Considerations in Coaching the Combined Events

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Background

- Combined Events 2005/2006
- Experiential Learning
- Mentors
Theoretical Foundation

• Exercise Science
• Counseling Psychology
• Sport Psychology
• Coaching Education
• Mentors
Indoor Combined Events

- **Pentathlon**
  - 60 Hurdles
  - High Jump
  - Shot put
  - Long Jump
  - 800m

- **Heptathlon**
  - Day 1
    - 60m
    - Long Jump
    - Shot put
    - High Jump
  - Day 2
    - 60m Hurdles
    - Pole Vault
    - 1000m

Wednesday, December 19, 12
Outdoor Combined Events

- Heptathlon
  - Day 1
    - 100m Hurdles
    - High Jump
    - Shot put
    - 200m
  - Day 2
    - Long Jump
    - Javelin
    - 800m
- Decathlon
  - Day 1
    - 100m
    - Long Jump
    - Shot put
    - High Jump
    - 400m
  - Day 2
    - 110m Hurdles
    - Discus
    - Pole Vault
    - Javelin
    - 1500m
Foundational Beliefs

• Balanced Systems Approach
  - Identify and Advance Strengths
  - Improve/Eliminate Weak Events Over Time
• Comprehensive Understanding of Athlete
• Multi-Event Culture
• Holistic Approach
• 1 Coach Managing the Whole
Athlete Characteristics

- Height: Men 6’3” / Women 5’9”
- Weight: Men 192 lbs / Women 141 lbs
- Eaton 6-1/185 Joyner-Kersee 5-10 150lbs
- Confident, Emotional Resilience, Competitive Spirit, Driven
- Versatility
Personal Centered Coaching

- Coach the Person as Well as the Athlete
  - New Generation
  - Emotions/Energy Management*
  - Confidence*
  - Resilience*
  - Autonomy (A Scary Prospect...)
  - Effective Communication
  - Trust
Coaching Qualities

- Make the Complex Simple
- Training Organization
- Think Big Picture but be Detail Oriented
- Understand All Systems of Training
- Persistent Patience
- Exhibit Confidence
- Effective Communicators
- Consider Individual Differences
Getting Organized

- Scoring Tables
- Percentage Norms
- Strong Events / Weak Events
- Guides Goals and Training Plan
  - (Monthly / Seasonal / Yearly / Olympiads)
Percentage Norms

Percentage Norms (Elite Level Athletes)

- Individual Strength Assessment
  - Big Point Events
Outline Objectives

• Framing Goals
  - Qualifying Standards or Scoring Positions
  - Average Points Per Event
  - Specific Areas of Attention
  - Open Event Potential (Conference / Nationals)
Global Training Principles

- Organization
  - Commonalities in Training
  - Complementary Training
  - Compatible Training
Training Commonality

• Finding Opportunities to Teach Skills Which Apply to More than One Event
  - Power Positions in Throws
  - Acceleration Mechanics in Sprints/Jumps
  - Rhythmic Considerations
  - Direction of Force Application
Complementary Training (Sessions)

- Ordering Training Sessions so that the Order of Sessions in a Microcycle Enhances the Ability to Improve in Another Activity
  - Rest & Restorative Activities
  - Shallower or Deeper into Same Pool
  - Day of Working Shot Drills Followed by a Day of Full Throwing
Compatible Training (Session)

- Grouping by Neuromuscular Demands
  - Acceleration Work and Multi Throws
- Grouping by Metabolic Demands
  - General Strength Circuits and Tempo Work
- Grouping by Technical Commonality
  - Hurdles and Long Jump/Pole Vault
- Grouping by Ground Contact Times
  - Max Velocity Sprints and Hurdle Hops
- Grouping by Rhythmic Demands
  - High Jump and Javelin Approaches
Skill Development

- Posture
  - Head through Pelvis Alignment

- Shin Angles and Foot Placements
  - Acceleration, Max Velocity, Jumps/Throws

- Force Application

- Kinesthetic Awareness: Anchoring and Sense of Body in Space

- Technical Skill Progressed in Parallel

- Teach Across Entire Program
General Preparation Phase

- Great Importance
- Training to Train-Foundation
- General Skill Development Or Error Correction
- Technical Development
- Work Capacity-Recoverability
General Phase

- **Speed:** Acceleration Primary Focus
  - Plant Seeds for Other Speedwork to Follow
- **Strength:** Postural Integrity-Core Lifts
  - General Strength
- **Coordination:** Overall Variety of Activities and Technical Skill Progression
- **Flexibility:** Day to Day-Strength Training Costs
- **Work Capacity:** Highest Volumes
Specific Preparation Phase

- Bridges Gap Between General Phase and Competition Phase
- Special Preparation of Systems for Intensity and Demand of Competition
- Overall Volume Declines as Overall Intensity Increases
- Event Skill Refinement
Specific Phase

- **Speed**: Speed Development, Acceleration
- **Strength**: Power and Max Strength, Special Strength
- **Coordination**: Special Skills, Complexity
- **Flexibility**: Maintenance
- **Work Capacity**: Sum of Total Training Load
Competition Phase

- Refinement Early in Phase then Maintenance of Many Qualities
- Rhythmic Concerns
- High Intensity, Lower Volumes
- Highly Specialized Training
- Peak Management
- Polish and Confidence Management*
Competition Phase

- **Speed**: Specialized, High Quality
- **Strength**: Power and Maintenance of Max Strength
- **Coordination**: High Velocity Integrity
- **Flexibility**: Maintenance as Needed
- **Work Capacity**: Low Volume, General Strength to Facility Recovery Post Competition
Open Event Management

• Practice Transition Rhythms/Modeling
• Specific “Real Time” Skill Development
• High Intensity/Quality Practice
• Problem Solve
• Process the Experience-Context
• Benefits Overcome Costs
Decathlon/Heptathlon Competition

- 1 Event with Several Chapters
  - Anticipate Needs and Prevent Disasters
  - Solid Performance Focus (Individual)
  - Reducing Stress
  - Have Necessary Equipment for the Day?
  - Highlight Successes-Positivity
Managing Transitions

- Opportunity
- Rhythmic Transitions
- Weather Delays / Long Breaks
- Energy System Transitions
- Focus (Cues)
- Arousal Level Needs per Event
Managing Transitions

- Plan/Routine in Place for All Transitions
  - Process Immediately-Leave in Past
  - Relax-Calm
  - Preparation for Next Event (Strategy)
    - Physical Routine
    - Attentional Focus
    - Arousal Level (Optimal for Event)
Reference

- Kris Grimes
- Scott Hall
- Rick McGuire
- Boo Schexnayder
- Cliff Rovelto
Thank you

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