

## **Peach 2010 July 17**

### **Plyometrics:**

Low level: Change of directions:

- Jump rope varieties
- Foot ladder varieties
- Line drills

### **Vertical Plyometrics:**

- Repeat squat jumps
- Rebound jumps
- Power jumps
- Depth jumps
- I leg depth jumps
- Alt bench jumps
- Straddle jumps

### **Lateral Plyometrics:**

- Ice skaters
- Foot ladder
- Diagonal bounds 1 and 2 leg
- Side rebound jump
- Side alternate jump
- 180 jumps

### **Linear Plyometrics:**

- Skip front and back
- Bound 1 and 2 leg
- Broad jumps
- Foot ladder

### **Medicine Ball**

- Standing overhead pass
- Chest pass
- Side to side
- Wind-up
- Hitters
- Pitchers
- Squat press
- Squat twist punch
- Vertical press
- Sit up throw
- Golfers
- Wood chop low to high
- Wood chop high to low
- Tennis serve
- Softball pitchers
- I leg varieties

## Peach 2010 July 19

### WORKSHOP 1: BIOMECHANICS EVALUATION AND SPORTS APPLICATION FOR PERFORMANCE AND FITNESS.

#### **Concepts:**

**Fluid Movement:** flexibility, muscle balance

**Function:** joints in best position for best force of production

**Muscle Balance:** joint strength for flexion and extension in a balanced fashion

**Strength:** ability of a muscle to produce force in a leverage position

**Power:** forces placed in the correct direction and time

**Body position:** the best possible position for the muscles and joints to promote leverage

**Speed:** covering space as fast as possible

**Agility:** change of direction and acceleration. Look at the COG.

**Rotation:** the key to the first step, key to power

**Recovery:** Nutrition...Bring lumber to the yard

**Multi-Plane Training:** Training in all planes

**Coach:** correct, Organize, Adjust, Chase goals, Health

## **Biomechanics Assessment:**

- POSTURE:** - head, butt  
- hyper curves  
- shoulders  
- athletic posture
- GAIT:** - favored leg  
- Q angle  
- Toes in/out  
- Hip extension
- FEET:** - pronators  
- supinators
- HIP:** - foot function/ hip function/ mobility  
- hip issues  
- sheer/ torque  
- tracking  
- calf function
- TRUNK:** - flexors  
- Stability  
- extensions  
- transverse

### **SHOULDER:**

- shoulder rotations
- shrug
- pinch
- brace

### **FLEXIBILITY:** - All related to core

- muscle balance
- static stretch
- dynamic stretch
- active stretch

## **Peach 2010 July 19**

### **Pool workout for Fitness/ Sports Performance**

#### **Key:**

- Noise
- Hand signals: fast, slow, more over, stop
- Posture
- Large Group Switch

#### **Lower Body 2x15 sec.**

- Runners
- Leg curls
- Leg swing side
- Leg swing front/ back
- Leg circle small
- Leg circle large
- Runners big
- Big kicks
- Scissor kick
- Qurch kick
- Bike kick
- Deck kicks: big circles
- Jumps
- Truck twist
- Arm runners
- Huggers
- Shoulder circles small/ big
- Internal/ External rotation
- Bicep/ Tricep
- Arm Pull Through
- Forearm Flippers

# Peach 2010 July 20

## Teaching Olympic Lifts

### Clean

- Stance- hip width
- Power position
- Grip
- Flex
- 45 degree back angle
- Jump Position
- Squat Position
- Jump/ Shrug
- Catch Position
- Varieties- Power/ Speed

### Snatch

- Stance
- Grip
- Power Position
- Flex
- Wiggle
- Back Angle
- Jump Position
- Squat Position
- Jump Shrug
- Catch
- Lock
- Varieties

Peach 2010  
Workshop #5 July 20  
Review of Sports Specific Training  
(Core Strength)

**Evaluation:**

Standing  
Balance  
Side bend  
Squat  
1 leg squat  
On back (leg raise)  
Cat/cow  
Side run and COD  
Line of Force test (high knees)  
The checker board effect

**CORE TRAINING:** is the basic for functional movement. The core is the base of support for ALL movement. A strong core will allow for the greater leverage to be established when moving the arms and legs. Therefore, increase speed, explosion, jumping ability, strength, power.....etc.

**NOTES:** THE SEGRAPE EFFECT... HIP ROTATION, COMBAT BREATHING

**CORE TRAINING MODES:**

Ground exercises\*  
Standing\*  
Swiss balls\*  
Med balls\*  
Foam rollers  
Pilates apparatus  
Bungles

**GROUND EXERCISES:**

Stability: Brace, brace reach, pelvic tilt, pelvic tilt reach  
Flexion: sit-up varieties  
Lateral: side braces varieties  
Extension: roman twist, superman varieties  
transverse: angel varieties, serape twists, brace twists, Russian twist, and roman twist

**STANDING EXERCISES:** just a few of my favorite!

Side bend      bungee crunch  
Front bend     partner twist  
Bungee twist   hanging leg raise

Peach 2010  
Workshop July 21  
Testing and Assessment & Sports Application:

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**PHILOSOPHY:** Strength and power in all planes of movement.

**BIOMECHANICS:** Evaluate: posture, muscle balance, flexibility, rotation, balance, speed, conditioning, COD, power, upper function, lower function, core.

**WARM-UP:** Specific to the task.

**SPEED TRAINING:** major points:

- posture
- Balls of the feet
- dorsi flex
- foot/knee lift
- line of force
- hip placement
- arm swing
- leg speed

**CHANGE OF DIRECTION AND AGILITY KEY POINTS:**

- Sport speed always in charge of your center of gravity
- hips are your accelerator
- arm swing to change directions
- inside foot work

**ENDURANCE TRAINING:**

- shorten stride
- leg speed
- lean

**DRILLS AND TESTS:**

- Speed: 20, 40, 60
- Endurance: 300 yd shuttle, bent shuttle, repeat 110, repeat rounds 3-5 min
- Change of direction: Wintec shuttle
- Acceleration: 20 yd shuttle, L drill
- Power: vertical jump, 5 hop, broad jump, medicine ball putt
- Core strength: sit-ups, body brace, side brace
- General Strength: push-ups, body squats, modified pull-ups
- Flexibility: sit and reach, vertical squat (1-10 ratio)

Peach 2010  
 Workshop #3 July 25  
 Review of Sports Specific Training  
 (Nutrition)

**“Nutrition is the number one obstacle that we and the students have control of.....yet we seem to fail to make easy changes” .....Arnold.**

- Pick one from each of the following 4 categories every meal: 4-6 times a day ....avoid category #5.
- Always pick foods that are higher in nutrients rather than filling.....for example in #2, pick foods that are “whole wheat” instead of processed. Avoid foods that are high in sugar and in fat.
- Drink water and milk instead of foods like Gatorade and juice.

**CATEGORY 1:** Proteins: needed by the body for building and repair of tissue, blood, and structural components. Serving size: approx. 4 oz. Avoid high fat proteins.

|            |         |       |               |                |        |
|------------|---------|-------|---------------|----------------|--------|
| Lean meat  | yogurt  | eggs  | tuna          | turkey         | cheese |
| Beef       | chicken | fish  | shrimp        | pork           | tofu   |
| Almonds    | nuts    | beans | peanut butter | cottage cheese |        |
| Supplement | milk    | soy   |               |                |        |

**CATEGORY 2:** Complex Carbohydrate: Needed for fuel: Serving size: palm of hand or ½ cup to 1 cup. Avoid simple sugars and highly processed carbohydrates.

|                    |                |                |          |
|--------------------|----------------|----------------|----------|
| Whole wheat bagel  | bran muffin    | oat meal       | grits    |
| Whole grain bread  | brown rice     | potato         | pasta    |
| Whole wheat pasta  | Cream of wheat | Wheat tortilla | barley   |
| Unprocessed cereal | Cheerios       | Wheaties       | Total    |
| Grape nuts         | All Bran       | Corn Tortilla  | Crackers |

**CATEGORY 3:** Fiber: Needed for vitamin and minerals and chemistry control. Serving size: palm of hand. Check Glycemic index for high sugar fruits.

|             |             |            |        |           |         |
|-------------|-------------|------------|--------|-----------|---------|
| Any Fruit   | Any Veggie  | Banana     | Orange | apple     | pear    |
| Kiwi        | peach       | plum       | melons | cantelope | berries |
| Tangerine   | nectarine   | grapefruit | mango  | tomatoes  | lettuce |
| Broccoli    | cauliflower | peppers    | onions | spinach   | carrot  |
| Radish      | cucumber    | zucchini   | celery | peas      | squash  |
| Green beans | mushroom    | sprouts    |        |           |         |

**CATEGORY 4:** Liquid: needed for hydration, body flush, body chemistry. Serving size 8-20 oz and up to 100 oz a day. Avoid high sugar drinks. Water is the best choice of all.

**CATEGORY 5:** Foods to avoid: These foods are either high in fat, high in sugar, negatively effect body chemistry, or low in nutrients and serve as poor food choices.

|                 |             |              |         |       |
|-----------------|-------------|--------------|---------|-------|
| Processed foods | fried foods | heavy cheese | alcohol | chips |
| Bacon           | sausage     | beer         | pies    | cake  |
| Dessert sweets  | candy       |              |         |       |

### **SAMPLE DIET:**

- #1 Early morning breakfast: Yogurt or 2 eggs , oat meal or cereal, fruit, water or milk
- #2 Mid morning: Peanut butter and jelly or meat sandwich, banana, water
- #3 Noons: meat sandwich or rice bowl, orange or veggies, water or milk
- #4 Mid afternoon: protein supplement, fruit, water or milk
- #5 Dinners: steak or chicken, potato, salad, water or milk
- #6 Snack: Yogurt, peach, water.

### **GUIDELINES:**

- Eat many small meals a day.
- Drink water as often as possible.....100 oz a day
- Pre-plan meals for next day...use leftovers.....**MOST IMPORTANT**
- Pack your meals with you...**THIS IS HUGE**
- Never skip meals, and never eat huge meals.
- Avoid sugars, beer, fried foods and "fast foods"
- Also: eat basic foods to combat PH changes (veggies, lean meats) avoid foods with acids, sauces, sweets, sodas, processed, (other: stress, water, sleep).
- Take a multi-vitamin every day (put it by your tooth paste).
- Avoid supplements that have ephedrine or fat burners.
- Consume a Protein supplement (right after practice).