



NAYLAND COLLEGE

TE KARETI O NEIRANA

Institute of Sport 2018

Dawn Chalmers – Physio



By day.....



By night.....



How to be BETTER at sport

Train and play all of the time by:

- Minimising niggles/injuries by working with your coach & support team.
- Monitor indicators such as:
 - Overall wellbeing
 - Body
 - Lost training time

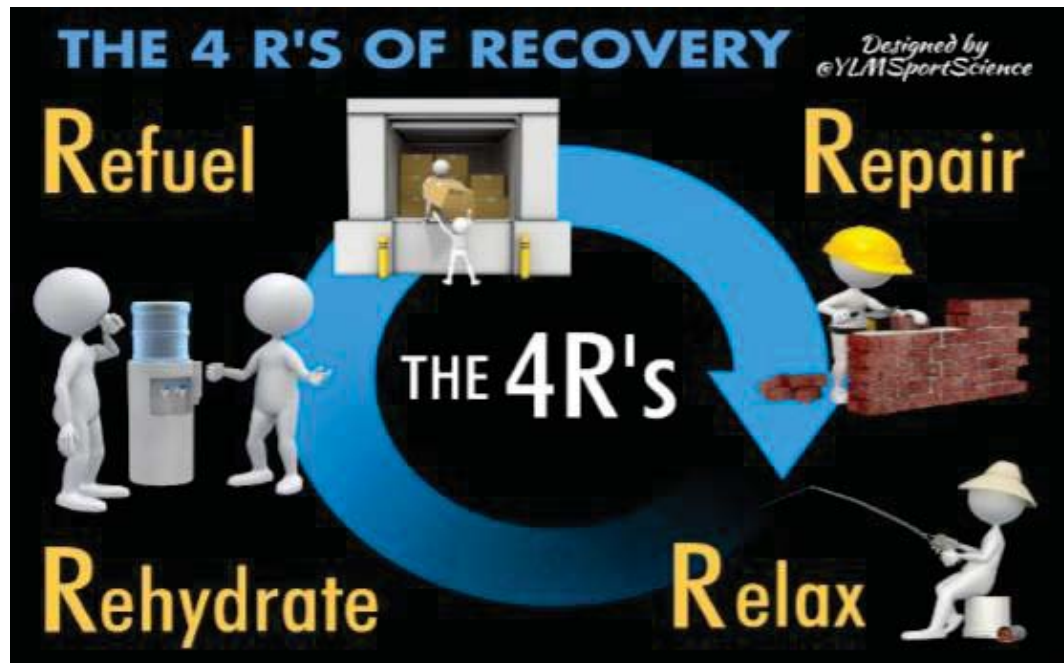
and try to keep these as low as possible



How to stay injury-free:

- Always warm-up and warm-down
- Stretch if something is tight
- Ice if something is sore
- Wear compression
- Stay hydrated
- Eat good, clean food





1. Rehydrate: DRINK to replace lost fluids
2. Refuel: EAT to replenish energy stores
3. Repair: WORK to repair the body
(wear skins, stretch, foam roll, yoga)
4. Relax: CHILL OUT

***PUSH YOURSELF,
BECAUSE NO ONE ELSE
IS GOING TO DO IT
FOR YOU.***



Nayland College institute of Sport

The 'How'
and
the 'Why'





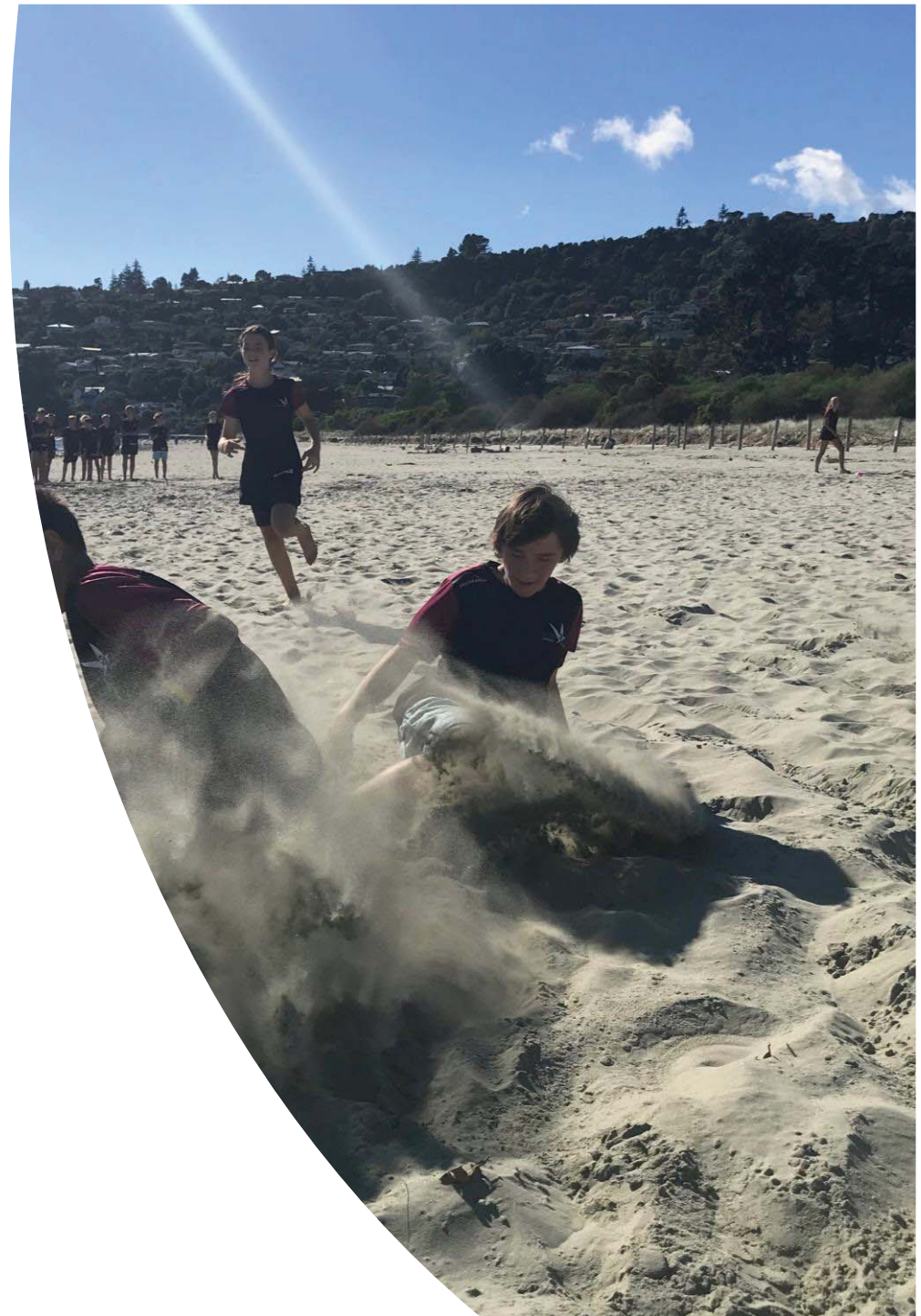
The 'Why'



Sport Specific Technical and Tactical Developmental Progressions:

Late Childhood/Early Teenage (Learn)

- Refine fundamental movement skills
- Sequential Motor Skill development
- Variety of activities
- Variety of sports
- Modified sport specific skills
- Set foundation for sport specific skills
- Activities to enhance success and enjoyment
- Multiple incentives to motivate learning



Enjoyment and Success

Teenagers cannot develop talent unless they are internally motivated and enjoy the activity, while working hard to achieve their goal.



The Focus on developing athletes rather than early specialization

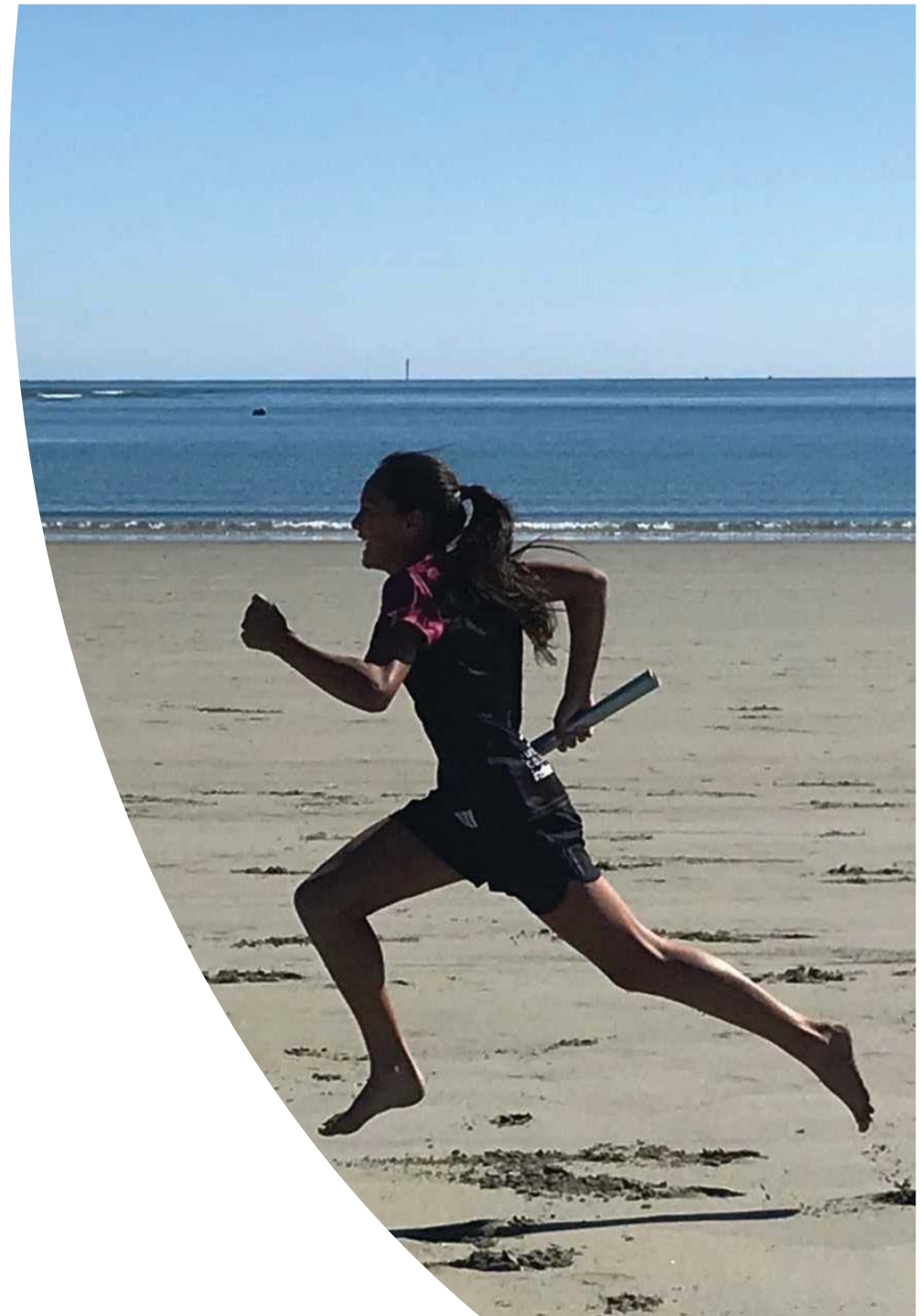
Most of the pressure to specialize early comes from parents and coaches.

Talent development is a long-term process that involves more than just the talented individual, but also a strong support system with parents playing the primary role. Talent needs to be viewed as a developmental process rather than an all-or-nothing phenomenon.



Children can benefit not only physically, but psychologically and cognitively by experiencing a number of sports

- This is how they develop autonomy and motivation. This is when they seek the sport that they enjoy the most. Yet many organisations try to force their “customers” to choose and commit to year round training and games far too young.



Coaching Decision Makers

Game sense is an approach to coaching and teaching which uses games as a learning tool to:

- increase the motivation of players, and
- develop tactical and strategic thinking as well as skill development.
- This approach to coaching and teaching is 'game centred' rather than 'technique centred'.



While the technique itself is an important part of the overall skill, there is limited value in technique practice that doesn't take into account the other factors involved in executing the skill.



The game centred approach focuses on the coach or teacher designing practices that progressively challenge and motivate players to develop an understanding of the strategies, skills and rules required to succeed in games. **It makes the game the focus of the practice session (rather than the technique), and challenges the players to think about what they are actually doing and why.**

