPECIFIC / REACTIVE exercises.

The developing program should contain appropriate RECOVERY and REGENERATION from each activity / session - *"the session has only finished when the athlete has recovered from it."* Remember that each component may require different timelines in terms of ADAPTATION and RECOVERY

So... IMPLICIT, EXPLICIT, ISOMETRIC, CONCENTRIC, ECCENTRIC, THE FORCE CONTINUUM, TECHNIQUE, AMPLITUDE, SLOW, FAST, SIMPLE, COMPLEX, GENERAL, SPECIFIC, ADAPTATION, RECOVERY... should be coordinated and combined in nearly every session / lesson.

Who said this was easy.

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