

Strength & Conditioning Workshop

Wed, 21 Dec 2016

<u>www.nysi.org.sg</u>



Strength & Conditioning Team









Quintin

Charmaine

Jason

Elaine



Workshop Timeline

2.00pm - 2.15pm

Introduction Adolescents v/s Adults Warm-ups

2.15pm - 3.45pm

Push group
Pull group
Split-leg group
Squat group
Eccentrics/Abs

Quintin

Jason

Charmaine

Elaine

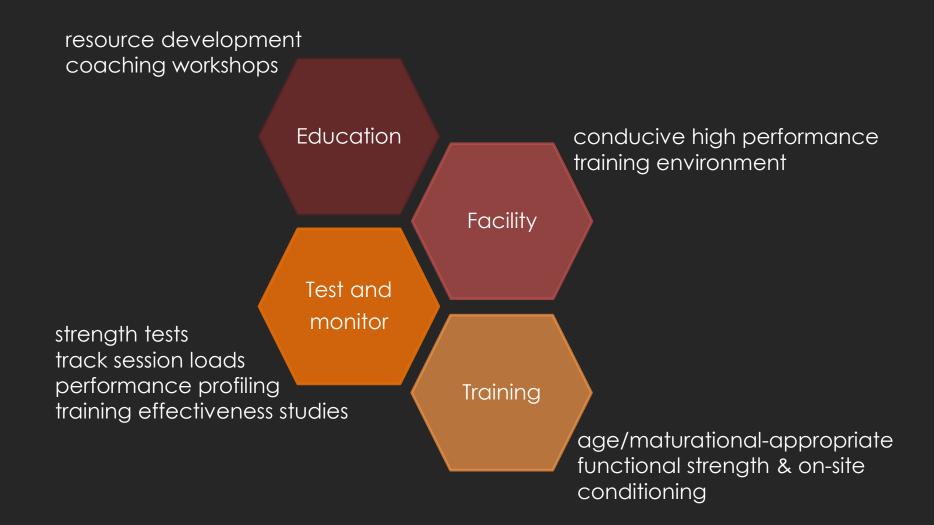
Jason/Quintin

3.45pm - 4.00pm

Q&A and Debrief



What do Strength and Conditioning Coaches do?





Our Student/Athletes





Support for RT

Controlled studies involving Adolescents: Resistance training and injury reduction

Reference	n	Su M/F	bjects Age	Resistance training	Other training	Training duration	Results *
Heidt et al., 2000 (14)	EX = 42 C = 258	F	14-18	WT, PY, SC	CV,SA,FX	7 wk	DEC injuries in EX versus C
Hewett et al., 1999 (16)	EX = 366 C = 463 C = 434	F F M	HS	WT, PY	FX	6 wk	DEC injuries in EX versus C
Wedderkopp et al., 1999 (31)	EX = 111 C = 126	F	16–18	PR, PY		10 mo	DEC injuries in EX versus C
Hejna et al., 1982 (15)	EX = 232 C = 29	MF	13-19	WT	CV,SA	≤1 yr	DEC injuries in EX versus C [†]
Cahill and Griffith, 1978 (5)	EX = C =	М	HS	WT	CV,FX,SA	5–6 wk	DEC injuries in EX versus C

^{*}Statistically significant unless otherwise indicated; *Descriptive observation.

 $EX = Intervention\ group$, $C = control\ group$, F = female, M = male, $HS = high\ school\ students$, $WT = weight\ training$, PY = plyometrics, $SC = sport\ cord\ drills$, $CV = cardiovas\ cular\ exercises$, $SA = speed\ and\ agility\ drills$, $FX = flexibility\ exercises$, $PR = proprioc\ eptive\ training$, $DEC = decreas\ epsilon$, $PS = proprioc\ eptive\ training$, $PS = proprioc\ eptiv$



Warm-up Routines

Help prepare athletes for training and competition.

Goal \rightarrow Maximize sports performance, \uparrow ROM & \downarrow injuries.

3 Key Components:

- i Increase core body temperature.
- ii Establish and improve ROM through dynamic drills.
- iii Sport/training specific drills.

PRACTICAL SESSION