

# PHYSICAL PREPARATION

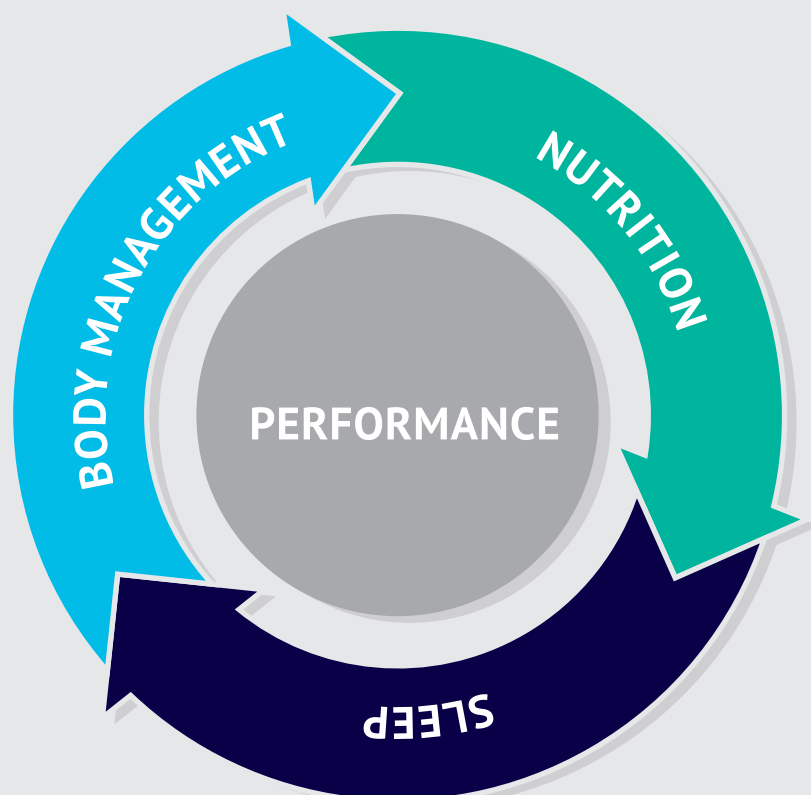
Our job is to optimise athletic potential - create athletes who express their athleticism through their chosen sport.

Orientate the physical preparation programme around the available resources, the physical attributes of the athlete and culture of the sport or team.

*Include all the key mechanical features and their associated stimuli, while ensuring that the long-term, overall 'net' effects are positive (Morin, 2018)*

You have limited contact time with the athletes so make sure they are taking care of the other 22 hours. What are your athletes doing during the other 22 hours to prepare themselves for the next training session or competitive event?

## THE RECOVERY CYCLE



Develop themes and curriculums for your athletes. Not every programme has to be completed individually.

**MAKE SURE THAT YOUR ATHLETES BECOME BRILLIANT AT THE BASICS**

**FIND IT**  
can they make shapes and change shapes?

**REPEAT IT**  
once they can perform fundamental movements, make sure they can do them repeatedly.

**FATIGUE IT**  
once they can repeat key movements, challenge them to do it under pressure!



## COLLECTIVE INDIVIDUALISATION

The framework is established and links to the physical preparation curriculum - the individualisation can then come from manipulation of the training variables.

## 4 STEPS TO DEVELOPING A LONG-TERM PHYSICAL PREPARATION PROGRAMME

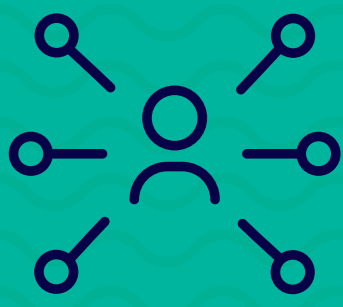


**1 INNOVATE**  
Which innovative strategies will make a performance impact?

**2 TEST**  
Test for proof with selected athletes.

**3 FINE TUNE**  
Fine-tune your strategy based on feedback.

**4 IMPLEMENT**  
Implement the strategy across the team/sport.



## CREATE CHOICE & AUTONOMY

- No one likes to be told what to do...
- > Allow your athletes to be involved in the decision-making process.
  - > Allow them to make choices and then watch adherence improve.
  - > Create training menus and options that allow for choice.

**BUT REMEMBER...**you can control the choices that are being made!

## OCCAM'S RAZOR

If you are developing a physical preparation and are faced with two options: Option A - Complex or Option B - Simple, employ the concept of Occam's Razor. Shave away the unnecessary complexity of Option A and opt for the simple solutions and systems.

**A OR B**

### References

Morin, J.B. (2018, August 11). Improving acceleration performance in football players. Retrieved from <https://jbmorin.net/2018/08/11/improving-acceleration-performance-in-football-players/>

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