Considerations in Coaching the Combined Events

Dan Lefever
University of Missouri

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

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
    - PoleVault
    - 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

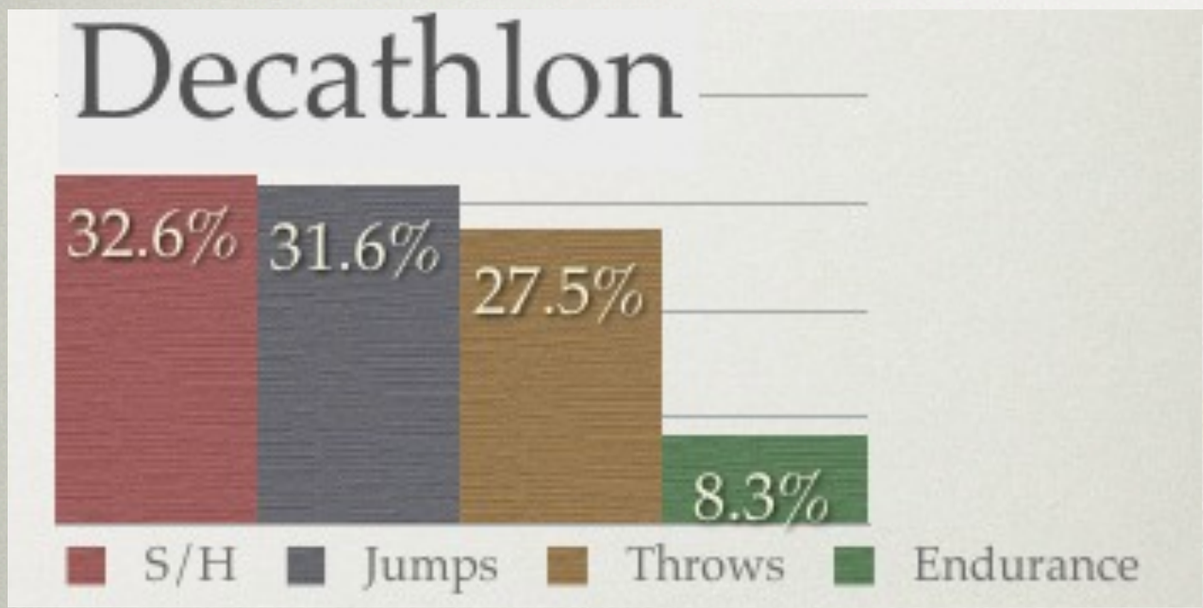
- Make the Complex Simple
- Training Organization
- Think Big Picture but be Detail Oriented
- Understand All Systems of Training
- Persistent Patience
- Exhibit Confidence
- Effective Communicators
- Consider Individual Differences

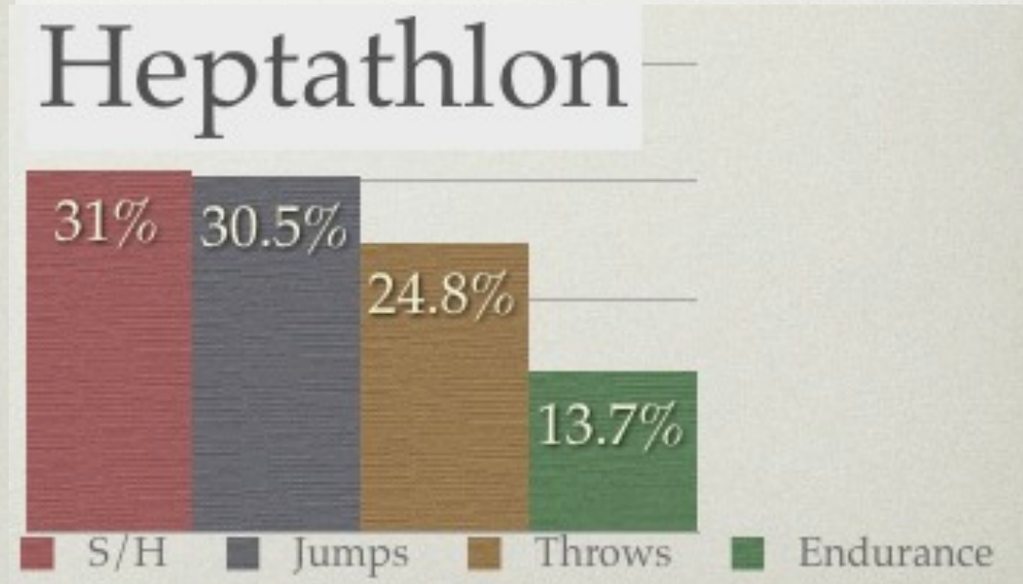
Getting Organized

- 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

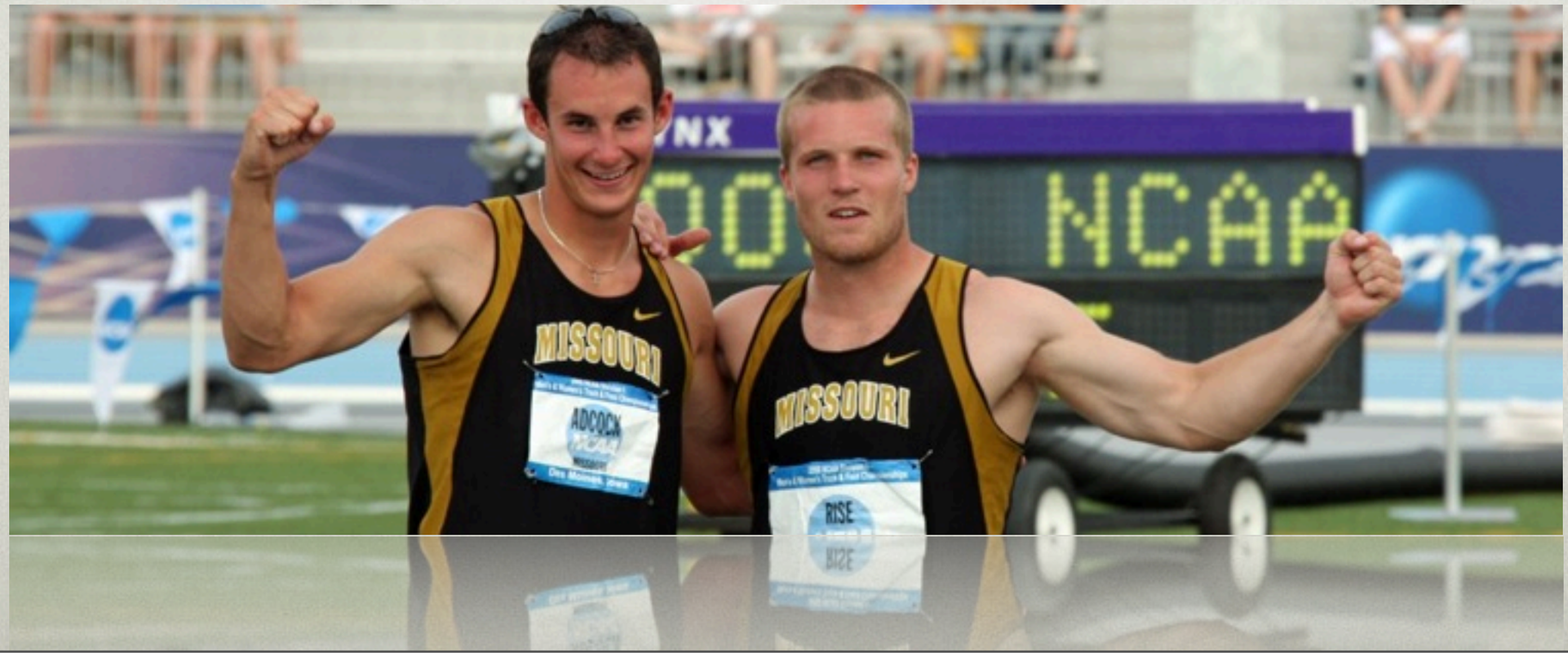
- Opportunity
- Rhythmic Transitions
- Weather Delays/Long Breaks
- Energy System Transitions
- Focus (Cues)
- Arousal Level Needs per Event

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

Email: LefeverD@Missouri.Edu