

Vern Gambetta – UKSEM, 2011

Mandatory daily physical education - teaching physical literacy

Athletics - 4th place to gold medal...difference in performance is 1.88%

Coaching is critical to achieving this - art & science



Spotlight on the athlete - "they are athletes not integers in a formula"

Chris McCormack Ironman

Art

Hone craft of coaching, refining & adapting with an attention to detail

Coaching is a growth process together with the athlete, supported by sports science, which can educate & help the coach grow.

Coaching eye - strong confirmation bias...need to get wider opinion, as you often see what you look for.

Sport Science

What you say is shaped by perception & experience...good, bad & ugly

The coach needs to ask the appropriate question to get the help & information they can use

Mann, R & Hagy, J (1980) Biomechanics of walking, running & sprinting. Am J Sports Med

Noakes, T. (2011) Challenging Beliefs

Communication - too many silo mentality incidences at the expense of communication

Sports science can help give understanding of response & adaptation to training & competition, providing objective analysis of what the coach sees & feels.

Beware of one off testing & testing for testings sake...testing must be meaningful

Statistics - what are you going to do with them?

Information - can you understand it & explain it to the athlete in a manner that they can understand? Does it tell you what you need to know, when you need to know it & will it have an impact?

Voodoo sports science - marketing & misinformation

Coaching...art & science makes the difference!!!!

