Peaking the Jumper
Overview

Components
- Training Adjustments
- Competition Planning
- Adjusting Technical Training
- Dealing with Travel
- Dealing with Pressure
- The Coaching Demeanor
Inseason Training Adjustments
Inseason Training Adjustments

- What to Keep
  - Speed Training
  - Olympic Lifting
  - Multijumps and Multithrows
  - Circuit Training
    - Medicine Ball
    - General Strength
Inseason Training Adjustments

- What to Throw Away
  - Tempo Running
  - Static Lifting
  - Repetitive Movements
Inseason Training Adjustments

- Maybe – Maybe Not
  - Intense Training - Understanding Aggregate Intensities
    - Heavy Olympics
    - High-End Plyometrics
    - Ballistic Lifting
  - Technical Training
  - Bodybuilding (Circuit) Lifting
Inseason Training Adjustments

- Rotational Mesocycles
- The Need for Variety
- Weekly Rotating Themes
  - Week 1 – Technical
  - Week 2 - Speed
  - Week 3 – Train
  - Week 4 - Rest
Short Term Training Adjustments

- Volume Decreases
- 25%-35% Drop
- Volume Decreases Usually Result from Density Decreases
- Additional Drops May Occur from Additional Rest Days
Short Term Training Adjustments

- Lactate Concerns
- Recovery Needs
- Climate Issues and 2 and 1 Schedules
- Diversity and Variance in Training
- Working to an Athlete’s Strong Suits
Short Term Training Adjustments

- Work is Done Philosophy
- Training at its Simplest - 2 Parts
  - Specificity and Purposeful Training
  - Restoration
- Common Traps
  - Fallback Workouts
  - Training the “Middle Ground”
Competition Planning
Competition Planning

- Wise Decisions
- Picking Your Spots
- Defining a Role for Each Athlete
- The Conference Meet
- Approach Run Length - Short Run Errors
- How to Handle
  - When Things are Going Well
  - When Things are Going Badly
Travel Issues
Travel Issues

- Typical Hazards
  - Hydration
  - Sleep
  - Diet
- The Meet vs. The Event
  - Prepare for the Meet
  - Take Care with the Event
- Beware of the Cameras
Handling the Technical Training
Handling the Technical Training

- A Time for Triage
  - Identifying Key Errors
  - Understanding When Progress is Made
  - Developing a Task-Specific Plan
- Meet Preparations and Planning – Task Specific Behaviors
Handling the Technical Training

- Begin a New Cue System 3-4 Weeks Out
- Avoid Motor Interference
  - Tuning In to Meet Rhythms
  - Approach Run Length – Extremes
    - Meet Simulations
    - Controlled Practices
  - The Problem with Practice
- Don’t Overdo It
Handling the Technical Training

- Using Technical Execution to Guide the Training Plan
- Understanding Overtraining Progression - Sequential Erosion

1. Fine Motor Control
2. Mobility
3. Elasticity
4. Speed
5. Power
6. Strength
Dealing with Pressure

- The Pressure of the Big Meet
  - Who Feels Pressure?
  - Who Doesn’t Feel Pressure?
- Handling the Pressure of the Big Meet
- The Practice Environment
The Coach’s Demeanor
The Coaching Demeanor

- The Value of Calm
- Be Consistent and Persistent
- Changing Your Demeanor
  - When is it Good?
  - When is it Bad?
The Coaching Demeanor

- Coaching During the Meet
  - Calmness and Collectiveness
  - Cuing – Simple vs. Complex
  - Communication - Too Much or Too Little
  - When Things Go Wrong - Triage