

2011 USTFCCCA Symposiums
San Antonio, Texas
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**Asking, Answering and Addressing the Question:
“Does the capability of mastering a given motor skill exist?”**

Lessons Learned

- Innately gifted incoming freshman
 - o “Plug’em” in with upperclassman
 - o Assume capabilities exist
 - o Early 80’s female horizontal jumpers
 - o Decorated recruit joining veteran senior
- Returning Veterans
 - o Rush to “move on.” Patience is a virtue.
 - o Lump together. Coach event and not the athlete.
- Elites
 - o Capable of producing big force.
 - Can they utilize force?
 - Can they line things up?
 - Can they handle force and avoid injury?

Asking the Question

As coaches we must “see the trees for the forest.”
Some are strong and healthy; some are weak and diseased.

We do this through:

- Testing
 - o Baseline Field Tests
 - Power Tests; OVBSP, SLJ, STJ, VJ/3 Step VJ, 30m, Fly 30m
 - Stamina Tests; 20” run, 45” run, 90” box jump
 - o Jump Mat Test; quality of contact, amortization, injury prevention
 - o Strength Testing
 - o Body Composition Testing
- Individual Goals Meetings
- Critical Observation
 - o Running Mechanics; High jumpers that are “toers”
 - o Balance
 - o Posture; pelvic tilt influencing frontside/backside mechanics, takeoff mechanisms, firing order
 - o Repeatable due to strength and/or stamina issues

Answering and Addressing the Question

- Interpret information obtained from testing, discussions and observations
- Evaluating strengths and weaknesses
 - o Our philosophy is to emphasize strengths and work over time to eliminate weaknesses
- Create plan of attack for addressing deficiencies while we concurrently maximize strengths
 - o We must make calls regarding what battles are worth fighting
- Avoid getting overwhelmed!
 - o After gathering all this information we have to keep in mind why we asked the question in the first place
 - o Now we must remember to “see the forest for the trees”
 - o Even masterpieces have blemishes
- If we don't manage effectively this process we may become tempted to stop asking the question

Ultimately the athlete wants to let go, to accept a plan and to trust in the plan.