



Movement Skills

Kelvin B. Giles MA CertEd

WHY?

Why progress something that is poor?

Why load a poor movement?

Why keep on loading a poor movement?

Why just think of mileage – think 'the quality of each mile'.

Why think only of strength – think 'how much can I use'.

Why just think of speed endurance – think 'what speed do I need to endure'.

Why just think of acceleration – think 'what am accelerating to?'

Why just think 'external load' – think 'what speed and direction must I move it at?'

We need athletes who are adaptable, not who are already adapted.
Steve Myrland

The event appears as a product of a broad journey of discovery...

...when it finally grows from a movement vocabulary that is as wide as it is deep.

Any variables?

Just to simplify things...

Slow learners v's fast learners
Slow adapters v's fast adapters
Slow recoverers v's fast recoverers
Early maturers v's late maturers

Metabolic v's neuro-muscular

With the developing athlete:

General to Specific

...the rate of learning and adaptation should determine the progression.

**Total Structural Strength
Total Structural Stability
Total Structural Flexibility
MJ-MP-MD**

**With the established athlete:
What are the consequences of
this decision?**

**Physical Competence /
Muscular-Skeletal limitations**

Injury history

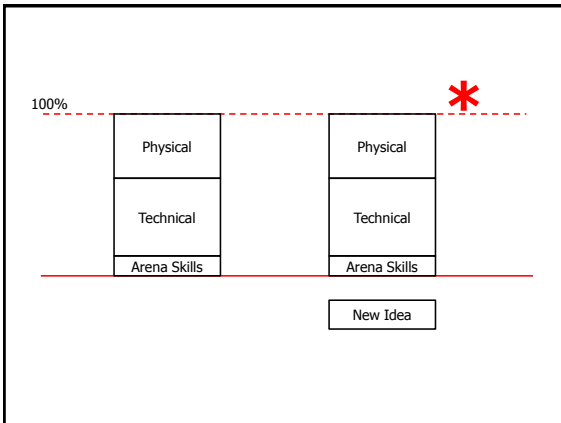
Recoverability

Age

If you have a new idea / process / prescription.....

Answer the question....

What do we have to sacrifice to accommodate the new unit?



Some Tools

Time / Timing
Speed; Amplitude; Frequency; Density;
Intensity (intra and inter-session
/exercise)

Complexity
(from 'puzzles' to specific; reaction;
decision-making)

This can occur within the same exercise

....in the same set

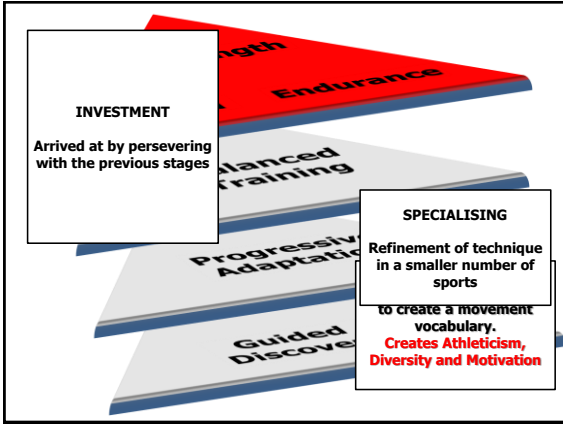
....in the same session

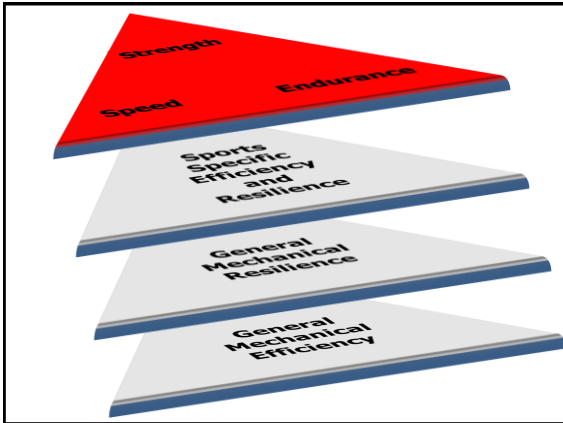
....in the same cycle

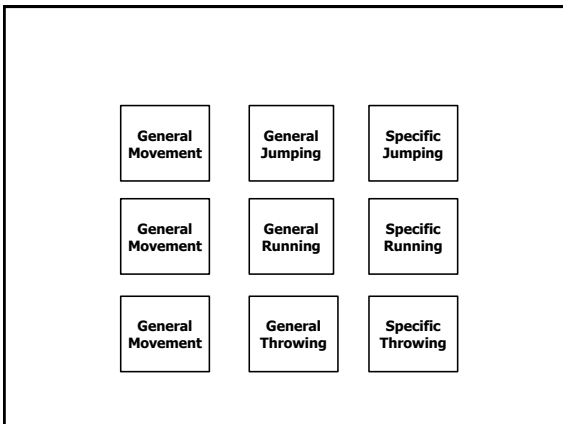
....in the same phase

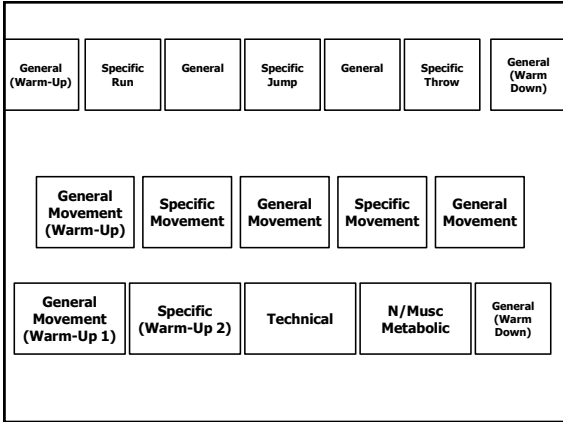
**From a single plane to a neural
'blizzard'**

Planning it All









'Fast Tracking'
a.k.a. 'Quick Fixing'
21st century jargon for those who should be in a home for the bewildered.

Endurance
Build the quality
(Movement efficiency)
Then.....
Build the capacity
(Movement consistency, resilience)

How can this...



Produce this.....



Come to think of it, how can this...

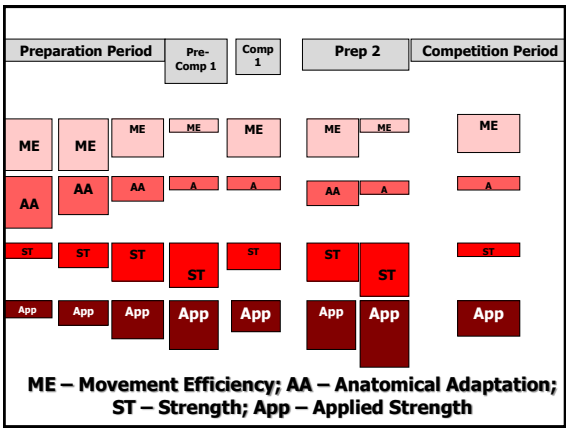


Produce this.....

All the processes....all the time.

Manipulating all the processes ..

....not concentrating solely on one at the expense of others



Without fatigue?

With fatigue?

Athletic Development Modalities
Strength

Movement Efficiency (ME) 'Eliminate limitations'	Anatomical Adaptation (AA) 'Get Stable under Speed, Complexity and Load'	Strength Accumulation / Maximisation (ST) 'Get Stronger'	Power (P) 'Apply the Strength'
--	--	--	--

How long do you spend in each stage?

As long as it takes them to adapt

'Get it' then 'Apply it' in small cycles rather than....

Long arduous phases *

WEEK	1	2	3
WEIGHT *	50%	55%	60%
SETS X REPS	3 x 12	3 x 12	3 x 10
SPEED	211	211	201
REST PERIOD	Start on 3	Start on 3	Start on 3

After 3 weeks there is a 10% strength improvement....

Use it to improve the sports specific setting.

Then go and get another 10%

Athletic Development Modalities
Flexibility

Joint and muscle-group range DURING MOTION is the key quality.

Lengthening a muscle /muscle group is of little use if the new range cannot be used effectively.

Process must be one of:

**Lengthen
Apply
Lengthen
Apply**

Athletic Development Modality
Running
(Speed, Agility, Endurance)

MUST DEVELOP

- 1. Movement efficiency for speed and economy.**

- 2. Mechanical efficiency for performance enhancement**
- 3. Mechanical resilience to survive training and competition.**

Speed

Get them physically literate...

Get them strong....

Get them fast...

Get them fit

Strong	Fast	Fit	Regen	Strong	Fast	Fit
Fast						
Fit						

Example Journeys – Running Stability



Thank you for listening.

Kelvin B. Giles MA CertEd

kb Giles@gmail.com
www.movementdynamics.com

+44 7792 307 619
