

MOVEMENT COACHING CARDS

Simple problem-solving cards to help coach movement.

This Sport Wales developed resource will help coaches to create a framework for their coaching process around solving the movement difficulties of athletes. It identifies key coaching points when coaching quality of movement, how to cue effectively and the common competency errors an athlete may present. It will also help coaches to consider whether an athlete's inability to execute a movement well is due to other factors such as strength limitations, or mobility restrictions. This may help a coach build a profile of their athletes' areas of development and inform their programming aligned to key performance indicators and injury prevention. To support athlete in different stages of their development there are helpful regressions and progressions of exercises, and ways to gamify physical preparation and make it a consumable part of a session.

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MOVEMENT GOALS & EXERCISE SELECTION

Physical competency

Problems you may encounter

Exercises that may help

Core stability

1. Unable to hold straight back position
2. Unable to transfer force from lower to upper
3. Lower back pain

1. Bear Crawls
2. Planking
3. Crab Crawls

Hip stability

1. Knee valgus (coming in)
2. Unable to create stiffness on single leg

1. Crab Crawls
2. Side Plank

Force absorption

1. Unable to create stiffness on landing (may collapse)
2. Poor ability to be plyometric ("bouncy")

1. Balancing
2. Landing
3. Hopping

COACHING TOOLS AND TIPS



Demonstrating

Often, the best way to get an athlete to reproduce a quality movement is to first show them a quality movement and then ask them to reproduce it. An overload of information from the beginning might get you off to a bad and confusing start!

- Squat- Sit down on the box and then stand up, like this...
- Deadlift- Pick this object up, sending your back pockets to the red wall...

Simple cuing

Research has shown that learning and pattern retention is better when using 'external cuing' and analogies, instead of referring to body parts and joint movements.

- SL RDL at the bottom- Send your free leg pocket to the ground
- SL RDL at the top- Tuck your tail under towards the start line

Analogies

Research has also shown that analogies also help with learning and pattern retention

- Stay long and straight like a pencil
- You are a field mouse landing quietly

PLANKING

10-15 minute training "unit" – integrated into warm up or main session

Primarily Develops Trunk Stability & Capacity

Also develops hip stability (side plank only) and shoulder stability



Demonstrate Correct Technique & Let Athletes Mirror

- Straight line from head to toes
- Straight back – no 'sagging' of the back
 - Demonstrate and coach anterior/posterior tilt of pelvis whilst standing if necessary
- Elbow directly underneath shoulder

Introduce a challenge – hold for time

- <30s = poor
- 30-60s = average
- 60-120s = good
- 120s + = excellent
- Prioritise technique!
- Record & emphasise improvement over performance



Introduce some variety

Front plank:

- Lift leg/arm
- Hands down (push up position)
- Tap opposite shoulder
- Switch to a side plank

Side plank:

- Thread arm underneath body then hold up toward ceiling
- Lift top knee towards chest
- Lift foot towards ceiling

Gamify

- High Fives: How many high fives can you do facing opposite a partner in a front plank position?
- Side Plank Football: In a big circle, kick a soft ball around whilst side planking, (alternatively throw a tennis ball or pass a cone around)
- 'Elbow Taps': In pairs, get athletes to face each other in a push-up position, and try to tap the opponent's elbows to score a point. First to 5 points wins!

BALANCING & HOPPING

10-15 minute training "unit" – integrated into warm up or main session

Primarily Develops Balance & Ankle/Hip Stability

Landing/hopping also develops: force absorption, ankle stiffness, explosive leg power



Balance

Level 1. Hold for up to 30s

Level 2A. Hold w/ eyes closed

Level 2B. Hold whilst another player gives small nudges to the hips & shoulders to put off balance

Level 3A. Balance on beam/unstable surface

Level 3B. Balance on beam/unstable surface w/ another player giving small nudges to hips/shoulders

Cue: make your leg (standing leg) as long as possible



Landing/Hop & Stick

Level 1A. Jump & Land or Land off box

Level 1B. Standing Long Jump

Level 1C. Jump & Rotate

Level 2A. Hop & Land (Single Leg)

Level 2B. Hop Forwards & Land

Cue :Landing – "land soft", "ready for the floor"

*Use common sense. If it executed with control, regress to a previous level.



Fun/Engaging Games

1. Balance competition → who can get to 30s? (use appropriate level from above)
2. Obstacle course using objects that athletes have to hop over or through

CRAB

10-15 minute training “unit” – integrated into warm up or main session

Primarily Develops Hip Stability

Also develops shoulder stability, trunk stability



Demonstrate Correct Technique & Let Athletes Mirror

- Knees bent 90 degrees, directly below hips
- Take small steps w/ opposite hand and opposite foot
- Try to maintain “hips up” horizontal position (cue: make yourself into a table)

Introduce a Challenge

- Place an object (cone, shoe) on belly – keep it as high as possible! (Don't cheat by letting hips drop, or back arch)
- Crab toe touch



Introduce a Game

Rule variations:

- Relay race
- Pass the cone (under/over)
- Crab football

“Follow The Leader” / Simon Says

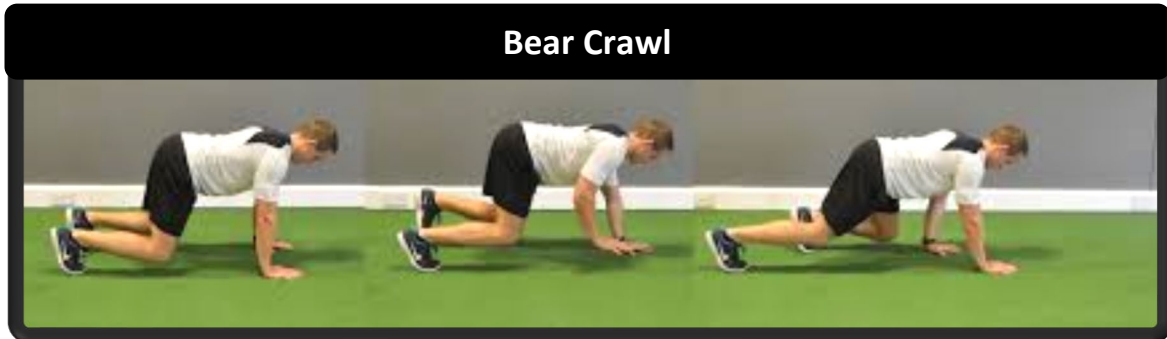
- Choose one athlete to lead the group through a variety of stability challenges.
- E.g. from a crab position...
- Reach for the ceiling
- Place both hands on shoulders (lower into glute bridge position), then:
- Perform 8 glute bridges (progress to SL)
- March w/ feet

BEAR CRAWL

10-15 minute training "unit" – integrated into warm up or main session

Primarily Develops Trunk Stability & Control

Also develops shoulder stability, hip flexibility, ankle flexibility



Demonstrate Correct Technique & Let Athletes Mirror

- Knees bent 90 degrees, directly below hips
- Take small steps w/ opposite hand and opposite foot
- Maintain a flat back & keep hips square (cue: don't let the jug of water on your back spill)

Introduce a Challenge

- Balance a shoe on lower back (easy)
- Balance a water bottle on lower back (hard)

Introduce a Game – Bear Crawl Races

Rule: Object falls off lower back → Go back to the start

Variations:

- Relay race
- Add multi-directional component (e.g. lateral bear crawls)
- Create a "course" using cones

"Follow The Leader" / Simon Says

Choose one athlete to lead the group through a variety of stability challenges.

E.g. from a bear crawl position...

- Lift hand & touch floor (forwards/laterally/diagonally)
- Lift foot & touch floor (forwards/backwards/diagonally)
- Elbows down
- Straighten legs (into push up position)
- Shift weight forwards/backwards (towards hands/feet)

HIP HINGE

Primarily Target the Posterior Chain (glutes, hamstrings and lower back)

10-15 minute training "unit" – integrated into warm up or main session

***To be used in conjunction with online videos ***

Relevance to sport

1. Opening @ hip
2. Glute and hamstring strength OR control OR power OR size
3. Forward momentum (Horizontal force, pushing the floor away behind you)



Coaching Cues

- For standing hinge patterns; 'send hips to object behind you' when lowering (External queuing)
- Use bucket of water analogy for control of hip/tucking tail under
- Pocket to the floor for SL RDL to keep hips level

Demo

Show the athlete. Try not to overcomplicate or over cue initially!



Common errors

- Not fully opening at hip (Not tucking their tail under at the top).
- Rounding of back
- Upper back
- Lower back
- Becoming a squat
- Keep the hips high and send back!
- Be creative with your external

Variations:

Deadlift, RDL (Romanian deadlift), back extension on glute-ham raise station, Hip thrust, reverse hypers, SL (Single leg) versions of the above.

Gamify:

Simon says, banded deadlift challenge (Various holds, pulling a band that you are standing on. Maintain good shapes.), SL RDL walks/reverse walks/partner mirroring

SQUAT PATTERN

Primarily Develops Trunk Stability & Control and Lower Body Strength

10-15 minute training "unit" – integrated into warm up or main session

***To be used in conjunction with online videos ***

Relevance to sport

- Strength OR* power OR control; opening at the hip from a high knee position (e.g block start)
(*Depends on methods of training)
- Triple extension control OR strength OR power (opening at the ankle knee and



Demo

Show the athlete. Try not to overcomplicate or over cue initially.

Coaching Cues

Instruct the athlete to sit down and stand up. Then coach progressively from there.

Form: Top down approach. E.G starting position; Chin tucked, neck straight, shoulders back and down, ribs down, hips with tail tucked under, feet placement etc. Refer to online videos. Maintenance of spine position. Correct alignment of the knee with the hip and ankle.



Common errors

'Butt wink' (rounding of lower back)

- Knee valgus
- Upper back rounding

Variations:

- Goblet squat
- Lunge
- Bulgarian split squat
- Step up

Gamify:

MB squat throw game, Duck duck goose (Holding squat position), walking lunge and knee drive with cone on head...