GROWING AS A SPRINTS COACH

Common Mistakes along the way and Their Value

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What this Presentation Isn’t

- “This is what I do”
- “This is what X is”
What this Presentation is

- Where the rubber meets the road
What this Presentation is

- My journey along that road
Where do we start?

- What did I do?
- What does he/she do?
Common Coaching Errors – Carbon Copying Programs

- **Sample 1**
  - Mon. – Accel
  - Tues. – Tempo/Restoration
  - Wed. – Speed End.
  - Thur. – Restoration
  - Fri. – Speed Dev.
  - Sat. – Int. Tempo

- **Sample 2**
  - Mon. – Accel
  - Tues. – Tempo
  - Wed. – Restoration
  - Thurs. – Speed Dev.
  - Fri. – Speed/Special Endurance
  - Sat. - Restoration

- **Sample 3**
  - Mon. – Accel
  - Tues. – Wts.
  - Wed. – Tempo
  - Thur. – Speed
  - Fri. – Wts.
  - Sat. – Tempo

*All 3 Have produced sub 10/11 sec runners!*
Common Coaching Errors - Carbon Copying Programs

- What’s really the harm in copying?
- CONTEXT
- CONCEPTS
Common Coaching Errors – Carbon Copying Programs

- Why Does Context Matter?
  - Environmental Context
  - Demographic Context
  - Logistical Context
Why Do Concepts Matter?

- Do we TRULY understand Speed? Tempo? Energy Systems? Biomechanics? And so on…
- Are we able to manipulate these concepts to the context of our program?
- Without at the very least a general, fundamental understanding of concepts within a program design, regardless of who has had success with it before you, is destined for failure
Concept Example - Acceleration
Concept Example - Acceleration
Concept Example - Acceleration
Common Coaching Error - Mechanics

- Tendency to coach what is seen, not what is actually happening, or not happening in some cases
- Also a tendency to focus in on smaller pieces rather than the whole system
Common Coaching Error – Mechanics
Common Coaching Error – Mechanics: Parts vs. Whole

Awareness Test
Common Coaching Errors – Feedback

- Remember context:

  This

  NOT

  That
Common Coaching Errors – Feedback

- Consider your audience too!

Professor: "The exam will include 60 multiple-choice questions."

Emails Prof: "Does this mean each question will have 60 choices?"
Helpful hints to keep in mind:

- Consider the actual time of the piece vs. the actual time you’re taking to explain it!
- Is this an action, or reaction I’m addressing?
- Is this something that needs to be addressed through whole program design for individual?
- Look for domino effect feedback
- Keep it Simple
- Keep it Concise
- Keep it Consistent
Common Coaching Errors – Square Pegs and Round Holes

- "The Whole is greater than the Sum of it’s parts"
- Williams College Banana Hurdle drill incident
- Colgate Box Step Up Incident(s)
- Take home: No exercise, workout, drill, set up is worth it, the PROGRAM and the ATHLETES are worth it
Growing as a (Sprints) Coach

- Not today’s goal:

  NOT SURE IF GETTING DUMBER AND MAKING MORE MISTAKES

  OR GETTING SMARTER AND NOTICING MORE MISTAKES
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- Historically and developmentally, mistakes are GOOD.
- Sometimes this happens:
THANK YOU
AND GOOD LUCK
ALONG YOUR JOURNEY

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