



WELSH ATHLETICS  
ATHLETAU CYMRU

*LISTEN  
ENGAGE  
REPRESENT*

Playing the long game; building speed in a developing jumps athlete.



WELSH ATHLETICS  
ATHLETAU CYMRU

# OBJECTIVES

- Explore what 'speed' is for a developing athlete
- Explain what training should include at this stage
- Look at how training content changes over a year and what an individual session might look like
- Talk about the importance of drills for conditioning, mobility and longevity
- Discuss and design a speed training session for a developing athlete



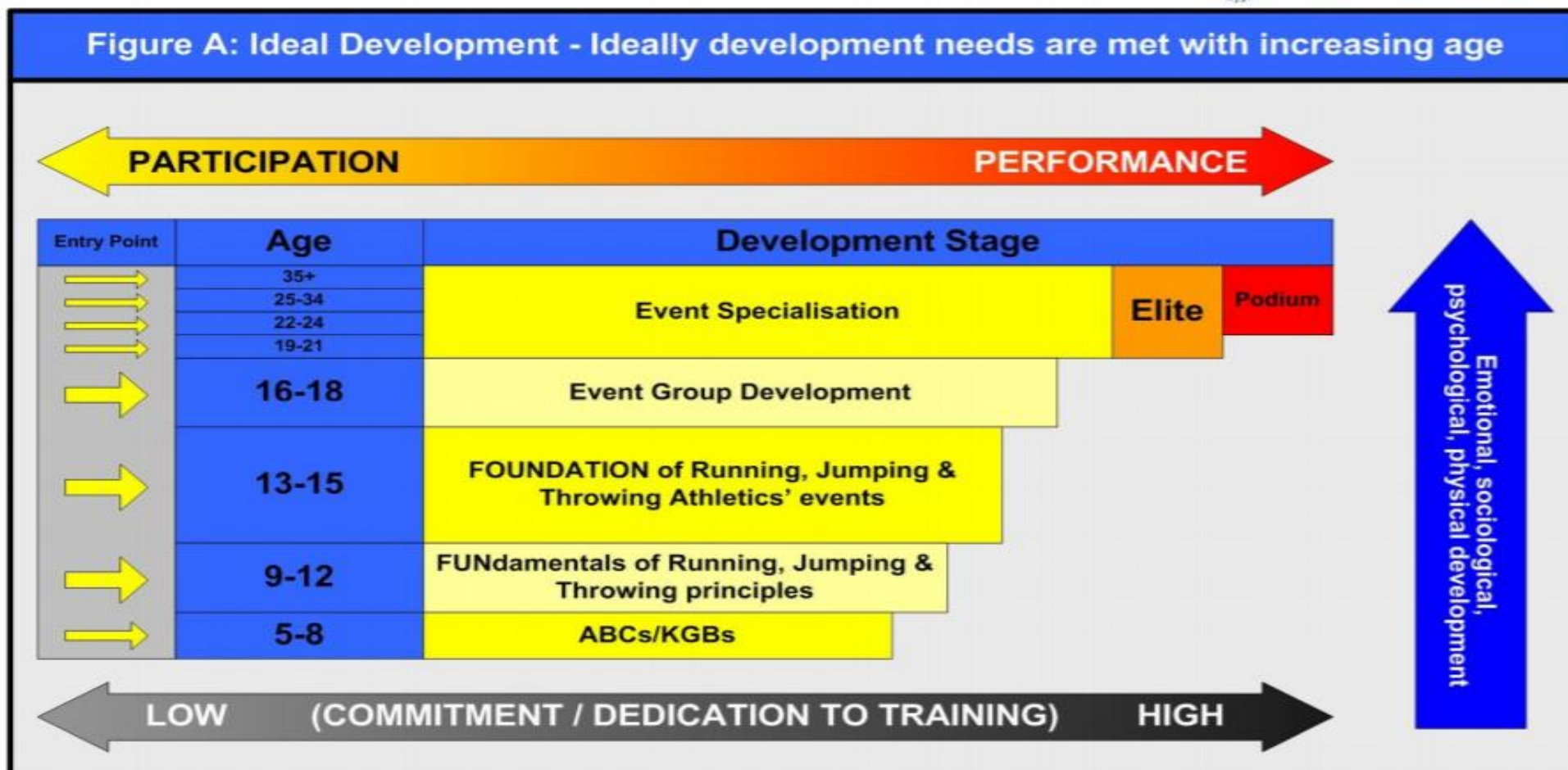
# MULTI SPORT APPROACH

## UKA Athlete Development Pathway (V1.2)



BRITISH  
ATHLETICS

Figure A: Ideal Development - Ideally development needs are met with increasing age



*\*These diagrams are for illustration purposes only. They can only be fully interpreted after reading the accompanying notes and audio presentations.*



H ATHLETICS  
ETAU CYMRU

# JUMPS Athlete Development Model (V1.0)



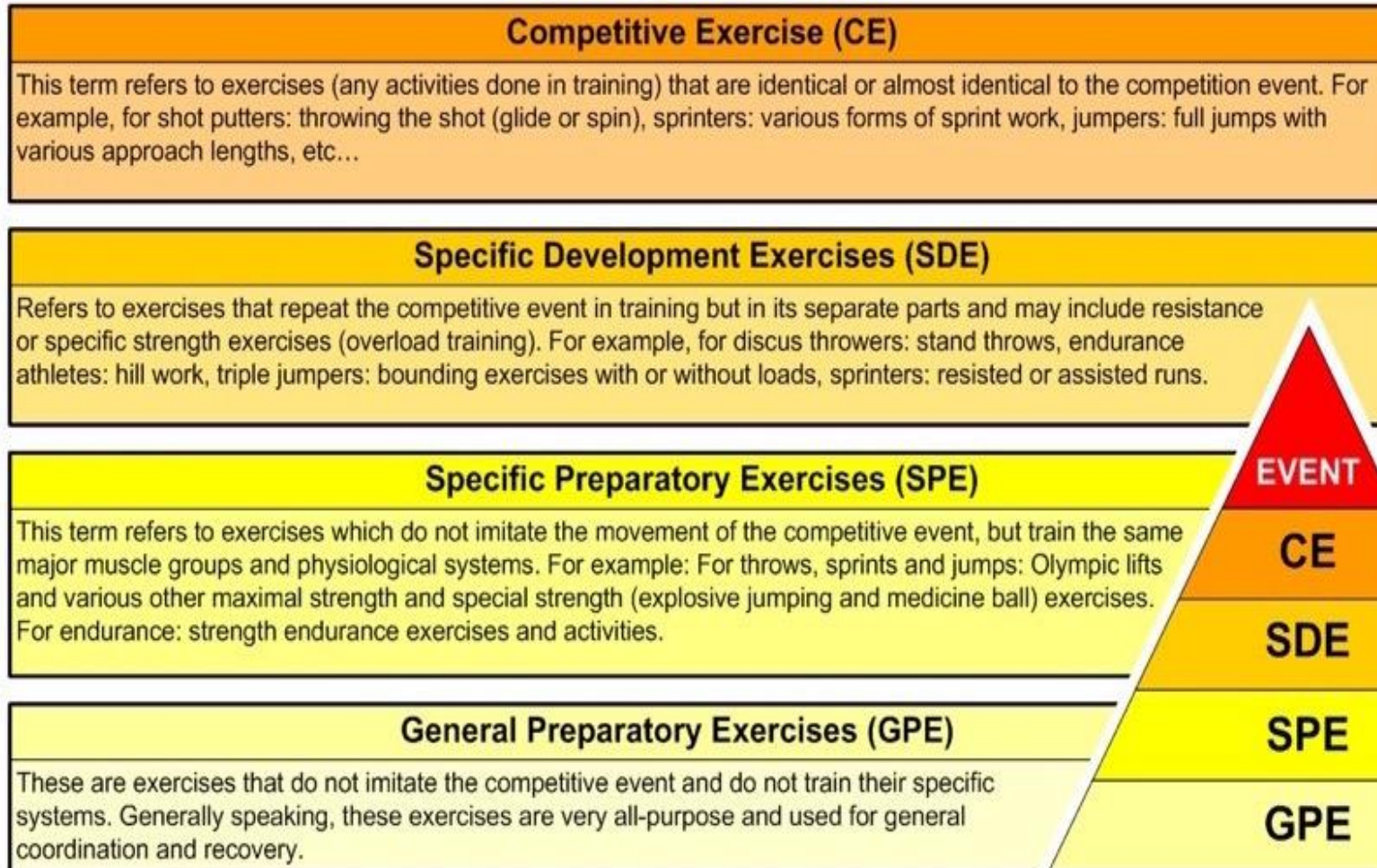
Developmental Age +/-																		
Chrono. Age	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26+
Stage of Development	Pre-Puberty			Puberty						Post-Puberty				Adulthood				
Sports Focus	Multi-Sport			Multi-Event						Jumps				EVENT SPECIALIST (LJ, TJ, HJ, PV)				
Competition Focus	Sportshall Standing Jumps			Short Approach			Medium Approach			Full Approach Jumps								
Development Focus	Running Mechanics & Physical Preparation						Running Mechanics & Special Strength				Max Speed, Alactic Capacity, Max Strength, Special Strength, Specific Strength							
	Jumping Mechanics & Technical Development						Further Jumping Technical Development				Perfection of Specialist Jumping Technical Development & Jumping Capacity							
Running & Jumping Drills	As part of Athletics 365						Learning technique				Perfection of technique							
CE	Acceleration, Max Velocity, Take Off						Accel, Max V, Take Off, Specific Multiple Jumps											
LJ	Standing Jumps		2-8 Strides		8-14 Strides		16-18 Strides				Full Approach Jumps: 18+ Strides							
TJ	Standing Jumps		2-6 Strides		6-12 Strides		12-16 Strides				Full Approach Jumps: 18+ Strides							
HJ	Vertical Jumps		4-8 Strides				Full Approach Jumps											
PV	N/A		2-8 Strides		8-14 Strides		12-18 Strides			16-20 Strides								
SDE	N/A			Hills, Extensive Rep. Specific Gymnastics			Resisted, Assisted (Wind Only), Intensive Rep. Extensive Rep, Apparatus Skills				Resisted, Assisted, Intensive Rep, Extensive Rep. Special End, Specific Strength							
SPE	N/A			General Gymnastics			Special Strength (inc. MJs, MTs & Gymnastics)				Max Strength, Special Strength, Strength Endurance							
GPE	Athletics 365			General Strength (GS) Ancillary Strength (AS)				All General Preparation Activities (inc. GS, AS, Mobility, Extremity Conditioning, Core Work etc)										

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# HOW TO CREATE A SUCCESSFUL ATHLETE



# *DR* Antoly Bondarchuk

<b>Method</b>	<b>Description</b>
Competitive Exercises (CE)	Exercises that are identical or almost identical to competition event
Specific Development Exercises (SDE)	Exercise that repeat the competitive event in training but in its separate parts
Specific Preparatory Exercises (SPE)	Exercises that do not imitate the competitive event, but train the major muscle groups and physiological systems
General Preparatory Exercises (GPE)	Exercises that do not imitate the competitive event and do not train the specific systems.

# EARN THE RIGHT TO TRAIN SPECIFICALLY.

Volume of training



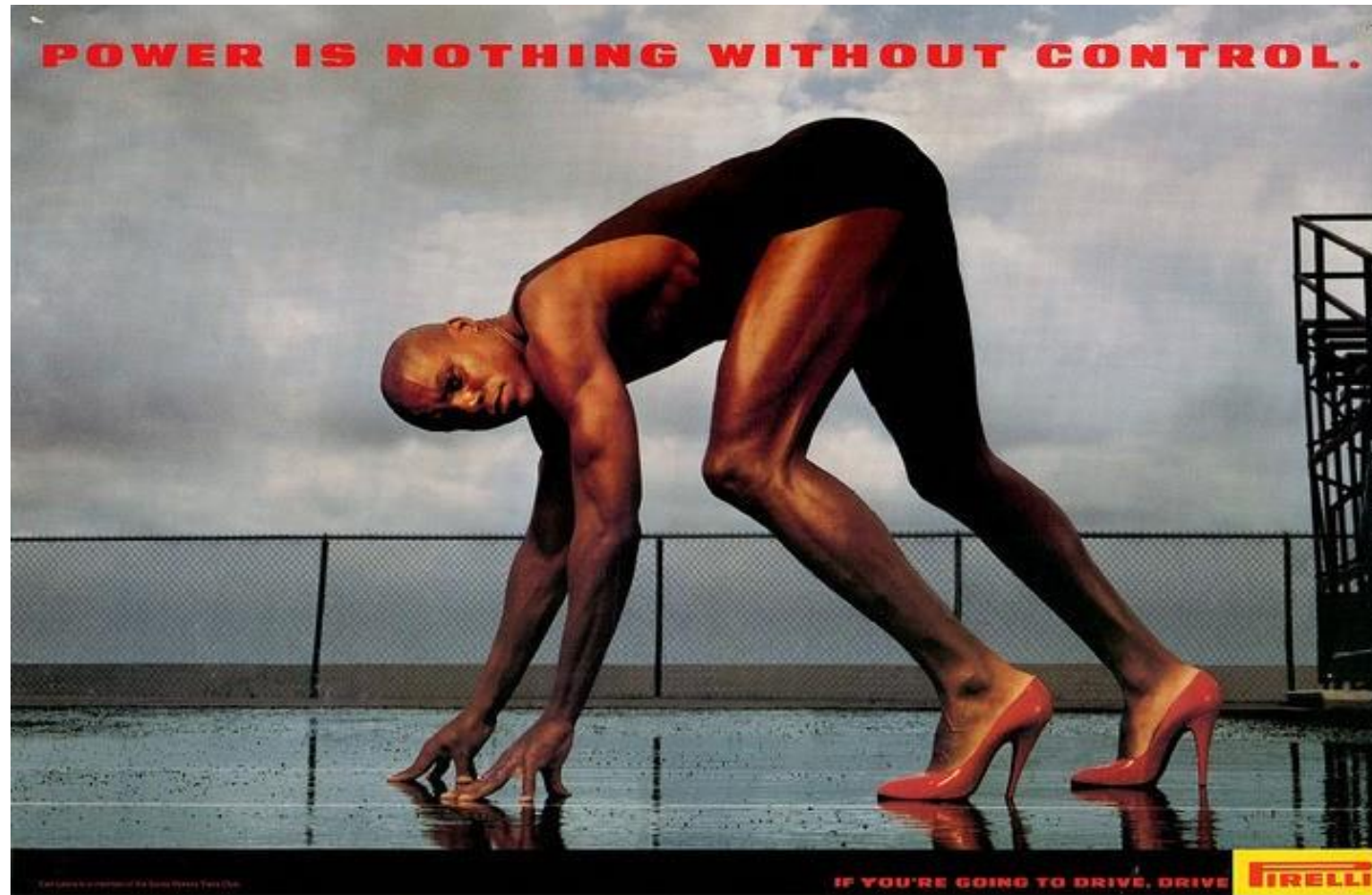
# ***SPEED IN JUMPING EVENTS.***

- No time factor so acceleration not as important
- 'Fast controlled approach'
- Athlete must be capable of withstanding forces created
- Optimal not maximal velocity





***TO BE FAST WE NEED MORE THAN SPEED***

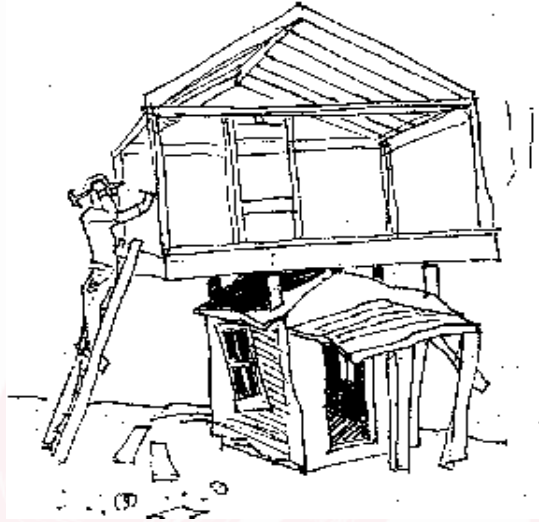


# NEVER ADD LOAD TO A WEAK POSITION



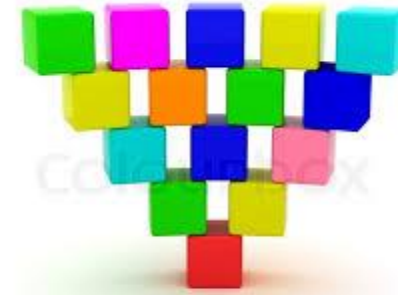
SPEED IS LOAD

Athlete losing control?  
Inaccurate foot placement?



LENGTH OF  
APPROACH IS LOAD

Athlete decelerating?



REPETITIONS ARE  
LOAD

Athlete sore?  
Change of posture?

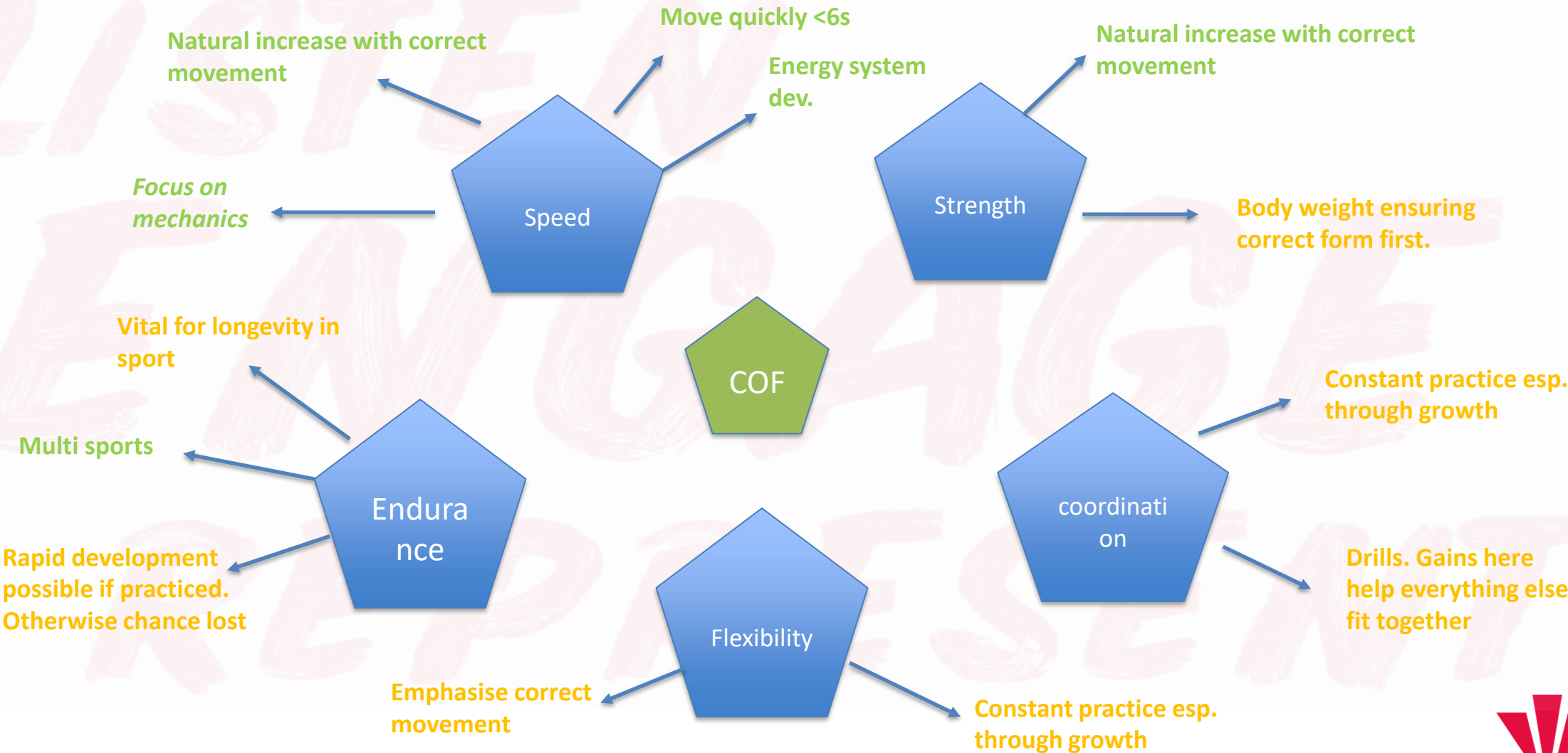
# **ATHLETES (HUMANS) DON'T HAVE**

- 'Weak ankles'
- 'Bad backs'
- 'Sore shoulders'
- 'Dodgy hamstrings'

They have just missed stages in their development due to a number of reasons. We should not skip those stages for fast reward but supplement training for the benefit of the individual

# COMPONENTS OF FITNESS IN THE DEVELOPING ATHLETE (LONG TERM

## FOCUS)





# ***STRENGTH IS NEVER A WEAKNESS***

- Fundamental movements: Squat, Hinge, Brace, Rotate, Lunge,
- A,B,Cs
- Goal is to move with better mobility with strength at end range with balance, coordination in order to make the most efficient use of energy/fitness and deliver force as effectively as possible.
- Faster, more robust, for more years, long term benefits.



# *DRILLS/ COORDINATION*

- Movement patterns
- Range of motion/ mobility
- Conditioning, strength?
- Training principles....
- Vital for long term athlete physical health.



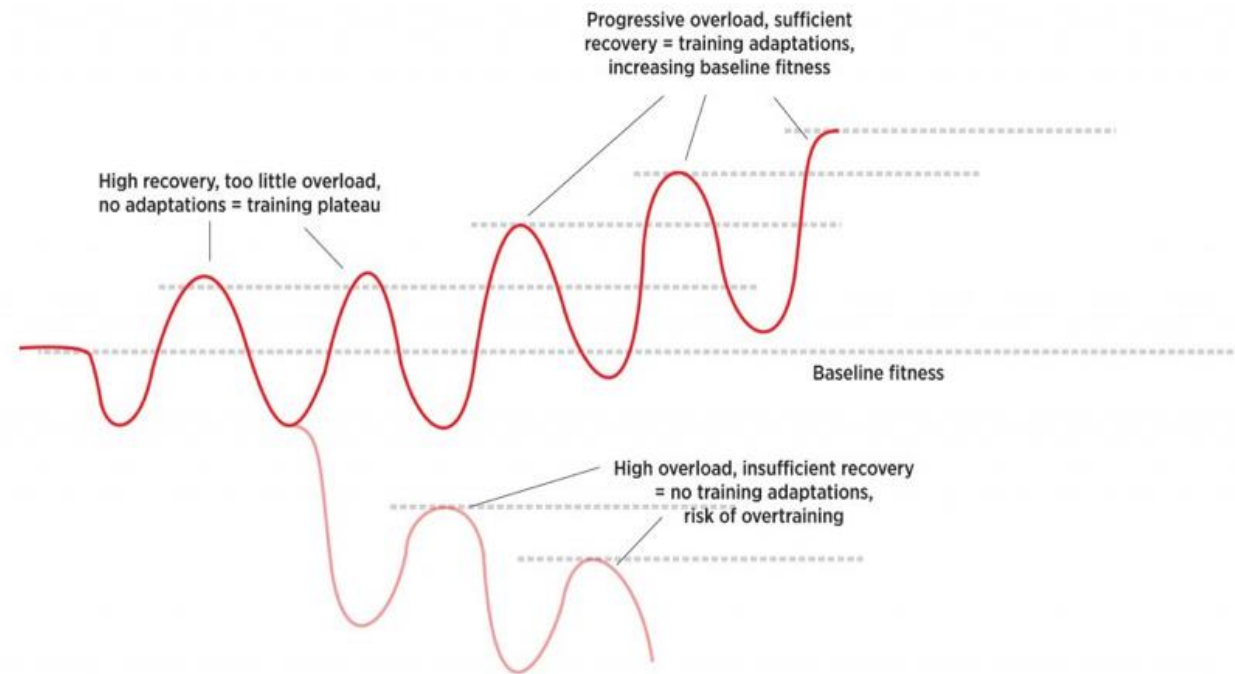
# *WHAT IS SPEED IN A DEVELOPING ATHLETE?*

- Agility = Speed
- Balance = Speed
- Coordination = Speed
- Strength = Speed
- Endurance = Speed
- Mobility = Speed (when combined with strength)



# TRAINING PRINCIPLES

- Progressive overload.
- Recovery and adaptation.
- Specificity.





# ENDURANCE AND WORK CAPACITY

Long term

- Benefits overall health of athlete as a human, cardiorespiratory development, for life.

Medium term

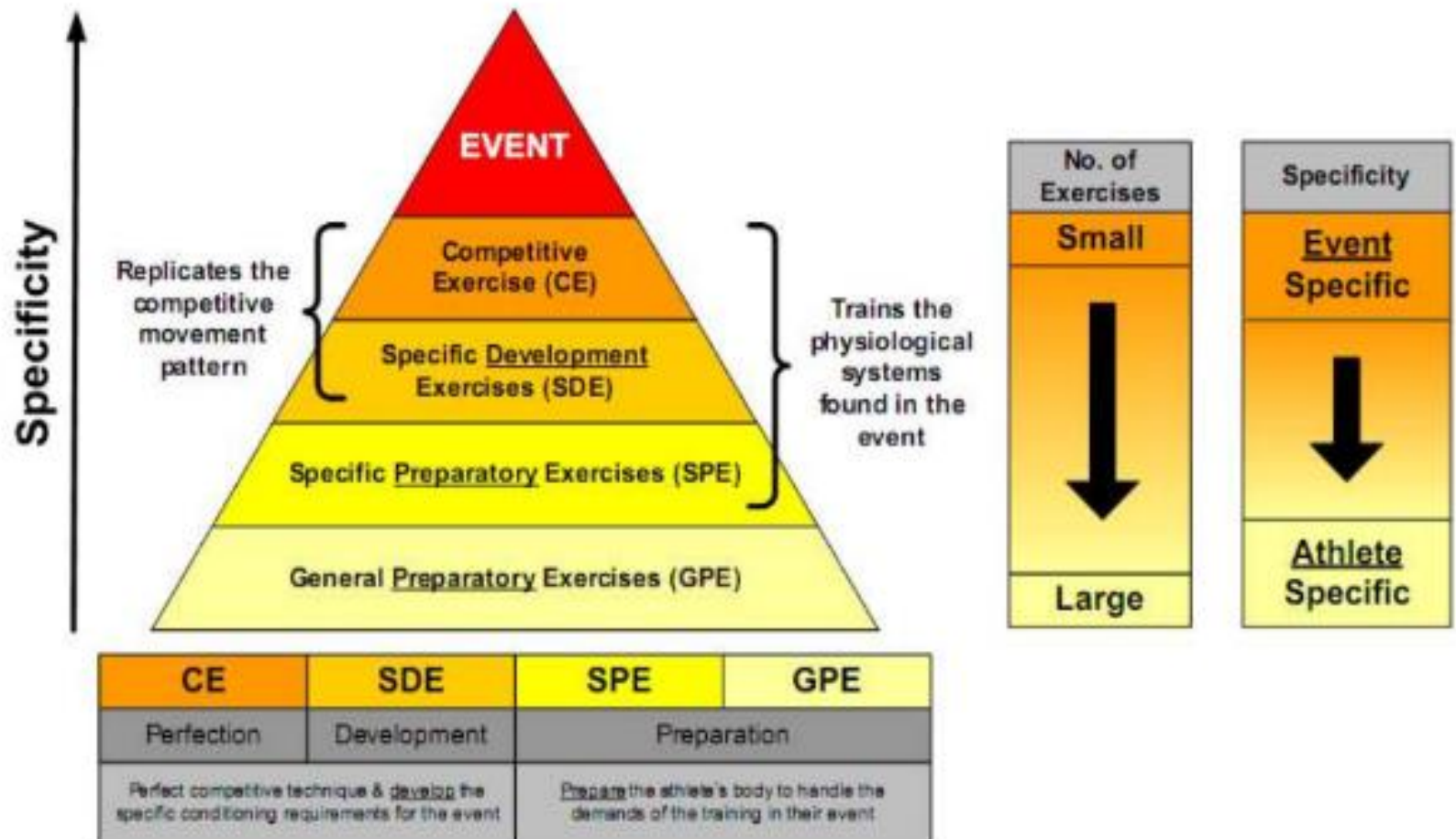
- Allows athlete to maintain concentration and physical exercise for a longer period of time. More quality, more volume
- Teaches athletes the value and reward of hard work.



# JUMPS TRAINING CONTENT OVER 1 YEAR

Fitness component	General prep phase	Pre comp phase	Comp phase
Speed	More speed endurance focused, longer reps, less recovery	Longer recovery, decreased volume/ distance	Competition. Comp specific
Strength	General conditioning	More event specific movements	Event specific if recovery possible
Endurance	Aerobic activity, multi sports	Less longer running, keep work capacity through circuits	For recovery, smaller emphasis
Coordination/ flexibility	Low impact, high volume, focus on correct movement	More dynamic drills, focus on event specific, keep some volume for conditioning	Maintain correct movements, less volume pre competition.

# EXERCISE CLASSIFICATION



# SINGLE 'SPEED' SESSION CONTENT

Time and therefore coach attention

Sprint  
session

Specific exercises related to  
session outcomes, specific drills,  
med ball throws etc. cool down,  
mobility

R.A.M.P , Drills, hurdle walk overs,  
physical prep



# DESIGN A SPEED SESSION FOR A DEVELOPING JUMPER

- Warm up
- Warm up progression- drills (aligned to session goals)
- Session prep (skill potentiation)
- Session (with technical focus)
- Physical prep (aligned to long term technical goal)
- Cool down



- Stage: Event group Jumps
- Age:14-16 years
- Training age 3-6 years
- Number of athletes: 6
  
- Warm up activities? **R**
- Progressions/ specificity. **A.M**
- Potentiation, skill. **P**
- Main session?
- Physical prep? Work capacity
- Cool down?

# SESSION BREAKDOWN

## Good example

- Warm up R.A.M.P
- Drills, skill development
- 6x 30m, focus on 1 skill
- Fun race/ relay
- Physical prep circuit
- Cool down, recap.

## Bad example

- Jog 2 laps
- Stretch
- **8 x 30m** as fast as possible
- Jog one lap



# RETURNING TO ATHLETICS

- Fun
- Challenge
- Succeed
- Build the pyramid again.







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Thank you!

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