

# Planning for Success

Vern Gambetta



Track & Field competition occurs in an information-rich, dynamic environment that requires complex coordination patterns to produce optimum performance



At the end of the journey insure all physical limitations are eradicated and the athlete is ready technically, tactically, physically and psychologically to compete to win.

The Body Is Self Organizing!



## Body is a Dynamic System

The coach is the facilitator instead of the informant

The coach identifies & manipulates key constraints to guide the athlete's search for optimal movement solutions

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## Respect the Wisdom of the Body

Self organizing dynamic organic system

Every body is different  
Know & respect the difference!



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## Thoroughly Understand the Spectrum Demands of Your Event

Know your event - No assumptions!

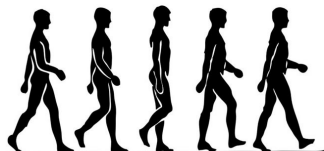
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## It all starts here



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**Forget Muscle Activation & Individual  
Muscle Firing**

**Instead Think  
Coordination & Muscle Synergies**

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## Shapes/Postures

What shapes do you need and what shapes can you make?

Must Reconcile the Two

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**Ask yourself - Is what you are doing?**

Linking

Connecting

Coordinating

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## Strength Training for Track & Field

Coordination training with appropriate  
resistance

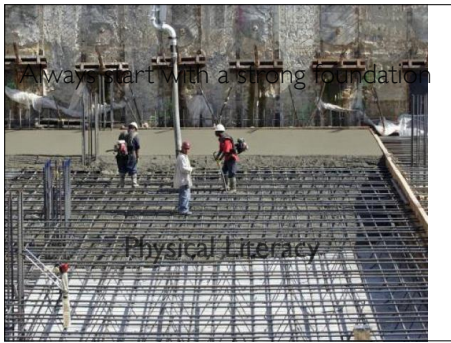


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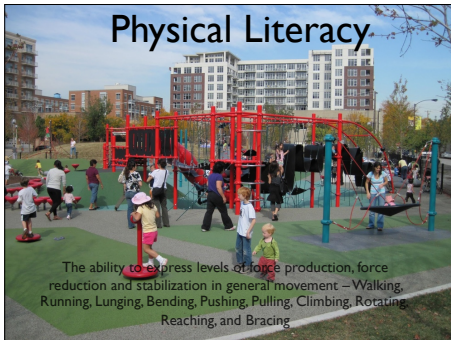
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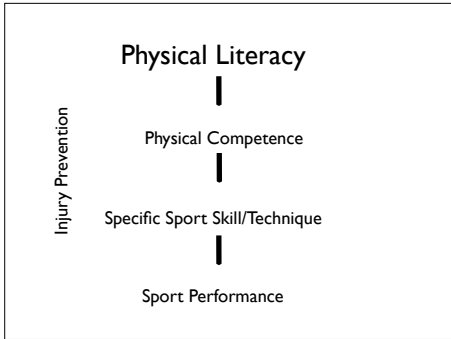
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# Athleticism

The ability to perform athletic movements (run, jump & throw) at optimum speed, with precision, style and grace within the context of your sport

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## Physical Literacy (Movement Vocabulary)



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FMS  
Fundamental Movement Skills

GBA  
Generalized Biomotor Abilities

SBA  
Specific Biomotor Abilities

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Progression

Stable Predictable >>> Unstable/Chaotic

Give the athlete increasingly complex movement problems to solve

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Develop Two C's

Competence

Confidence

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Be ready on the day!



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Next Year

Next Month

Next Week

Tomorrow

Today

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Window of Adaptation

Developing Athlete



Elite Athlete



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Volume Loading - Always a Precarious

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Context is King



Relevant & Appropriate  
Specificity and Transfer

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Know the basics

Master the basics

Don't deviate from  
basics

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## Understand & Apply **Progression**

Learn how to dial up or dial down based on the  
athletes level of trainability

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### Basic Conditioning

The development of the global motor qualities in a  
systematic manner

### Basic Technical Model

Teach and master the basic techniques of the sport

### Specific Advanced Conditioning

Advanced training methods designed to meet the  
individual athlete's needs

### Advanced Technical Model

Refine the basic technical model and build upon it to  
improve the repertoire of the athlete's technical skills

Frank Dick

**Earn the right to progress**

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# Accumulation



Day to Day

Week to Week

Month to Month

Year to Year

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Know the basics

Master the basics

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## Individual Response

Fast & Slow Adapters

Responders & Non Responder

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Stamina

Speed

Strength

Skill

Suppleness

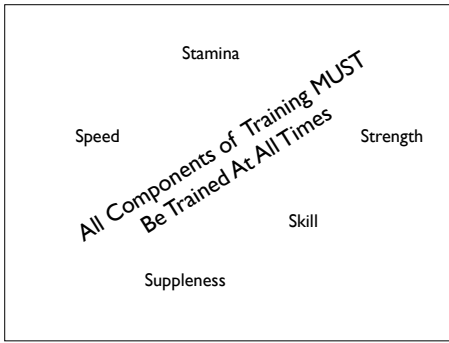
No physical capacity exists in isolation  
- Synergistic Relationships -

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### Training Session Unity/Synergy

A B C = One Workout

No workout/session stands alone, everything is connected

Each workout is superimposed on effects of  
previous workload

Training sessions must mesh, not clash

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# Quality

A Measure of  
Perfect!

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### Communication and Feedback

No one tells them what to do - no instruction.  
They figure it out!

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### Innovation & Adaptability

There are multiple solutions to the same movement challenge  
They are all correct!

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### Emergence

It all stems from the environment  
No limits!

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## Feedback



Correct Don't Critique

Coach the correction

Focus on the solution not the problem

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## “24 Hour Athlete”



Coach the person, not the athlete!

Perform the skill

@KevBrooksCoach pic.twitter.com/4uKldghFgW

Perform the skill very well

@KevBrooksCoach pic.twitter.com/4uKldghFgW

Perform the skill very well & at speed

@KevBrooksCoach pic.twitter.com/4uKldghFgW



perform the skill very well, at speed & under fatigue

@KevBrooksCoach pic.twitter.com/4uKldqhFgW

perform the skill very well, at speed, under fatigue, & under pressure

@KevBrooksCoach pic.twitter.com/4uKldqhFgW

perform the skill very well, at speed, under fatigue, & under pressure consistently

@KevBrooksCoach pic.twitter.com/4uKldqhFgW

perform the skill very well, at speed, under fatigue, & under pressure consistently in competition conditions

@KevBrooksCoach pic.twitter.com/4uKldqhFgW



<http://www.hmmrmedia.com/>

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