

**Nature does not hurry, yet everything is accomplished.**

# **THE TRAINER MAGAZINE**

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**Stephen Green Consultancy**

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# Welcome to our guests



David Johnson gives an in-depth look at the development of a child from birth to adolescence UNDERSTANDING DEVELOPMENT Part 1



John Powell Photographer & Videographer talks about the process involved in taking professional level photographs."JohnUK7777"



Canterbury Strength continues to outline the technique of THE CLEAN.

[www.canterburystrength.com](http://www.canterburystrength.com)



Mark Bullock A specialist coach in the field of disability tennis speaks about the day he coached able bodied players.and the challenges of moving out of your comfort zone.



Ryan Blake. Strategies for maximising concentration. Another key area for the sports person to master.

[www.extremesportsperformance.com](http://www.extremesportsperformance.com)

# Merry Christmas & a Happy New Year to all our readers and guests



Image by John Powell



Cover photo. Pui Shan Lau

Quote Lao Tzu



As always, many thanks to the people that contribute to THE TRAINER and thank you all for taking the time to read it.

# Inactivity, a Worrying Trend

David Johnson

Parents' Pages

Recent research has shown that children between the ages of 6-11 years are not taking sufficient exercise to enable them to develop fully their cardiovascular fitness and co-ordination skills.

There is also a great deal of concern that traditional games are disappearing and being replaced with sports-specific activities which are unsuitable for children of this age group.

Activities that help develop social and mental abilities have also declined over the past few years.

The reasons for the above concerns are many and varied but include the following:

a) Children spend more time in sedentary leisure (i.e. watching TV or playing online games) and not as much in physical leisure pursuits. Although video games do teach eye to hand co-ordination, they tend to be less creative, and less physically demanding.

b) Physical education, movement and dance have diminished greatly in primary schools over the last 20 years and the present National Curriculum attainment targets do not appear to be as physically challenging as they ought to be.

c) The total domination of the motor car as a means of transport has meant children can no longer play safely in the street, and so take most of their recreation indoors.

d) The pressure from various governing bodies of sport to produce elite performers has meant the introduction of scaled down versions of adult sports with all the problems of adult values, rules and subsequently training programmes. There is a need for physical activities that teach basic movement skills that will be used in later years as the foundation for sports-related skills and techniques.

They also need to challenge the young person physically, mentally and morally, (i.e. teach the concept of 'fair play, winning and losing, co-operation) but that are also a great deal of fun.



# Understanding Development Pt 1 Davis Johnson

## 7 - 14. Sports related

Movement or fundamental skills, co-operative team games and refinement of fundamental movements are the main elements during this stage. This is the stage when the child learns best from his/her own experiences, not told by the teacher or coach; thus all teaching should be child centred, and conditions should be conducive to this type of teaching. Teaching is of the guided style with the teacher not being too intrusive or authoritarian.

### Physiological Development

Female

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23

0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21	21-22	22-23
INFANCY	CHILDHOOD										GROWTH SPURT	PUBERTY	ADOLESCENCE				ADULTHOOD					

Male

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23

0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21	21-22	22-23
INFANCY	CHILDHOOD										GROWTH SPURT	PUBERTY	ADOLESCENCE									

### 1 year - 2 years

#### Rudimentary Movement

First voluntary movements, stabilising, reaching, grasping, crawling and creeping. In this stage coordination begins to improve and the muscles and senses help the child to deal with external objects and experiment with them.

### 2 - 7 years

#### Fundamental movement

Elementary skills, running, jumping, throwing, catching, striking, kicking and skipping. This stage is sometimes called the 'skill hungry years', the time when the child is receptive to skill-learning. This through discovery, exploration methods and indirect teaching, which is child centred. The skills learned at this time lead to more sports related skills in later life. Common core skills should be taught preparing the child for all sports and recreational pursuits when s/he becomes an adult.

Children are not mini-adults, but they are special people with their own special needs at varying stages throughout their development from Childhood to Adolescence to becoming an Adult.

These stages need to be taken into account when introducing physical activity. Be aware that they will vary from child to child and between the sexes.

The following tables and pages attempt to show these stages and how they interlink with other aspects of a child's development. It is not an in-depth research of the topic, but an outline of present ideas and philosophies.

### General. Child Development

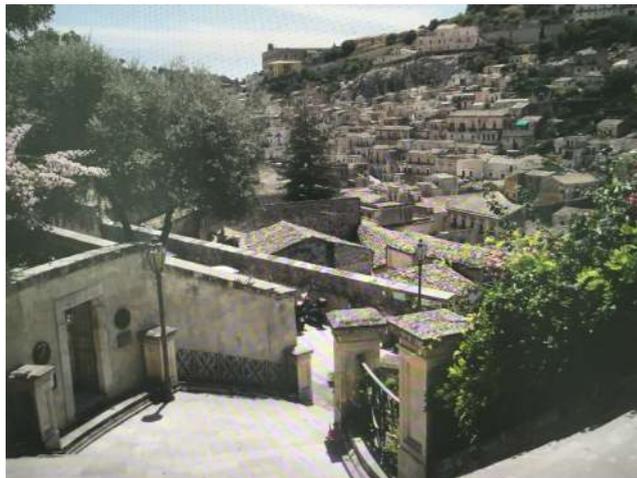
The first years of life are the most important for skill learning. They determine the basic patterns of locomotion, manipulation and language development. The stages of skill development usually follow the pattern below:

#### 4 months - 1 year

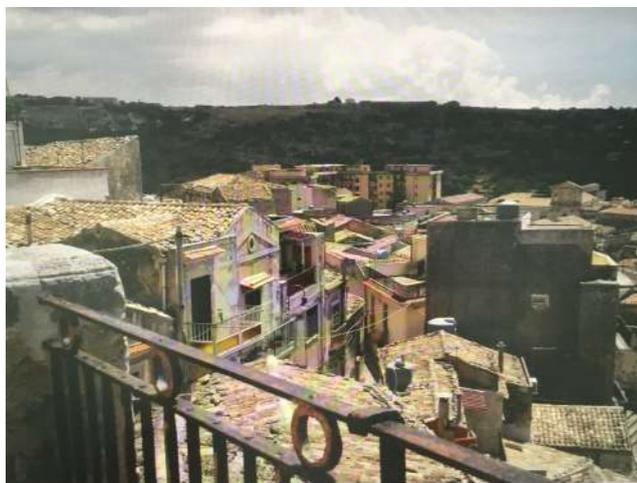
##### Reflexive movement

Involuntary, information seeking and gathering, nourishment seeking and protective. This stage determines the early movement patterns and foundations are laid for later life.

# A world tour of coffee bars . Stephen Green



My wife and I set off to Sicily in search of the stunning towns which form the back drop to the Italian drama Inspector Montalbano. Modica is one of the main areas for filming and the town itself lived up to expectations. The small tourist train took us to the top of the valley. We disembarked and followed a sign to a viewing point. A deserted terrace at the end of a small street rewarded us with a fantastic view. A woman arrived with a tray of chocolate and invited us to taste and come into her tiny shop for coffee. The whole experience and a good cup of coffee made this another location that I would recommend on my world tour of coffee bars.



# The Hobby

The lost in Fez series. Stephen Green



Some years ago I took a trip from Tangier to Fez. This trip has haunted my dreams ever since. I embarked on a series of paintings. A hobby provides me with both enjoyment and distraction from the pressures of high performance sport. What ever your hobby, I honestly believe it has an important role to play in the balance of work and life.

# Building my confidence as a coach

Mark Bullock

**Coaching**

In the summer of 2018 my coaching delivery became truly inclusive as I worked with groups of non-disabled players for the first time in many years. Metro Mustafa, the Tennis Academy Director, invited me to assist him with sessions at the National Tennis Centre in London.

As a local player development centre the approach of the programme was athlete first player second. The programmes are designed to encourage, motivate and inspire players while developing their potential. Players at all levels, from recreational to full time, received structured coaching appropriate to their age and ability. Players learned that attitude, athleticism and technique are qualities that were valued while maintaining a healthy competitive environment and fun atmosphere.

Being asked to coach non-disabled players made me reflect and I was a little apprehensive. It made me think how any coach feels when taken out of their comfort zone as this is what much of my work involves encouraging clubs and coaches to develop opportunities for disabled people. I think my feelings were probably similar to those of many coaches when asked about coaching disabled people. It is all about confidence. To build my confidence of working with non-disabled players I worked alongside Metro whose knowledge, passion and energy is infectious. I also attended courses and the LTA Coaching Conference with a view to brushing up my knowledge of working with non-disabled players. My guess is that for the majority of coaches it would be the other way round. What we should all remember is that we are coaching people and are seeking to provide them the best possible experience.

The philosophy of the Academy was very inclusive and they welcomed players of all ages and abilities. Part of the work of the Academy has included training the ballgirls & boys for the prestigious wheelchair tennis events the NEC Masters in the Olympic Park & the British Open Wheelchair Tennis Championships in Nottingham.

Here are a few tips on how to make your coaching inclusive:

1. Attend a Continuing Professional Development (CPD) Course
2. Attend disability sports events
3. Watch para sport on TV/on line
4. Find a coach working with disabled people/athletes to act as a mentor
5. Get out there & get involved

Mark Bullock

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# Wandering about

Stephen Green



One of my great pass times is wandering about. If I visit somewhere I want to know what's around the next corner. I recently spent some time wandering around Bristol Cathedral and found some of the beautiful detail work tucked away in corners. Artisans were often employed by the church to decorate the interior and exterior of their churches and cathedrals. Often these details were unseen. However the work was of the same standard as the pieces on view. The lesson I take from this is enjoy the task and do it as well as you can even if no one notices, you know that you did your best and that is more important than all the praise from others.



# The Clean. Pt 3

Technical

Second pull: Moving through the power position to triple extension

Power position:



The power position is your "perfect jumping position", this can be found by trying out a few vertical jumps and feeling and observing how much you squat down before you leap.

Approximately quarter squat position

Weight balanced evenly throughout feet

Hips meet the bar without crashing into it and reducing vertical force. The movement is not unlike that of a Romanian deadlift. Barbell kept close to thigh

Shoulders above the barbell with chest out

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The black beach at Lanzarote, one of the Canary Islands off the coast of Africa

For a brief moment the waves covered the black lave beach and the wind lifted the models dress and hair producing an image of ethereal beauty.



I took this photograph over 25 years ago. Shot on Fuji film using a medium format 6 x 7 Pentax camera and a 300 mm lens, a long lens.

Isolation - the benefit of a long lens is the narrow 'field of vision' this removes the surrounding area and fills the frame with only the subject.

Depth of Field - on a fish eye lens the focus can be a centimetre's to infinity, with a long lens the area in focus can be less than a few centimetres. This puts the background and foreground out of focus - the sharpness of the girl's hair against the soft-focus waves - the separation is a result of the 'shallow depth of field.'

When taking a portrait, head & shoulders, use the longest optical lens setting, before the camera changes to a digital zoom which just expands the pixels making a softer image. Focus on the lead eye, then compose the picture just like most magazine covers that feature a person on the cover with an eye in the centre of the frame.

This picture has not been retouched, altered, or photoshopped, just scanned from the original transparency.

# Maximising Concentration

Ryan Blake

Concentration is defined as “the action or power of focusing all one’s attention”. It is essential for everyday tasks in the many different environments you may find yourself. Carrying out everyday tasks at home, completing important projects at work or performing at a high level on the sports field all require different levels of this in order to reach positive and successful outcomes. Our top tips to maximise concentration:

- Noise - Either block it out by locating yourself some with less or using ear plugs or practice whatever it is you’re doing in loud environments to conditioning yourself to the surroundings.
- Environment - Has to be somewhere with minimal distractions and disruptions. If this changes at any point, go somewhere else.
- Objective - What are you trying to achieve? Is this clear? Do you know how you’re going to do it?
- Rules - What are the do’s and don’ts of what it is you are doing? Is there anything or anyone that has the power to change them? Can you stick to these rules before you start the task until you finish it?
- Timelines - How long should this take? If you finish earlier what will you do with that time? If it takes longer than planned how will that affect other things in your day?
- Isolation - Many people work better alone, away from others, free from

distractions. Lock the door, turn off your phone, put on your out of office and work. Don’t let ANYTHING distract you!

- Exercise - There is vast scientific research suggesting the fitter and healthier your body is then the fitter and healthier your mind becomes.
- Nutrition - Don’t eat like an idiot. Eat quality, wholesome, healthy ingredients at the right time of day and hydrate regularly. You can’t expect to perform at a high level if you fuel at a low one.
- Patience - Take the time to do things properly and realistically.
- Procrastination - Happens very easily when overwhelmed with multiple tasks. Don’t dwell on the past, focus on the present and look forwards to the future when you have achieved what you set out to do.

Next time you need to make sure you’re giving something your best, consider the above points to enhance the process.



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## Mindset

## Ludwig van and the beetle

Stephen Green



I have always loved the music of Beethoven, so much so that when I bought my first car for £40 cash it was a beetle with a pull back sun roof. I of course named it LUD after the great man. The 6 volt battery meant that headlights on full beam had a range of 1 metre. The screw fixings that held the lights in place were very rusty so when you hit the brakes hard the lights fell out. The sun hatch had a handle and you slid the canvas cover back. One evening on a first date I met the girl and impressed her by introducing her to LUD the car. We drove through south east London and as we came out of the black wall tunnel, the wind caught the sun roof and tore it straight off the car. I continued driving as if this were a normal occurrence. Of course it began to rain, luckily I had a plastic bag which I offered the young lady and she begrudgingly put it on her head!