

Physical Education: Applied Coaching Science and Performance

Name:

Instructor:

Task:

Date:

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Needs analysis of the sport (football)

Football players have to increase their muscle strength on the lower and the upper body. This is because the distance covered during the game is usually long. This is the distance covered when walking, jogging, sprinting, and moving backwards. Moreover, the players have to increase their muscle strengths for easy blocking and tackling during the game. These body movements require a strong core, as well as neck, arms, shoulders, and legs. Blocking relies on extension strengths from triceps muscle group in the upper arms, while tackling demands flexion strength from the biceps muscle group (Blazevich, 2012). The training program has to involve all the offensive and defensive players.

Secondly, the football players need to augment their neck, traps, arm, and back strength. This is because most players experience pain at traps, neck, and back some days after the game. Furthermore, training will help the players to have explosive power and they can achieve this through dynamic effort movement, which the players should perform at the power phase. The players have to increase the strength of the leg muscles. Football is played unilaterally on one leg. Hence, it is vital to build strengths needed to succeed while playing unilaterally. This can be achieved through split squats, lunges, step-ups, sled drags and prowler pushes. Muscle flexibility is also essential in a game of football. This is because it reduces the likelihood of getting muscle sprain during the game (Hashley, 2009).

The players also should have high speed during the game. Therefore, the power training and the application of high velocity is essential. Speed and power training contributes to the

ability to fire off the ball and drive the opponents backwards (Wilmore, Costill & Kenney, 2008, p191).

Program rationale

The training will reduce the chances of getting muscle pain a few days after a game. Additionally, it increases the muscle flexibly hence reduces the players' chances of having muscle injuries. The training will enable the players to win the competition since it will increase their muscle strengths and velocity, which are essential in football (Miyahara, Naito, Ogura et al, 2012). Players' skills improve dramatically with proper physical training. Hence, they should have substantial time for training. Therefore, attention to training program translates into upgrading of field performance. Muscle fitness will augment the players' power and speed, which will enable them to withstand contact with their opponents (Bompa , 1999, P 43). Training helps to keep the players healthy since it will lessen their likelihood of getting cardiovascular illnesses (Wilmore, Costill & Kenney, 2008, p125).

Macrocycle

Annual plan (Stone & Stone, 2008)

12-Month Football training program

Training phases	Transitional phase	Endurance phase	Hypertrophy phase	Strength phase	Power phase
Macrocycle sessions	1 2	3	4 5	6 7	8

Length of macrocycle	Jan to April	May	June to July	August to October	Nov to Dec
Goal	To replenish the body both physically and mentally	To prepare the muscles to endure the subsequent training phases	To give muscle hypertrophy by applying the highest combinations of intensity and volume.	-To develop the highest level of muscle strength -Maintain the highest speed through sprint work -Develop lactic acid tolerance	-Maintain the strength and power gains achieved in pre season throughout the duration of the playing season.
Activities	-Assessment will be done to measure progress of the previous macrocycle -Learning of new	- Warm-up which includes 5-10 minutes low intensity aerobic exercises. -stretching the	-Weight training which involves load of low medium. Rest periods will be about 1	<u>1. Aerobics</u> - Warm-Up (5-10 minutes low intensity aerobic exercise in every session)	<u>Weight program</u> -Warm- up (7- 15mins low intensity aerobic exercise <u>Strength</u>

	<p>movements</p> <p>-Review of diet and nutrition</p>	<p>main muscles to augment flexibility.</p> <p>-Technique drills e.g., high knees, rear kicks and fast feet.</p> <p>-Sprints- Length 20 meters/ 30 sec Recovery Interval (RI) between sprints</p> <p>-Plyometric drills(4 repetitions of 20m Bound-sprints, 2 repetitions of 20 lateral rocking</p>	<p>minute between the exercises.</p> <p>-Internal and external rotation of 2 sets and 12 repetitions</p> <p>- Leg press (2 repetition).</p> <p>-Seated row (2 sets with 12 repetitions</p> <p>-Back lunge (2 sets with 12 repetitions</p> <p>-Lateral pull downs to front (2 set with 12 repetitions</p> <p>-Shoulder press (2 sets</p>	<p>-Sprints (20 meters and 30 seconds RI between sprints</p> <p>-Plyometric drills(4 repetitions of 20m bounds, 2 repetitions of lateral rocking bounces, 3 repetitions of 6 maximum double leg hops, 2 repetition of 6 plyometric push-ups</p> <p><u>2. Weight program</u></p> <p>-Warm – up</p>	<p><u>session</u></p> <p>-Alt leg press of 2 set with 6 repetitions</p> <p>-DB bench press of 2 sets with 6 repetitions</p> <p>- prone DB pull of 2 sets with 6 repetitions</p> <p>-Incline sit-ups of 2 set with 10 repetitions</p> <p>Weight lifted at 6 rep max</p> <p><u>Power session</u></p> <p>-Power clean to press of 2 sets with 8 repetitions</p>
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		bounce and 2 repetitions of 8 double leg hops - Cool down and stretch (50 min).	with 12 repetitions) -Back extension (2 sets with 12 repetitions) -Cool- down and stretch (50 minutes per session)	of 7-15 minutes -internal and external rotations of 2 sets with 10 repetitions - Squat of 3 sets with 6 repetitions -BB bench press of 3 sets and 6 repetitions - DB lunge of 3 sets with 6 repetitions -Push press of 2 sets and 6 repetitions -Weighted Crunch of 2 sets and 6	- Oblique crunch of 2 sets with 12 repetitions -Back extensions of 2 sets with 13 repetitions - Internal and external rotations of 2 sets and 14 repetition -Alt leg press of 3 sets and 10 repetitions -Incline sit-ups of 3 sets with 11 repetitions - Weight lifted of 10 repetitions
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				repetitions - Back extension of 2 sets with 6 repetitions. Weight lifted 5 rep maximum - Cool- down and stretch(45 minutes in each session).	
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Evidence of underlying scientific principles

In well-trained players, there is evidence to support a positive association between performance during the game and the training intensity. For instance in marathon, researchers have reported that those athletes who exceed 100 km during training can run faster than those who do not exceed 100km during their training. Likewise, performance variable in well-trained football players have been proved to connect positively with the amount of training (Dick, 1999, p 23).

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