THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe

WELSH ATHLETICS CYMRU

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ATHLETAU CYMRU

Improving Movement Patterns:

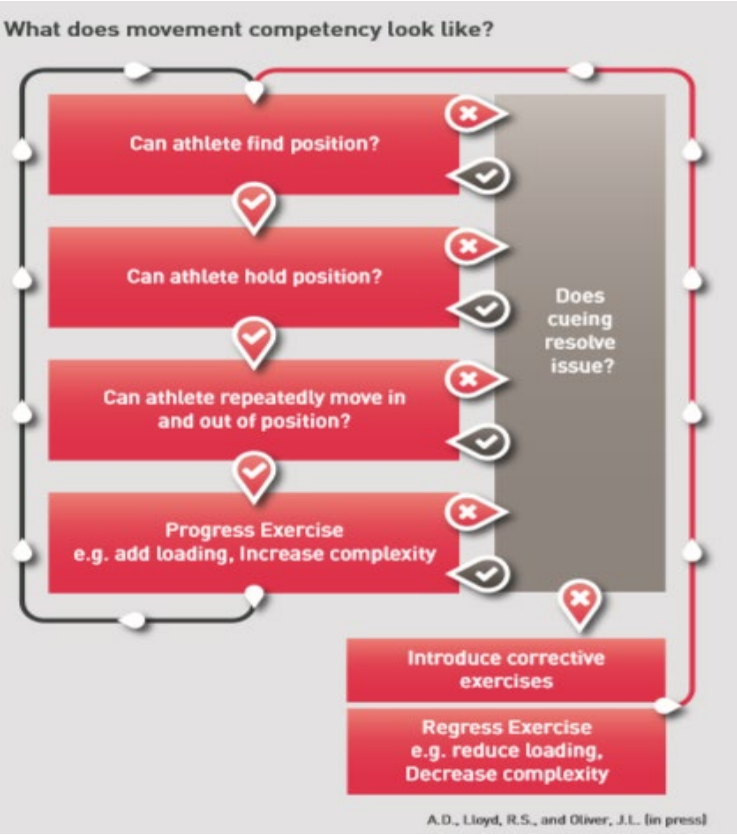
Benefits of Body weight training

What is body weight training?

Bodyweight training is a type of strength training that does not require you to use any weights or equipment. Instead this type of exercise uses the weight of your own body as resistance, or load, in different shapes or positions.

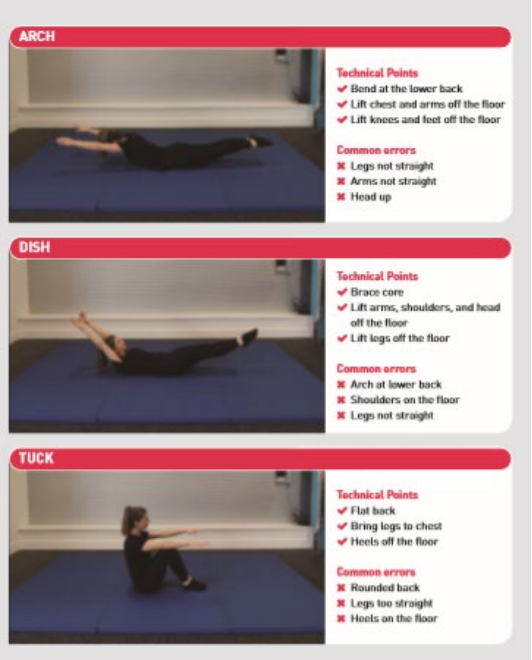
How does body weight training improve movement patterns?

A movement pattern is made up of series of shapes or positions fastened together. Therefore, when evaluating an athlete's ability to move well (movement competency) if the coach is unable to cue (technical points) the athlete to execute the movement in a controlled manner, through full range of motion, the limitation may be a lack of strength at a certain key point in the movement. The addition of appropriate body weight training will provide a suitable stimulus for the simultaneous development of fundamental motor skills as well as muscle strength to overcome these limitations. This will also serve as the foundation for more athletics motor skills such as running, jumping, and throwing.

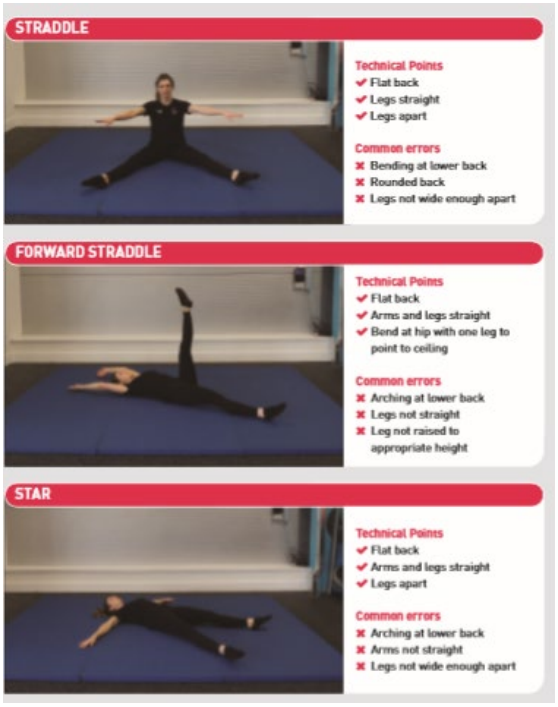


SHAPES

Please see below examples of **key shapes and positions** which athletes should be competent at performing to underpin their general athleticism



SHAPES



POSITIONS

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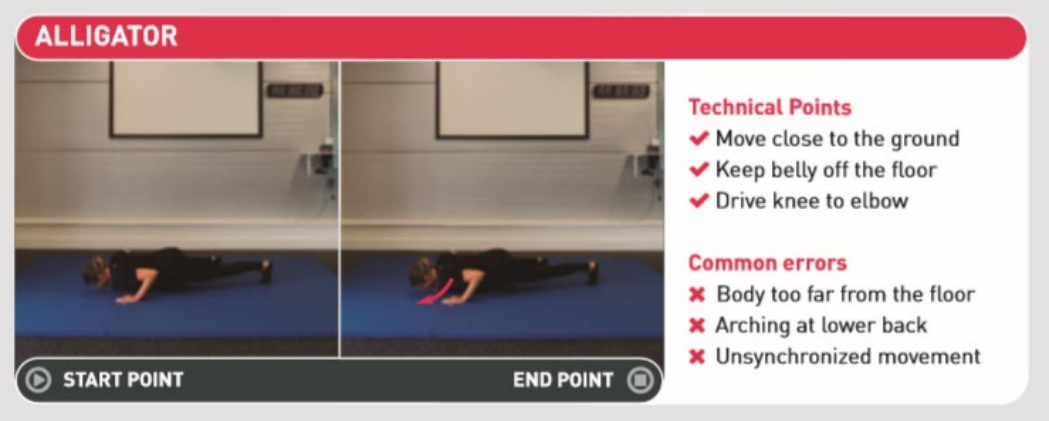
These are only examples shapes and positions, and coaches should attempt to develop their own library of exercises. These will be relevant to the an athletics's needs based on observing movement patterns and problem solving their areas of development.

It is also important to remember that as much as athletes should be physically challenged, techincal competency and saftey should be the overriding factor when exposing athletes to bodyweight training.

How to improve Movement Patterns: Alligator

Alligator



Problem Solving Process

- Observe the movement
- Match/ Mismatch what you see with the technical points above
- What is the error?

If the error is that the body too far from the floor where does the solution lie? Is it mobility, stabilty or strength or a combination of all three? The bodyweight workout below will help to highlight, and improve, current restrictions in terms of mobilty but also limitations in strength depending on the needs of the athlete.

Alligator: Bodyweight exercise and mobility circuit

- Perform 10 reps of each, in order x 3 sets. Scale as appropriate.
- Rest 30 seconds between exercises, 2-3 mins between sets

1. Kneeling leg swings x 10 each leg
2. Press up x 10 (easier exercise: press-up from knees)
3. Kneeling hip rotations x 10 each leg
4. Alternating Staggered press up x 10 total (easier exercise: press-up from knees)
5. Standing lateral legs swings x 10 each leg
6. Bear crawl x 5m forward 5 m back
7. Alternating arm leg raise from press up position x 10 total
8. Spiderman push up (easier exercise: alternate leg raise push up for knees) x 10 total