



May 2020

Developing the Adaptable Athlete

with Vern Gambetta

Course materials: The Functional Path Manifesto

Manifesto – Public declarations of principles, policies or intentions.

Beware of preconceived ideas and conventional wisdom passed off as “the way.” It is necessary to have a basis in principles to drive the methods

- #1 Have a road map** - Start with a plan, execute it, and evaluate it
 - Systematic approach to athletic development
 - The Puzzle – Putting the pieces together
 - Timing and Time
 - Use project management methods to improve coaching effectiveness
 - Monitoring Training
 - Coaching Management Functions
 - Session Management
 - Injury Management
 - Competition Management

- #2 Think big picture** - Build and rebuild the complete athlete
 - The big picture is the context; and context is everything
 - Gait is the basis of the big picture
 - The muscles are slaves of the brain
 - Tap into, and use the wisdom of the body
 - No one workout or method will make the athlete; training is synergistic, just as movement is synergistic

- #3 Fundamental movement skills** must be mastered before specific sport skills can be acquired and advanced training undertaken
 - FUNdamental Movement Skills
 - Locomotor
 - Stability
 - Manipulative
 - Movement Awareness
 - Long-Term Athletic Development is based on play

Cultivate-the “Skill Hungary Years” ages 7 to 9
Not sport skill, movement skill
Crawl, reach, pull, push, climb, run, jump & throw

4 Learn to use the ground - Build and rebuild the athlete from the ground up

Can't shoot a cannon from a canoe
Movement is gravity-driven
Learn to use the ground efficiently

5 Train the core as the center of the action

Movement revolves around and through the core
The core is the transmission and relay center of the body
Recognize its role in function and train it accordingly
Rotate >>>> Rotate>>>>Rotate

6 Train sport-appropriate - You are what you train to be

SAID – Specific adaptations to imposed demands
Reversibility – Use it or lose it

7 Build a trainability (work capacity) base appropriate for your sport

Training is work with a purpose
Base foundational work on the demands of the sport
Volume is NOT a biomotor quality

8 Train Linkage - Train toenails to fingernails

Train the symphony of movement
“Toenails to fingernails”
Respect the structure and function relationship
“...the function of a muscle depends critically on the context in which it is activated.” Roger Enoka

9 Think Long-Term - Training is cumulative

Athletically, you must earn the right to progress to the next step
Systematic Sequential Progressive
Often, what you do not do is as important as what you actually do

10 The individual athlete is the focus - Recognize, train and rehab the individual

Know the athlete
“Build athletic bodies that are adaptable rather than adapted”
Steve Myrland
Must meet individual need; no two individuals are alike