

Kossev Symposium 2011

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Coaching Young Athletes

Overview

- Goal / Challenges / Tools
- Learning Environment
- Learning Motor Skills
- Drills
- Small Groups
- Questions

Goal / Challenges / Tools

Goal:

Help participants
become safe, proficient,
self-sufficient athletes

Goal / Challenges / Tools

Challenges:

- Youth are easily distracted
- Youth have limitations
 - Time
 - Growth patterns
 - Physical maturity
- Youth have parents
- Others?

Goal / Challenges / Tools

Tools

- Youth are experimental
- Youth are comfortable following orders
- Youth have parents
- Others?

Technique vs. Style

- Technique:
 - Fundamental basics of the sport
 - Universally agreed “best practices”
- Style - Everything else
 - Bladework
 - Leg ↔ Trunk Emphasis
 - Sequenced ↔ Simultaneous Drive and Recovery

Create the Learning Environment

Resources

- Equipment
 - Boats
 - Ergometers
 - Video
- Time
- Staff

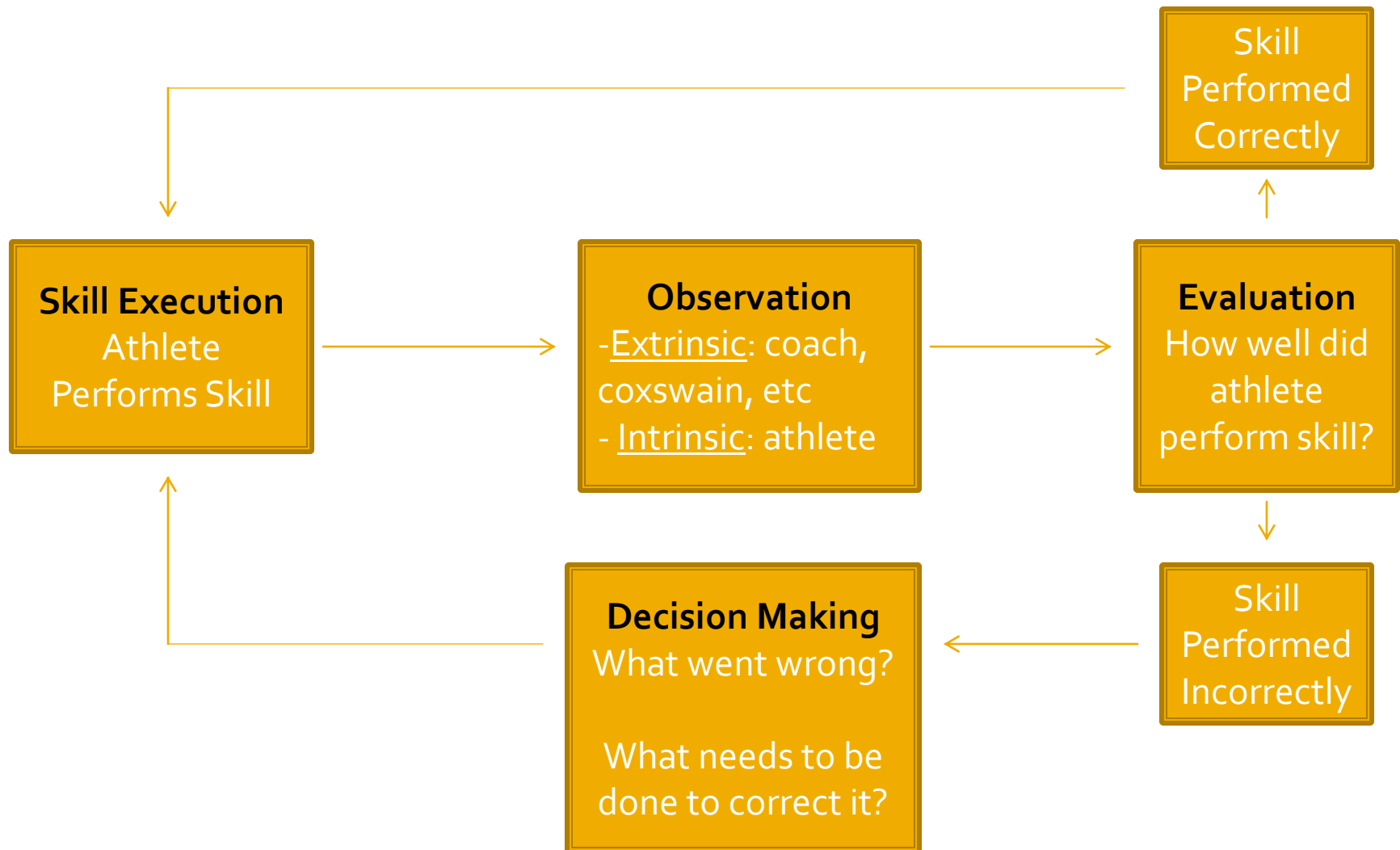
Create the Learning Environment

- Coach
 - Has clearly defined technical goals
 - Understands goals/skills/limitations of athletes
- Athlete
 - Willingness to take risks
 - Get value out of activity
 - Trust the leadership
- None of your athletes want to row poorly

Stages of Motor Learning

- Cognitive
 - Participant is concerned with what to do.
- Associative
 - Participant is concerned with performing and refining the skill. Concentrates more on the task.
- Autonomic
 - Participant automatically performs the skill with little or no thought.

Skill Performance Feedback Loop



Skill Performance Feedback Loop

Continuously occurring during skill execution

- Extrinsically:
 - Coach Feedback
 - Coxswain Feedback
- Intrinsically:
 - Cause and effect: boat speed, crabs, etc.
 - Proprioceptive: neuromuscular and kinesthetic memory

Skill Performance Feedback Loop

Prior to activity

- Explain skill
- Demonstrate skill

During Activity

- Kinesthetic learning
- Coaching cues
 - Brief words or statements
 - Focus on the solution, not the error
 - Follow through with the athlete
- Encourage experimentation

Skill Performance Feedback Loop

Our Goal Restated:

Help athletes progress from cognitive to autonomic proficiency by increasing their capacity for, and effectiveness of intrinsic feedback.

Drills

Definition:

To fix something in the mind or habit pattern by repetitive instruction

Drills

Should

- Be readily understood by the coach and athletes
 - Execution – How do I perform the drill?
 - Goal – How does this relate to rowing performance?
- Be appropriate to the skill level of the athlete
- Be focused on one or two specific points
- Be executed a sufficient number of repetitions
- Be applicable to a variety of skills and goals

Drills

Should not

- Be a way to kill time
- Be randomly chosen (dial-a-drill)
- Be highly complicated
- Be challenging simply for the sake of challenge
- Be focused simply on mastery of the drill

Drills

Boat speed considerations

- Lower boat speed
 - Patience
 - Sequencing
 - Load
 - Stability
- Higher boat speed
 - Competitive pace
 - Quickness
 - Timing
 - Instability

Drills

Seasonal Considerations

- Early season
 - Individual skills
 - Basic sequencing and motor function
 - Slow and stable – static drills
- Late/Competitive Season
 - Boat skills
 - Greater accuracy and precision
 - Competitive speed and pace – dynamic drills

Drills

Example: Pause drill

- **Execution:** rower stops at a predetermined point during the recovery, then resumes.
- **Goal:** to reinforce proper body and/or oar position at a specific point
- **Appropriate skill levels:** all
- **Extrinsic cues:** body position, sequencing, timing, blade position
- **Intrinsic cues?**

1/2 Slide Pause – Watch Blade



Drills

Feel free to experiment, but focus on a few:

- Suspension
- Front end progression
- Pause: release, bodies over, $\frac{1}{2}$ slide
- Cut the cake
- Release / J-Drill
- Add a pair

K Drill – Front End Progression



J-Drill



Add a pair



Reiche Drill – Dead Mosquito Add



Small Groups

Find 3 or 4 others whom you do not know

- Pick a specific skill
- Drill to focus on the following groups
 - Second week of novice
 - First week experienced (at least 1 year)
 - Week prior to championship

Thank You!

Questions?