

Coaching the Youth Athlete



Mike Hickey
Athletics Northwest

Coaching Influence



Michael Hickey

Coaching:

University of Portland

2017-2019

- Assistant Coach XC/Track, strength and power development
- 2nd in the NCAA 2017, 3rd in the NCAA 2018

Camas High School

- 2 State Championship Titles 2011/2012 (Girls)
- 4th/2nd at the 2011/2012 Nike Northwest Championships (Girls)
- 13th at 2012 Nike Team National Nationals, Efraimson Won NXN

Portland State University

4 Years as Cross Country and Assistant Track Coach

- Women finished 11th in NCAA Western Region (Beat: WSU, Arizona)
- Distance Runners Scored 25 points at 2005 Big Sky Indoor Championships.

Clackamas Community College

3 Years as Head Cross Country / Assistant Track Coach

- 3 NWAACC Championships (2 Men's / 1 Women's)
- Paul Kezes (Top 5k Junior College Runner in Nation, 14:12)
- Andrew Dodge (Top 1500m Junior College Runner in Nation, 3:53)



Will Heslam

Oregon Relays: 800m 1:49.79 2023

OSAA State Track & Field Meet 2023:

- 1500m 3:49.36 *4A State Meet Record
- 800m 1:53.03 *State Champion

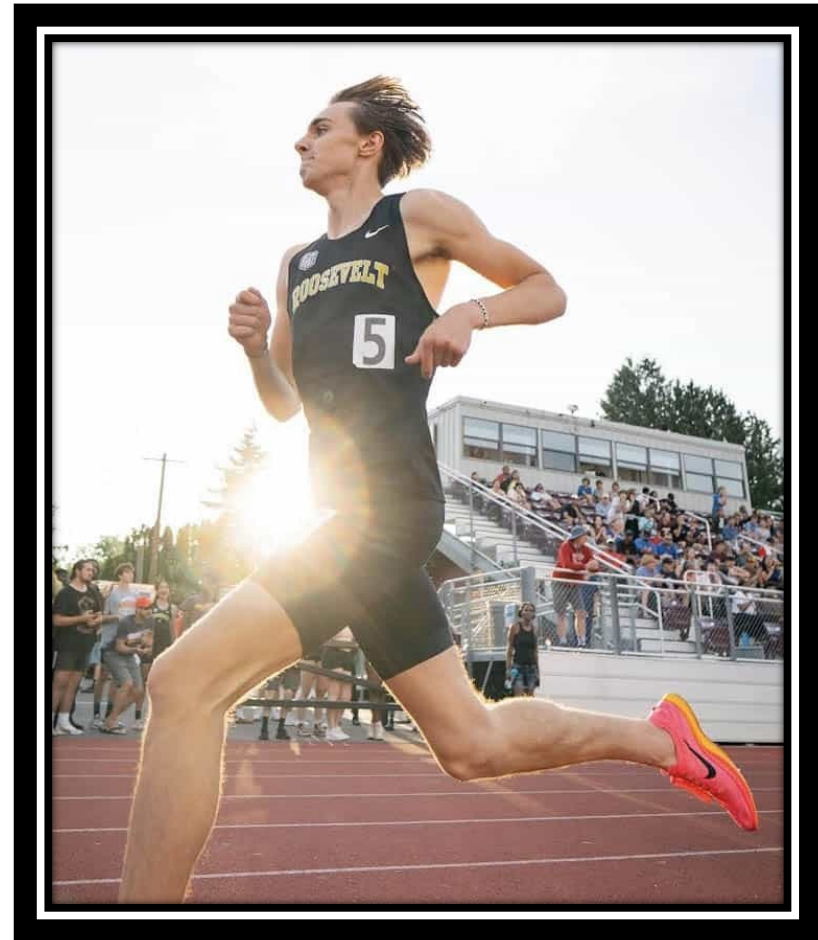
Jesuit Relays 2023 Mile 4:08.92

2023 Sherwood Night of Speed 3k 8:29.91

2022 OSAA State Cross Country Meet : 6th Place

2023 Nike Indoor Nationals 4:13.19 (2nd Place)

*Signed with the University of Oregon



Alexa Efraimson



Achievements:

- 6 Individual State Championships (2 Meet Records)
- 1st Place at the Nike Cross Country Nationals
- 1st Place 2014 Brooks PR (800m)
- 3rd Place at the 2013 World Youth Championships (1500m)
- 2nd Fastest 1500m runner in US High School History
- 6th Place 2014 World Junior Championships
- 3rd Place 2019 Pan American Championships



Team USA XC 2005: Paul Kezes



Paul Kezes XC World Championships 2005

Notable Competitors:	
Men	Women
Dave Davis	Shaylene Culpepper
Adam Goucher	Shalane Flanagan
Jorge Torres	Lauren Fleshman
Ian Dobson	Amy Mortimer
Paul Kezes (WA)	Colleen De Reuck
Dathan Ritzenhein	
Stuart Eagon	
Galen Rupp	

Paul Kezes High School Career	Paul Kezes College / Post College Career
1600m 4:28	Mile 4:02
3200m 9:28	3k 8:02
	5k 13:50

McKayla Fricker



- Coached McKayla Fricker to 10th in 800m at 2015 USA Outdoor Track and Field Championships running 2:00.81 .
 - Prior to August 2014, McKayla had 2:06.18.
 - Signed contract with Brooks after 2015 Championships.

Emma Gates

*3rd Best HS jump in the nation



Year	Grade	Event
		100m
2020	10 th	12.81
2021	11th	12.30
		200m
2019	9 th	26.86
2021	11th	25.35
		HJ
2019	9 th	5'7
2021	11th	5'11"

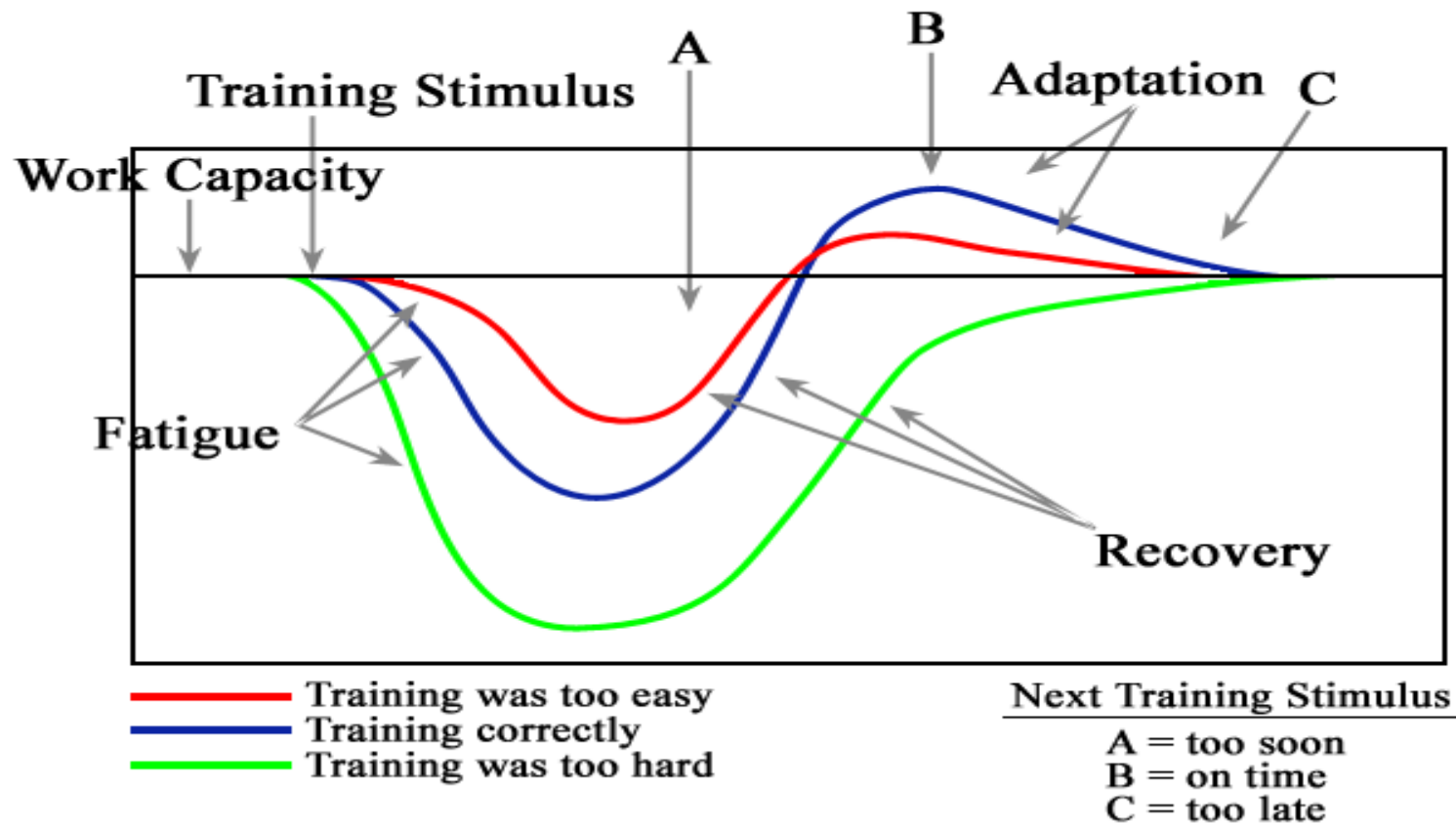
Who's Next?

Faysal Ibrahim

- 2025 OSAA State XC Championships (6A)
 - 5th Place (Sophomore)



Yakovlev's Model



The greater the load, the greater the adaptation

Key Concepts for Coaching the Youth Athlete

- What type of athlete are they? Talent Recognition
 - Highly Coordinated – Poorly Coordinated
 - Ability to Learn Body Movement Patterns
 - Highly Gifted Aerobic Capacity – Highly Gifted Anaerobic Capacity
 - Fast Twitch Dominant – Slow Twitch Dominant
 - Physically Strong – Physically Weak
 - Strong Mental Toughness – Weak Mental Toughness
 - Influences: Supportive Family Structure, Role Models, Religious Faith, Tough Experiences, Growth Mindset: Honest Evaluation with Recognition of Achievements.
 - Detractors: Victim Mindset, Negative Influencers, Consistent Failure, Low Expectations



Strong Mental Toughness – Weak Mental Toughness

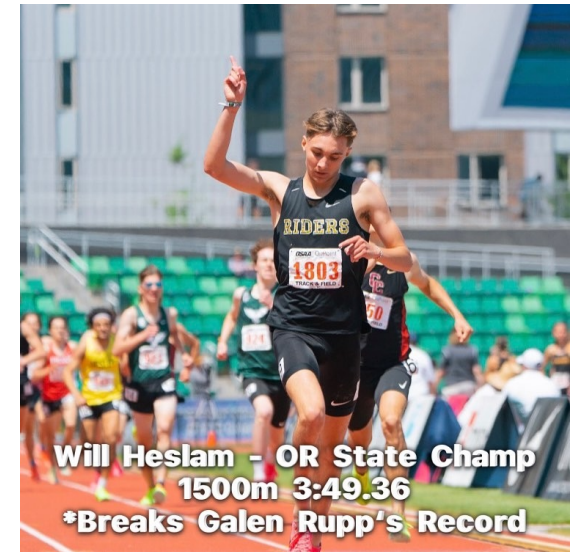
My Goal: Make America Stronger-Build Highly Capable Kids

- Weak Mental Toughness
 - Detractors:
 - Victim Mindset: What mindset are parents or influencers
 - Negative Influencers: Call out negative mindset/body language *Wonder Woman
 - Consistent Failure: Standards are too high or recognition of success not celebrated
 - Low Expectations: Identify the talent potential, Call out Low Expectation
 - Laziness: Success takes work
 - Fear of Failure
 - Parent Expectations of Their Kid Always Winning
 - Growth comes from Persevering through Failure
 - Suffering produces Character, Endurance and Hope (Belief)
 - Perspective: Blessed are those who Endure Trials



Building Strong Mental Capacity

- Growth comes from Persevering through Failure
 - Suffering produces Character, Endurance and Hope (Belief)
 - Perspective: Blessed are those who Endure Trials
- Influences of Strong Mental Capacity:
 - Supportive Family Structure, Role Models, Religious Faith (Coach Parents)
 - Tough Experiences Create Champions
 - Find the Win – Mentor to Embrace Individuality
 - Growth Mindset: Honest Evaluation with Recognition of Achievements
 - Openness to Learning, Excitement for Learning (Growing)
 - Believe in change! Identify your Biases
 - “Ask 3 people to identify where you are bias and places for growth in your profession.” Dan Pfaff



Championship Focus - Believe

- Visualization without Fatiguing the Athletes Central Nervous System
 - Marcora Study 2009: Mental Fatigue Impairs Physical Performance
 - Course Review as a visualization Technique (possibly lying down, eyes closed)
- Identify Possible Race Scenarios
 - Competitors: Will Heslam win over Wesley Shipsey
- Identify Objectives
 - Mile 1: Get in Position (Identify Optimum Position in Race)
 - Mile 2: Discuss Possible Scenarios, Ideally Moving Up (Calm Under Fire)
 - Race Starts at the Halfway Point
 - Mile 3: Be a Finisher/Racer: Transition 3 Times (Identify a kicking location/While being Reactive in Race)
- Find Calming Forces:
 - Prayer, Meditation, Reading, Watching a Movie, Listening to Music, Specific Colors & Smells
- Get into Proper Excitement/Arousal Level (The Athlete is Responsible for their own performance)
- Race Day Routine:
 - Have a Plan, Believe in Preparation, Coaches, Ability, Embrace Pain

DISTANCE PROJECT: ATHLETICS NW

NAME _____ Date _____ Interests Outside Sports _____ Main Track Event _____

Athletes Report Card

Speed _____
Strength _____
Coachability _____
Competitor _____
Durability _____
Interest _____
Commitment _____
Believer _____

Academic Goals

Long Term Goals

Track:

X-Country:

Winter Training Goals

Weeks of Training

Number of Long Runs over
75 min _____

Weight Training/Med. Ball

Dec _____ days per week

Jan _____ days per week

Feb _____ days per week

Track Season Goals for: _____ (list year)

Event: _____

Feb. _____

Mar _____

April _____

May _____

Event: _____

Feb. _____

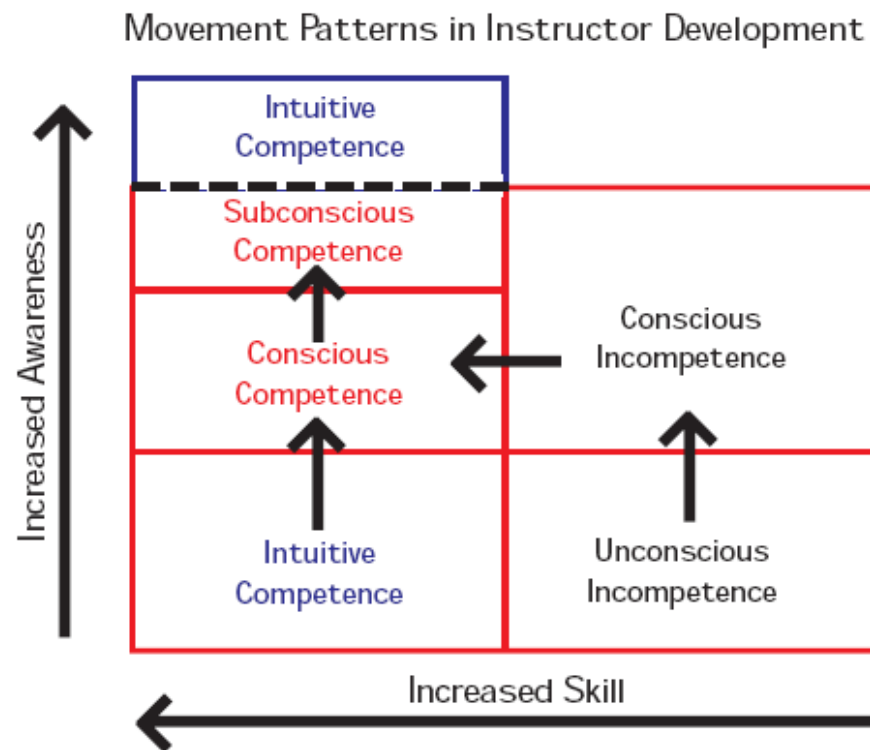
Mar _____

April _____

May _____

Event: _____

Building intuition: The goal



Running Mechanics

- Question of the Day: Would a baseball coach tell a group of youth players to swing the way that feels most natural?
- Key Considerations
 - Hand Carry
 - Elbow Drive and Hand Movement
 - Heel Recovery (Amplitude Dependent on Velocity)
 - Knee Drive (Amplitude Dependent on Velocity)
 - Dorsiflexion of Foot at Contact
 - Stretch Reflex (stretch-shortening cycle): 15%/50% Free Energy
 - Coordinated Ease and Quick Flow of Energy
 - The GOAT's: Bernard Lagat, Galen Rupp, Beatrice Chebet

Warm Up & Cool Down (Hard Day: Hurdle Mobility)

*Building Sound Coordinated Movement Patterns

Distance Running Warm Up
Ankle Flips w/ Arm Circles
A-Skips
Heel Lifts
Dribble Ankle
Carioca
Old School Butt Kick
Dribble Calf
Cow Girls / Boys
Quick Skips
Dribble Knee
Leg Swings
Dynamic Explosive Activities
Skip for Height
Skip for Speed
Michigan Jumps
Pogo Jumps

Hurdle Mobility (HM)	
Hurdle Walkover (alt lead leg)	rail to rail
Hurdle Walkover (const lead leg)	1 foot
Lateral Alt Leg Skip (straight leg)	1 foot
Lateral Alt Leg Skip (flexed leg)	1 foot
Over Under (L-over, R-over)	rail to rail
Over Under (R-over, L-over)	rail to rail
+2, -1 Alt Leg Walkover	rail to rail
Hurdle Walkover Skip (alt lead leg)	1 foot
Up-Back Skip (const lead leg)	1 foot
Running Lead Leg	3 feet
Running Trail Leg	3 feet
Alt Lead Leg Skip	3 feet

General Strength

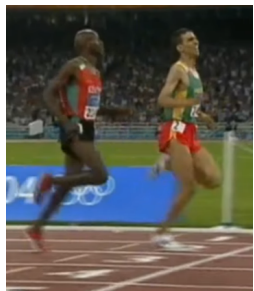
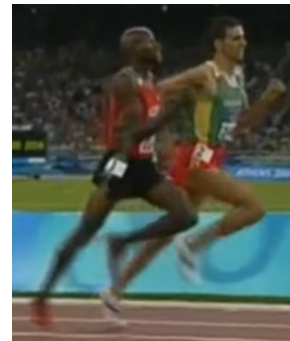
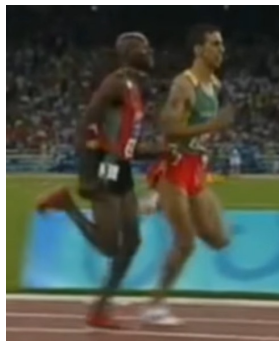
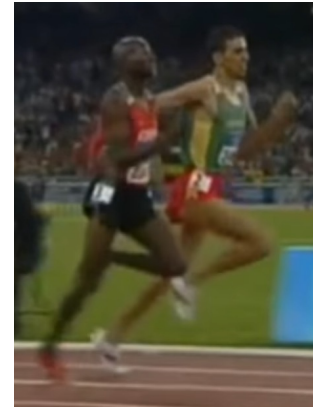
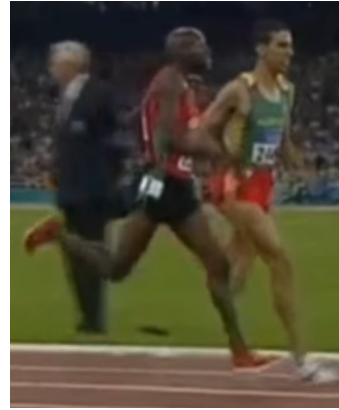
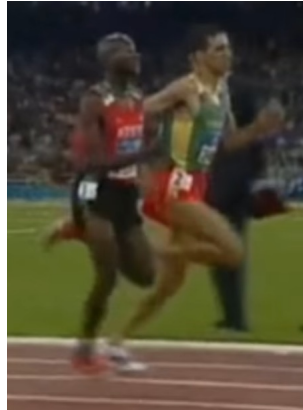
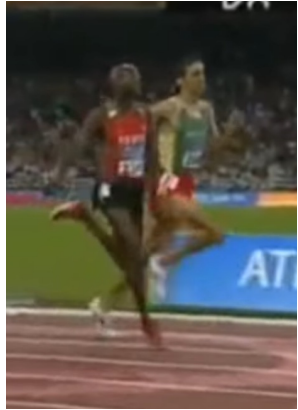
GS Waterloo (Hard Days)		GS Bataan (Recovery Days)	
1	Prisoner Squats	1	Single Leg Squats
2	V Sit-ups	2	Toe Touchers
3	Pushups	3	Pushups
4	Back Hypers w/ Twist	4	Back Hypers
5	Rocket Jumps	5	Yogi-Hamstring Leans
6	Leg Toss w/ Partner	6	Side-Ups
7	Narrow Pushups	7	Lunge Good Mornings
8	Wrestlers Bridge - tba	8	Rocky Pushups
9	Crunch Sit Up - tba	9	Pushup Toe Walks
10	Decline Pushups	10	Prone Flexed Knee Hip Extensions
11	Supine Single Leg Hip Extensions	11	Double Leg Eagles
12	Lunge Exchange	12	Prone Plank Knee-Elbow Extension
GS Pillar (Recovery Days)		GS Pedestal (Recovery Days)	
1	V Sit-ups	1	Prone ES SL Raise
2	Back Hypers	2	Supine ES SL Raise
3	Leg Toss	3	Prone HS SL Raise
4	Wrestlers Bridge	4	Supine HS SL Raise
5	Crunch w/ Twist	5	Lateral ES SL Raise
6	Prone Flexed Knee Hip Extension	6	Lateral HS SL Raise
7	Toe Touchers	7	Prone HS Flex Knee Thigh Lit
8	L-Overs	8	Supine HS Flex Knee Thigh Lift
9	Side-Ups	9	Side ES Hip Drop
10	Double Leg Eagles	10	Crunch Low Reach
11	Low Level Bicycle	11	Crunch Low Reach w/ Twist
12	Pelvic Tilt Isometrics + w/ crunch	12	Side ES Reach Through

Improving Biomechanics



It's About the Athlete: Don't Crush Spirit

- Hicham El Guerrouj and Bernard Lagat
- Key Head-to-Head Moments:
 - 2004 Athens Olympics 1500m Final: El Guerrouj won the gold medal with a time of 3:34.18, with Lagat taking silver for Kenya just 0.12 seconds behind (3:34.30).
 - 2001 Brussels 1500m: El Guerrouj ran 3:26.12, Lagat second in 3:26.34
 - 2001 Rome Golden Gala Mile: El Guerrouj won the mile in 3:44.96, Lagat 2nd
 - 2001 Zurich Golden League: Lagat defeated El Guerrouj in a 1500m race



Coordination at Top End Speed in Fatigue

Injury Prevention = Good Coaching for Youth

- “Best way to prevent injury, utilize a variety of Amplitudes of movement.”
Boo Schexnayder, LSU Track & Field Coach
- Application:
 - Running at a variety of speeds (Max Speed, 400m/800m/1500m/3k/10)
 - End Easy Runs (140 HR / 170 HR) with strides: Easy, Medium, Hard
 - Progressive Runs (10-15 seconds faster per mile or 800m)
 - Skip for Speed, Skip for Height
 - Stairs (Tough to run up stairs with bad mechanics)
 - Side to Side Ski Jumps
 - In Place Jumps
 - General Strength
 - Barefoot Work



Mini Hurdles / Wickets



Skip for Speed



Anaerobic Lactate (Glycolytic) System

	Speed Endurance	Special Endurance I	Special Endurance II
Intensity	90-100%	90-100%	90-100%
Distance or Run	80-150 meters	150-300 meters	300-600 meters
Number of Reps	2-5	1-5	1-4
Number of Sets	2-3	1-2	1-3
Distance Per Session	300-1200 meters	300-1000 meters	300-1800 meters

Workout Focus

- Teach Before Practice: Explain the Why
- Use Variety when Possible: Make it Fun
 - Pace Game: 100's/200's/300's/400's (Celebrate Consistency)
 - Speed then Aerobic Strength (170 Heart Rate)
 - Max Speed: 1-4 x 30-50m
 - Speed Endurance: 5 x 150m
 - *When Athlete Begins to Slow Down They Should be Done
 - Ladders (Age and Experience Determine Length)
 - Talent Doesn't Dictate Length
 - Let the Athletes Enthusiasm Dictate Practice Length
 - Individual Athlete Evaluation of Perceived Effort (1-10)
 - When Athlete Begins to be Challenged, You have a Choice to Make
 - Create Athletes Who Have Faced Challenges (Psychology: A & B Day)

Any Questions?

