

Build Better Athletes

Implementation Strategy

Module 3 – Bio-motor abilities

Alright, for your athletes to obtain the optimal “training effect”, the coach must address all five of the bio motor abilities which are:

Strength, speed, endurance, coordination and flexibility.

Even if you had never heard of the five bio-motor abilities before, you were likely addressing some of those already, so implementing the others should not be that difficult.

The athletes of today are often not just doing one sport at a time. The coach has to know what other athletic endeavors their athletes are involved with so the concurrent training can be blended as well as possible for the athlete.

As coaches, it’s nearly impossible to NOT be aware of these things because of the inevitable scheduling conflicts that will need to be massaged etc.

We will get into implementing each of the bio motor abilities on a module – by – module basis but a key thing to keep in mind is what I described above with the word “blending.” Once you come up with your comprehensive plan to train the five bio-motor abilities, take inventory of what other sport(s) your athletes maybe involved with and remove things from their plate if those other sports address some of those needs for you.

An example, when I was coaching track and field it wasn’t uncommon for me to have athletes concurrently playing club soccer or basketball. Depending upon the needs of my sport, they were likely getting some endurance work in those sports and definitely getting a lot of agility work. Therefore, I would remove, or modify, those components from my training so as to not overload the athlete and push them toward the brink of injury.

In that same example, if I was training a distance runner I couldn’t just let the endurance work from the other sport stand alone. But, as an acknowledgment of the heavy load they were carrying, there would likely be a day each week where I would not have them do any endurance work with my team. I typically would choose the day that was their heaviest endurance practice with their club team. I would also modify the mileage here and there throughout the week as well.

Another example, in track and field there is a whole lot of plyometric work. What if the athlete is playing on a club volleyball team that has a plyometric program of their own? Plyometrics are definitely a training modality in which athletes should not endure a double dose. Once again, I would eliminate or modify what I had them doing or find out what the

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club coach had them doing and maybe work out with them the best package of plyometric drills for the athlete.

It's important not to get protective of your fiefdom and insist all of the athletes do all of your work. Do what is best for the athlete in the situation they are in whether you like that situation or not.

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