

# U16 AAA PROGRAM OF EXCELLENCE WEBINAR SERIES

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# GENERAL MEETING RULES

- If you wish to ask a question, raise your hand virtually and the moderator will connect to your question. You may also ask your question in the chat room.
- Please state your name and then your question.
- Please be brief and to the point to allow the greatest opportunity.
- You will have the opportunity to have one follow up to your original question.
- If someone is belligerent or not respecting the ground rules they may be removed from the meeting.

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# Observations of 15 years of coaching

- Work Hard
- Relentless
- GRIND
- Sacrifice

All are important....BUT...

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# What are we trying to achieve through training and seasonal development plans

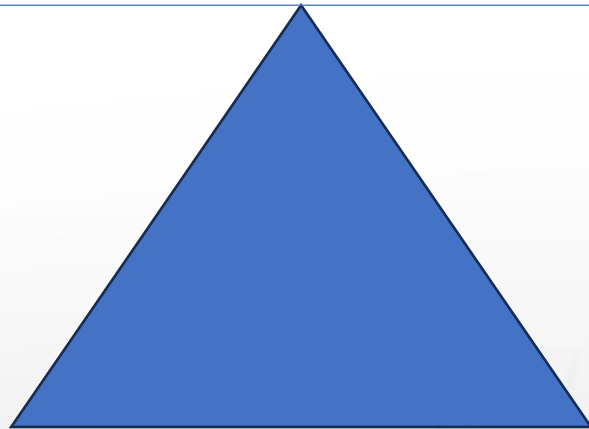
- Increased capacity
  - Neural and mechanical force production abilities
  - Energy provisions to maintain force production abilities
- Tissue Tolerance
- Skill expression at higher paces of play

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# Balancing Act Slide

Stress

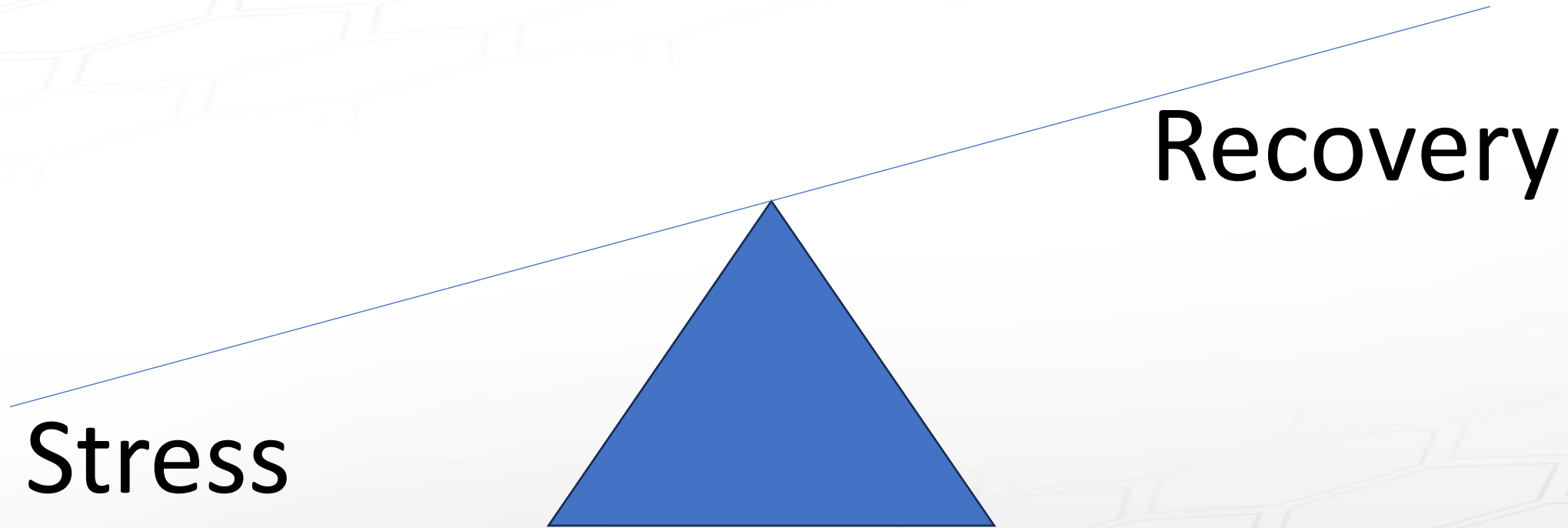


Recovery

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# Balancing Act Slide

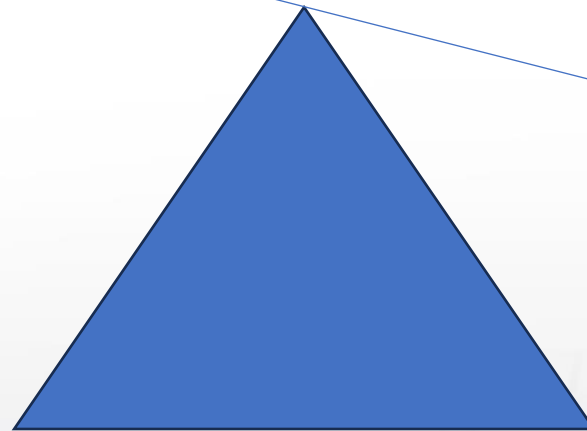


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# Balancing Act Slide

Stress

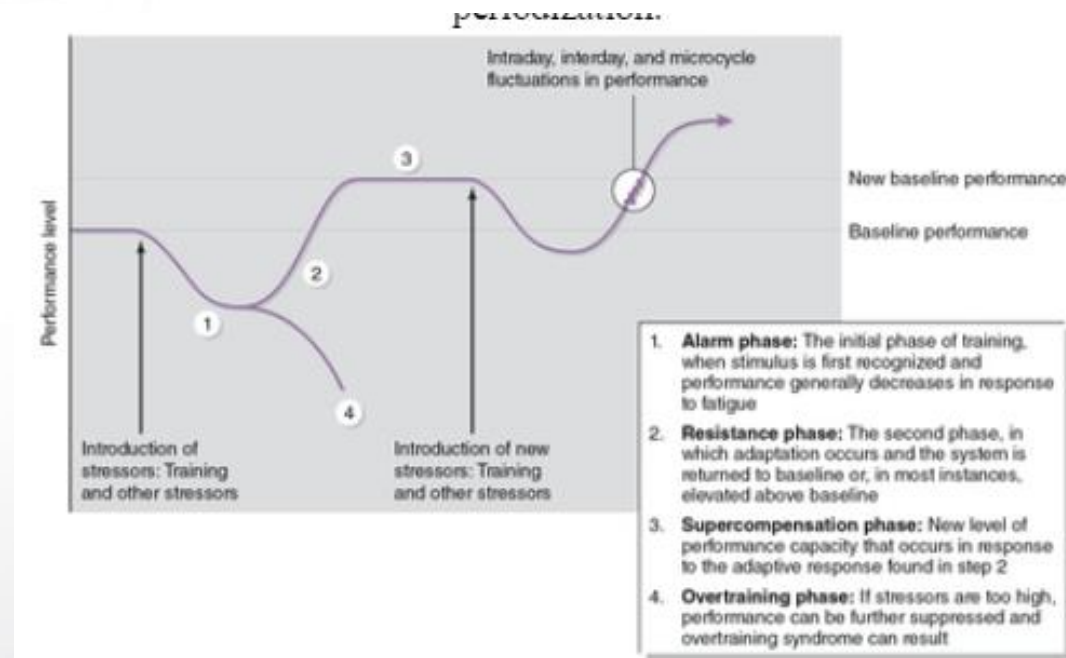


Recovery

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# How does the body adapt and increase capacity or performance level



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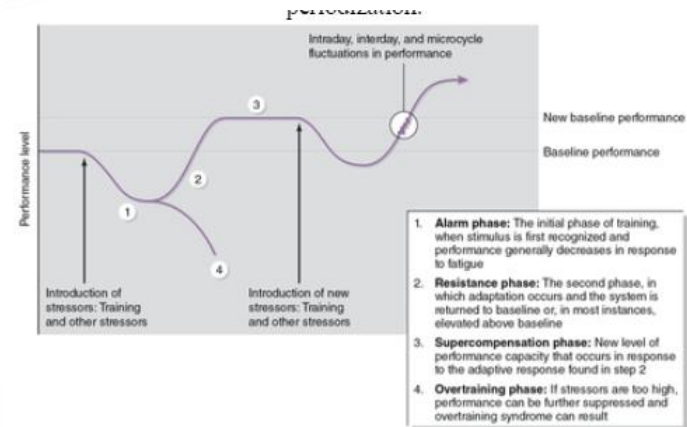




# Intended vs Unintended Stress

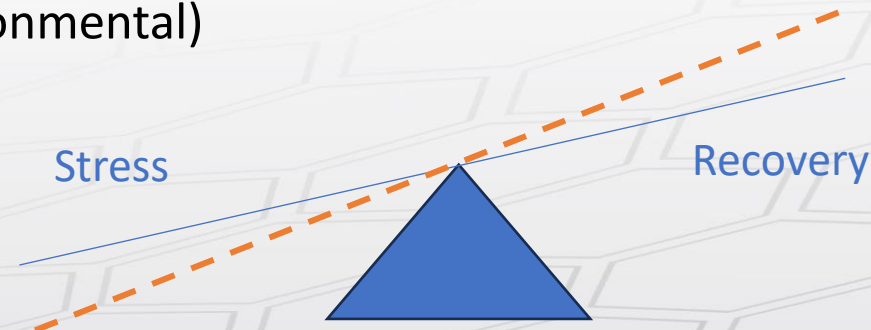
## Intended Stress

- Neural challenge
- Mechanical challenge (hypertrophy stim.)
- Metabolic and Energetic challenge
- PROPER “Loading”



## Unintended Stress

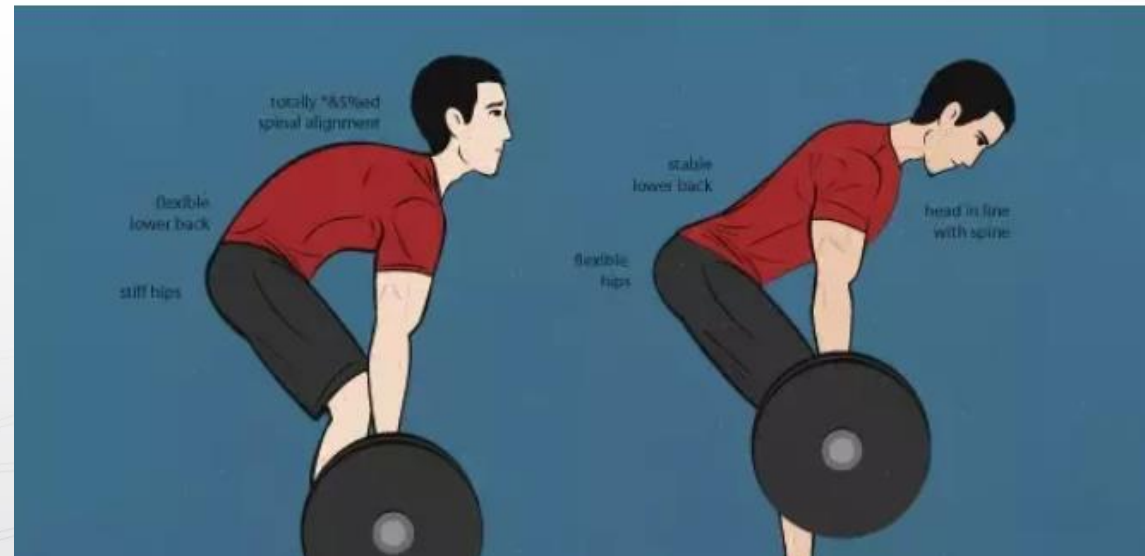
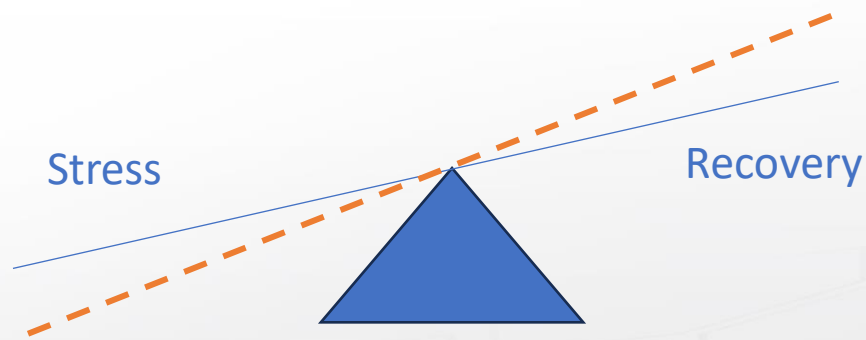
- Improper Loading/Connective Tissue Loading
- Exogenous Stress (nutritional, lifestyle, environmental)
- Inefficiency (Increase Cost)





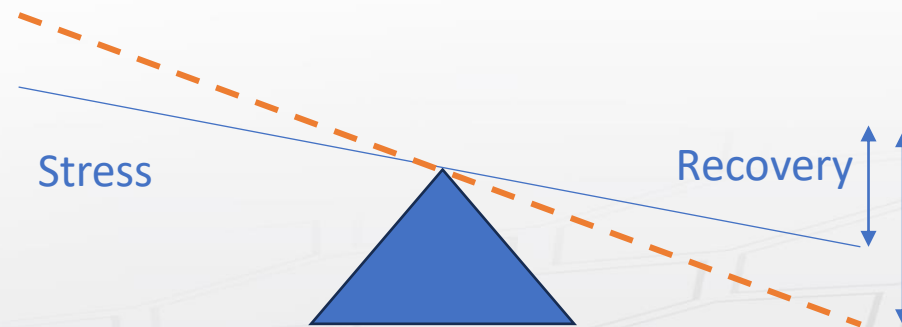
# Optimizing Intended Stress

- Understand desired outcome
- Improve movement skill (technical abilities)
- Prepare properly
- Have a coach



# Optimizing the adaptation side of the equation

- Sleep
  - Habits, quantity and quality
- Nutrition
  - Habits, quantity and quality
- Proper Planning of Training Load
- Integrated Support Modalities and Team



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# Final Thoughts

- What are we truly trying to accomplish through the training and development process
- The magnitude of stress should be followed by an appropriate “counter focus” on recovery
- Use your team of coaches, therapists, parents and friends to find ways to optimize both the stress and recovery side of the equation.

Questions?

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