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**ENHANCING THE LEARNING ENVIRONMENT  
TO IMPROVE ATHLETIC PERFORMANCE**





asics

NEW ZEALAND

TOYOTA

ADAMS



"I knew every Tuesday and Thursday was going to be hell, training with him, like, as in painful, but I always felt so good about myself when I hopped back on the train to go home, even though I always had the anxious feeling beforehand."

- Dame Valerie Adams





"I used to **sneak into the gym** when I probably wasn't allowed, when I probably should have been in bed or studying. And my coach, a guy called Gordon Trevett, saw that passion and he really **fuelled the flame.**"

- Rob Waddell



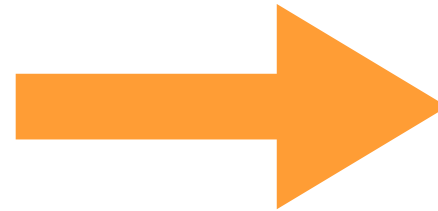
# What is our job?





# THE VISION

Moving towards **TRUE SKILL...**

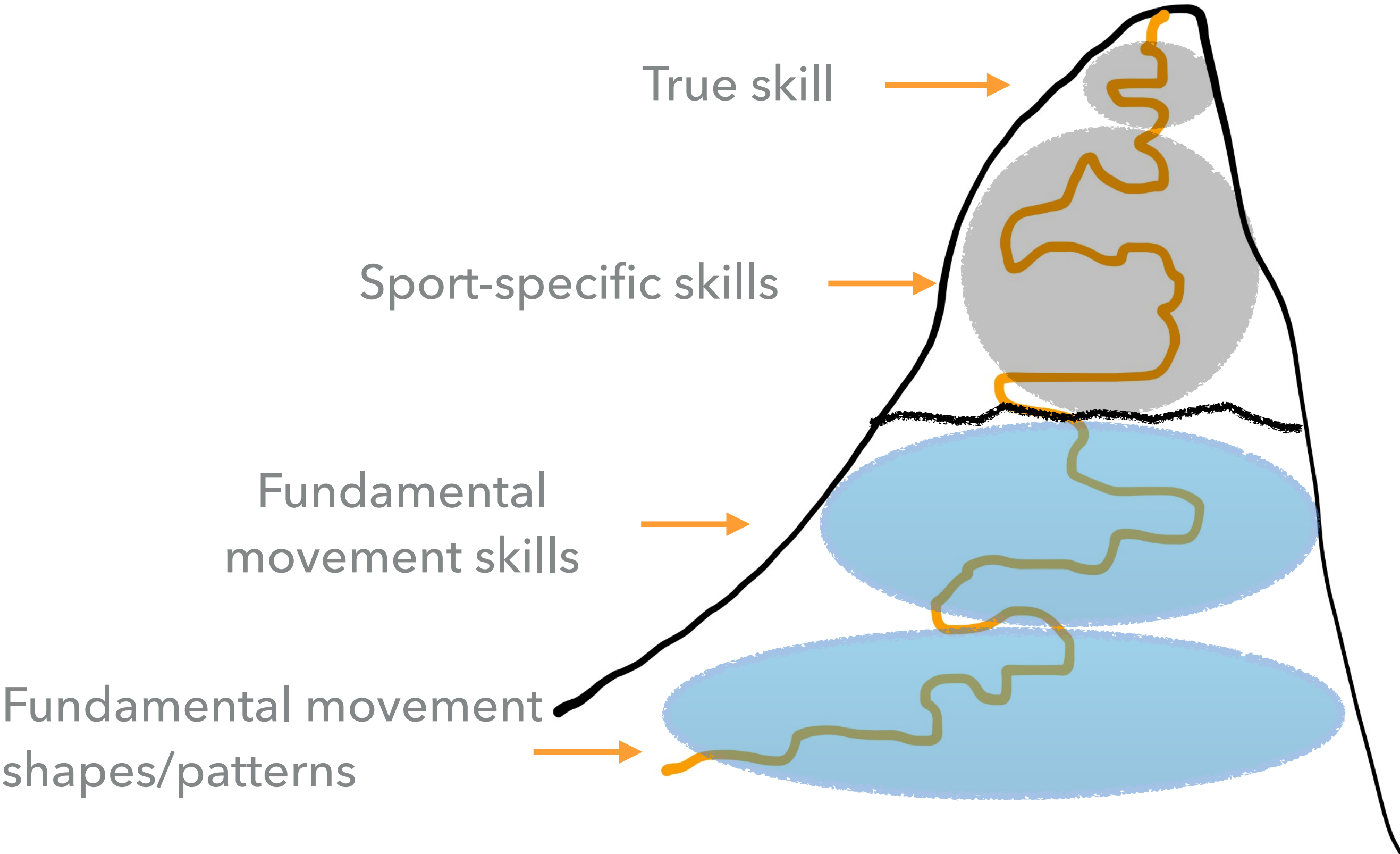


Efficient, adaptive and resilient movers

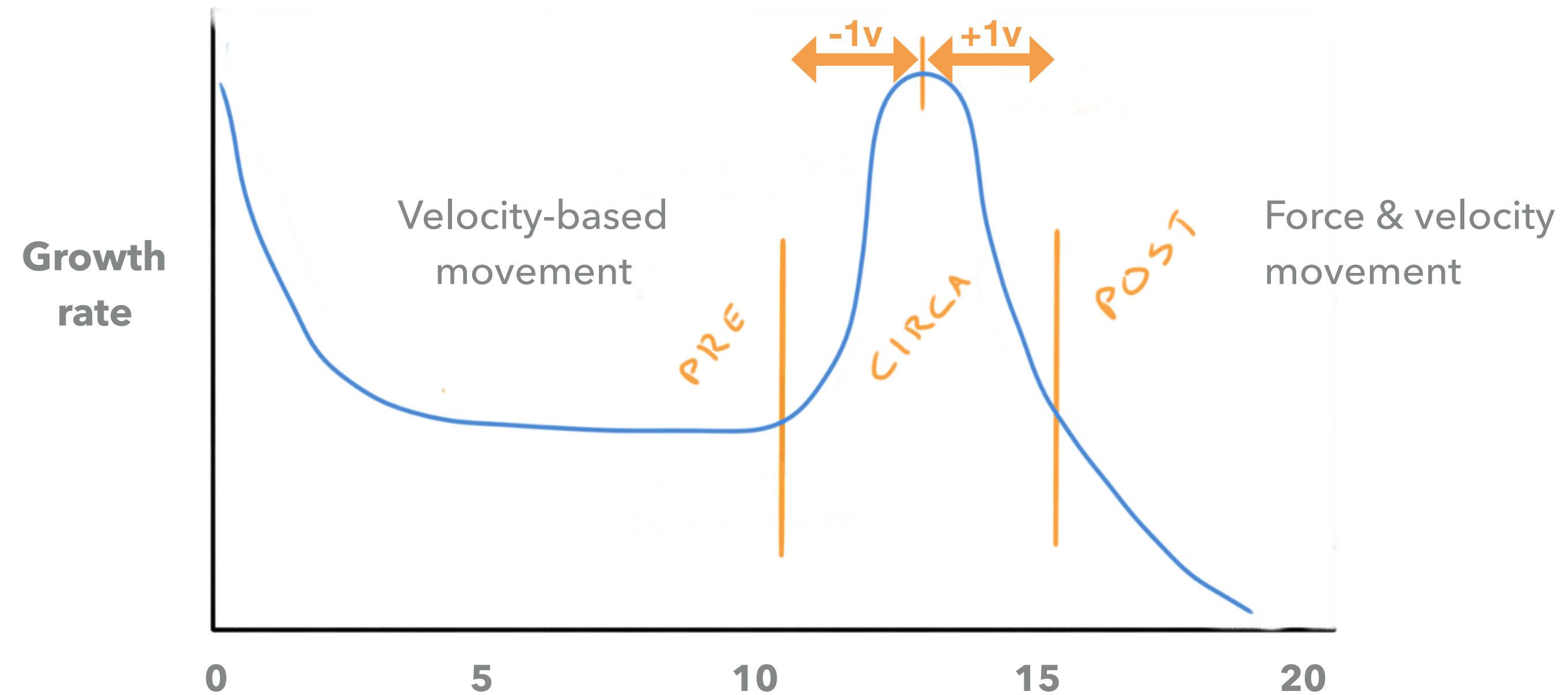
Fitter, faster, stronger athletes



# MASTER THE FUNDAMENTALS



# ACCOUNT FOR GROWTH AND MATURATION





BUT...





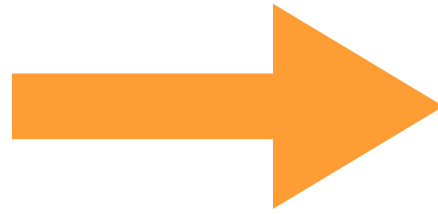


If they don't turn up **excited** and  
**willing** to engage in training tomorrow,  
what we do is **redundant**.



# THE VISION

Moving towards...



1. Efficient, adaptive and resilient movers
2. Fitter, faster, stronger athletes
3. Confident, committed and consistent behaviour

Understand their formative  
years







# Gateway Questionnaire

**Name:**

**D.O.B.:**

**Sport:**

**Ethnicity:**

(You might play more than one sport – and we think that’s great! But for this questionnaire, please answer the questions for your most favourite sport right now).

1. Why did you first choose your sport and why have you continued in this sport?

2. If you could achieve anything you wish for in your chosen sport... what would it be?

3. What would be your ultimate achievement in your chosen sport in the next 12 months?

4. How important is achieving your sporting goals to you from 10 "Totally important!" to 0 "Couldn't care less!"

1

2

3

4

5

6

7

8

9

10



Start with a connection

# HOW WE DEVELOP TRUST

## 1. Competence

- ▶ Do they believe we know our stuff?

## 2. Integrity

- ▶ Do we show our intent in our behaviour?

## 3. Compassion

- ▶ Are we motivated by genuine care and concern?

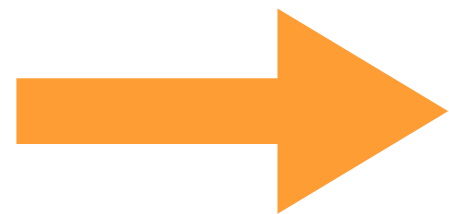
## 4. Predictability

- ▶ Can our reactions and behaviours be reliably anticipated?



# AND WITH OUR PARENTS

1. Declare our intent
2. Express our agenda and motives



Signals our behaviour

Explore important ideas











WHAT ARE WE DOING?

MOBILITY

SLR  
Ttest

QUOTE

DIFFICULT ROAD OFTEN  
LEAD TO BEAUTIFUL  
DESTINATIONS

HOMEPLAY

VISUALIZE  
YOUR DREAM

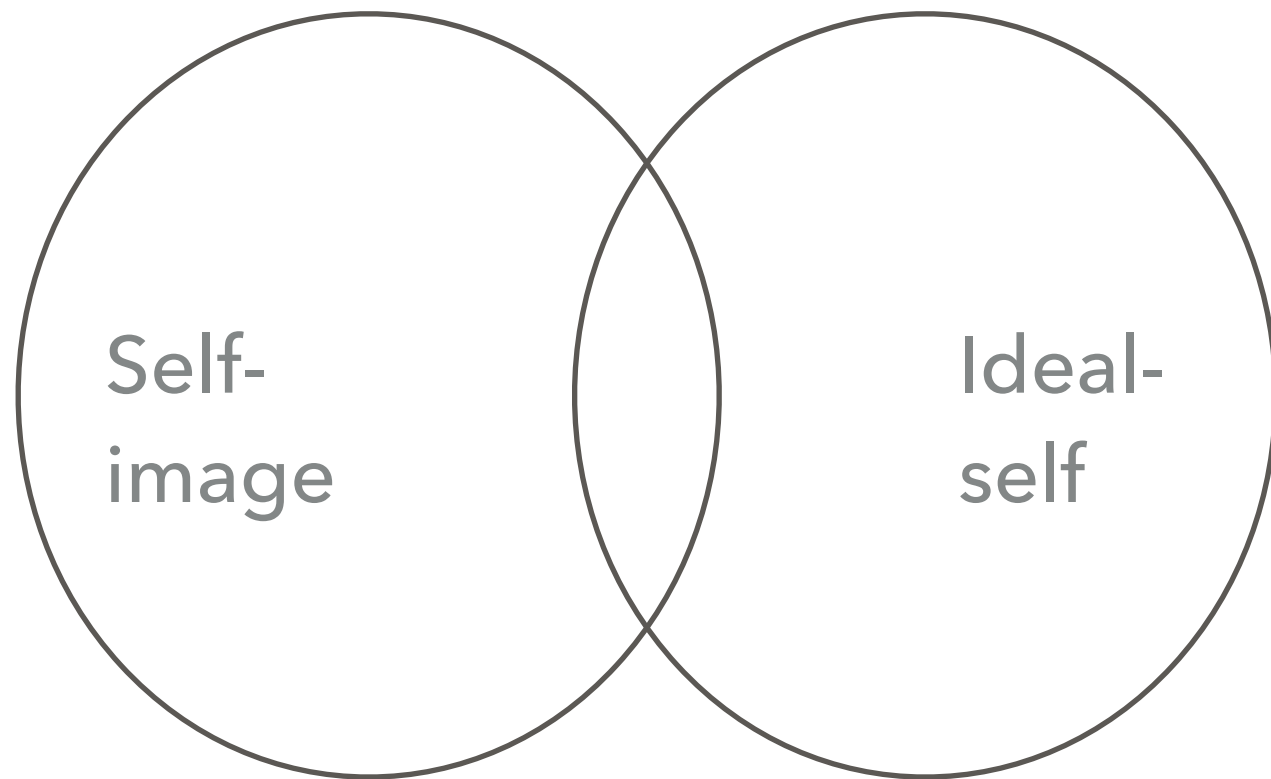


Mind 'The Gap'

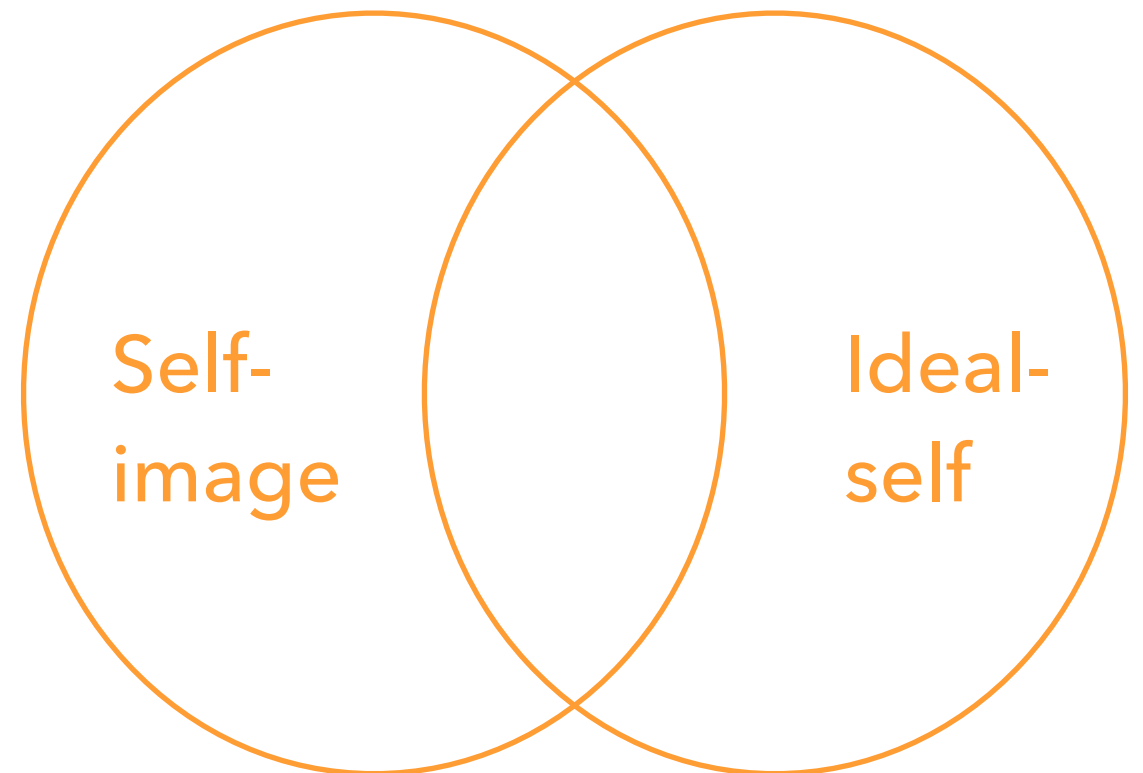
# SELF-CONCEPT IS CONFRONTED

- ▶ **Self image** - "I'm a ballet dancer but my body is changing."
- ▶ **Self esteem** - "I'm bigger and stronger than the other boys" or "I'm not as good as I thought I was."
- ▶ **Ideal self** - "I want to be a top sailor."

# SELF-CONCEPT IS CONFRONTED



Incongruent  
self-concept



Congruent  
self-concept

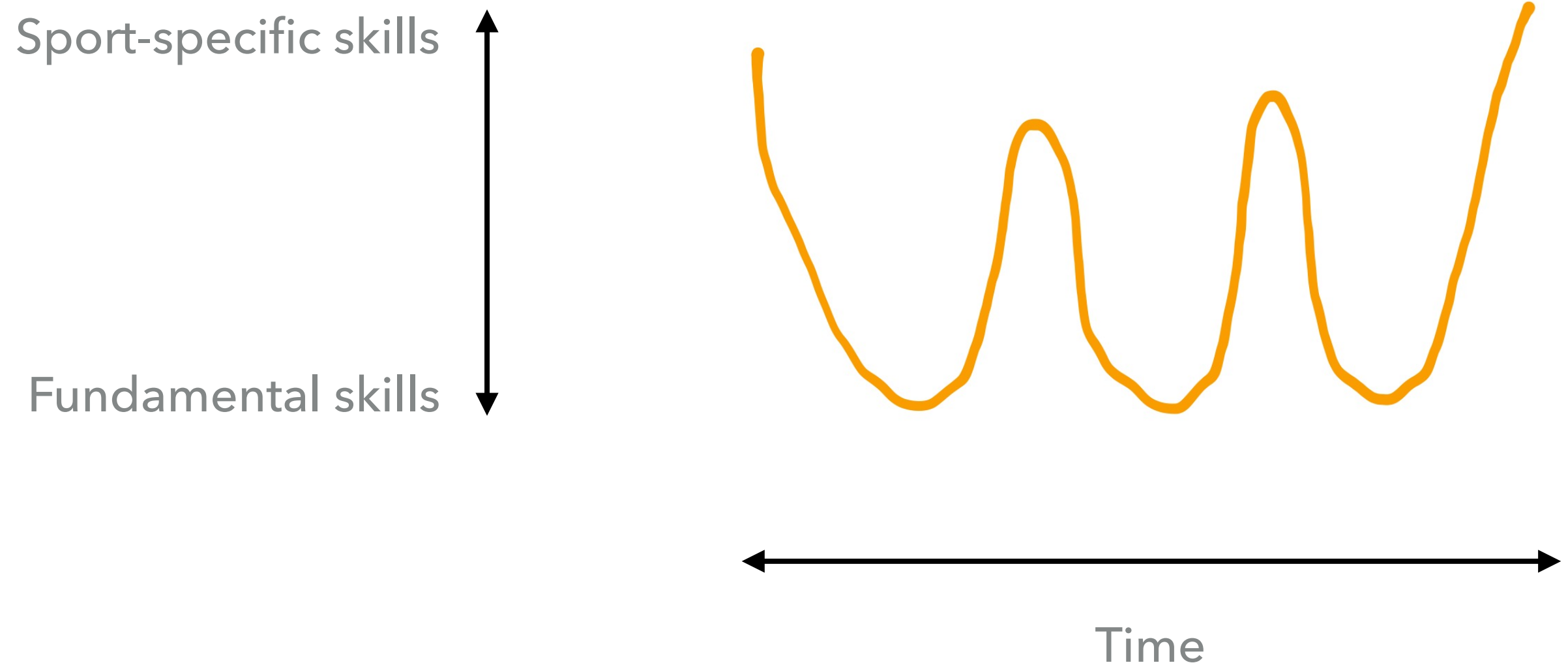


As they mature,  
help them find purpose.

# Identify their 'why'

- ▶ Who are their heroes?
- ▶ What are their aspirations?
- ▶ Language is everything
  - ▶ *"I want to be an athlete like..."*
  - ▶ *"I want to be an athlete who is able to..."*

# Bring there why into focus







"The main job of educators is to  
teach young people how to have  
pleasure in the right things."

- Plato







**JADE**

**Post - PHV**

**Goal**

Hockey Blacksticks

**Key work ons**

Acceleration

High pull technique



Help them develop their 'why'.



**NORTH  
SHORE**

**SWIMMING**

**NORTH  
OLYMPIC W**

**BE ' YOU CAN BE**



# Sensors

## ① Prep.

"End Zone"

w/ prep movements mixed in.

- Monkey Squat
- coffee table
- Scorpions
- Glute drop
- Bear Crawl
- Drop + Catch.

## ② Session (x3)

- Stop Squat x 8
- SL RDL → Box Step Up → Deceleration Lunge. (x 8 e.s)

- Ecc. Pull ups (10 sec x 10)

- Canadian Press (x 8 e.s)

- Sport Specific 1

(come to a coach w/ a 'moment' from a game/training you want to work on)

- Sport Specific 2

Rugby - Scrum Challenge (x3/30sec)

Football - Copenhagen Side Plank (3x10sec)

Downhill - SB Pike (x10)

Hockey - lateral lunge w/ 180° land (x8 e.s)

Ultimate - lateral lunge w/ shoulder raise (x8 e.s)

Rowing - See Pat!

Basketball - hip mobility work on.

Netball - Med ball slam > CMJ > Box landing (x8)

Sailing - GHD - see Tom!

Running - Antirotation lunge w/ knee drive (x8 e.s)



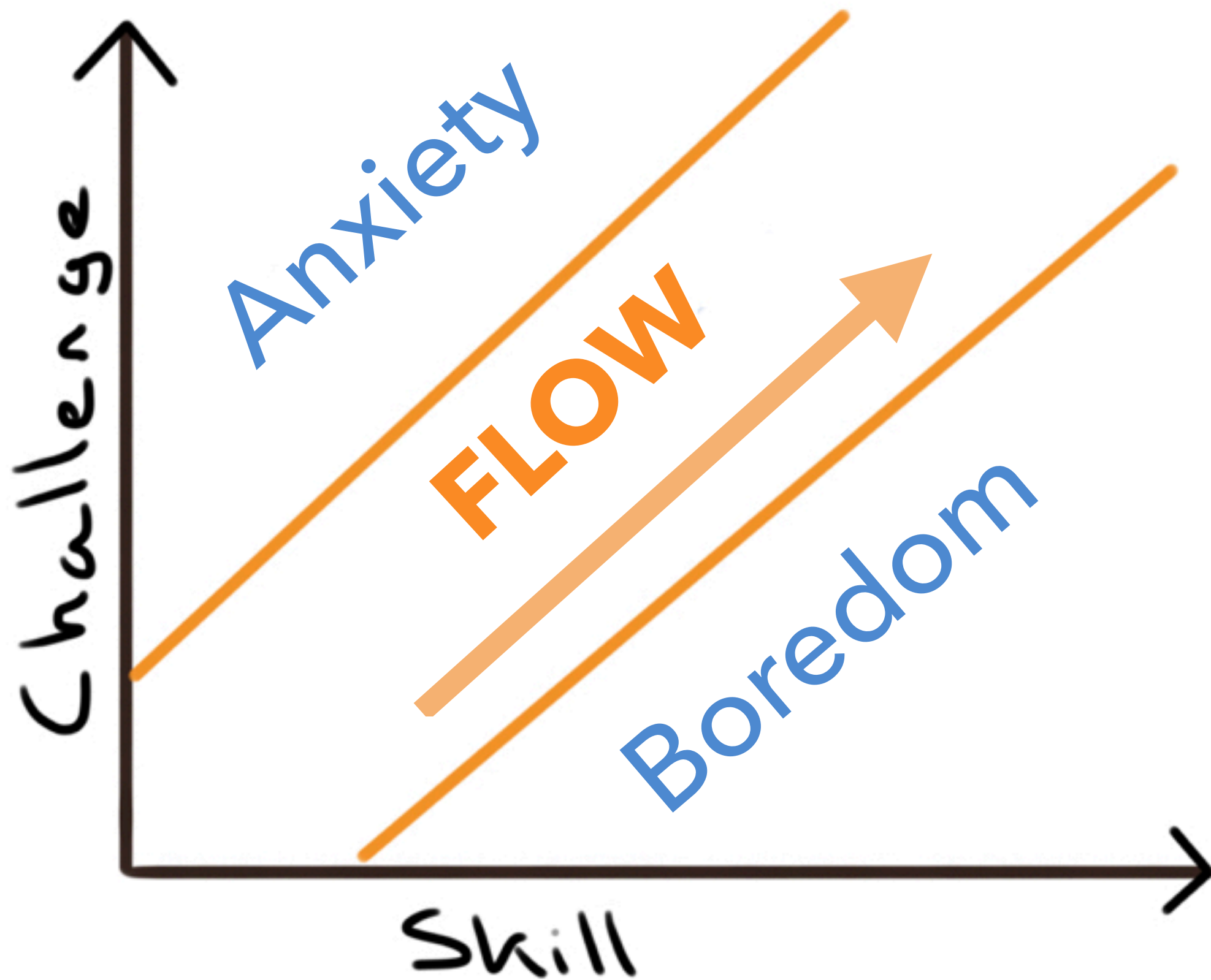
# Skill Level

Internal



# Challenge

External





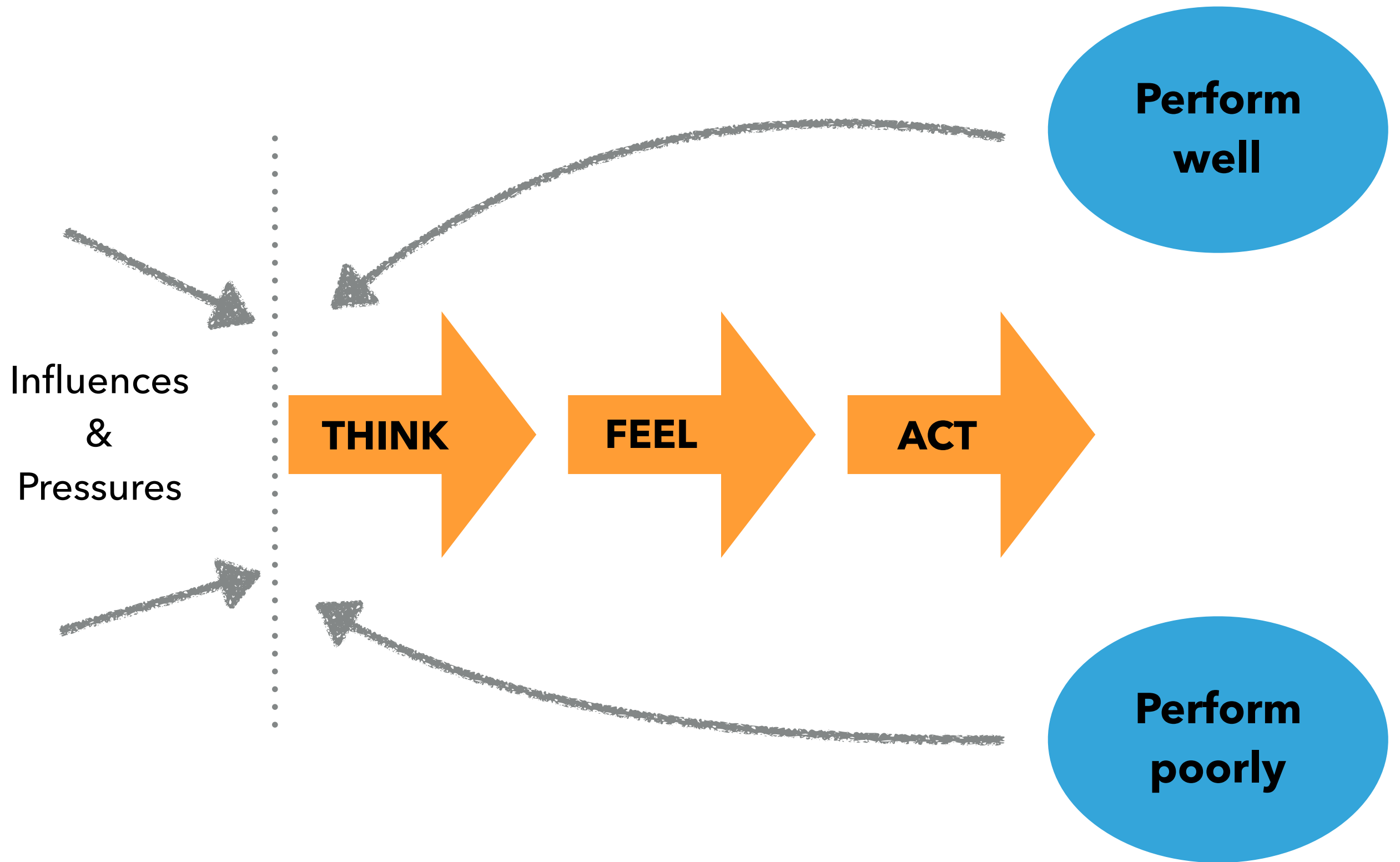


Listen to what they're thinking









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