

TRANSITION:

Bridging the Gap

Presented by:



NEIL ADAMS

**COACHING
CONSULTANCY**

Who is Neil Adams MBE?

Neil Adams, the athlete:

Rank - **7th Degree** Black Belt

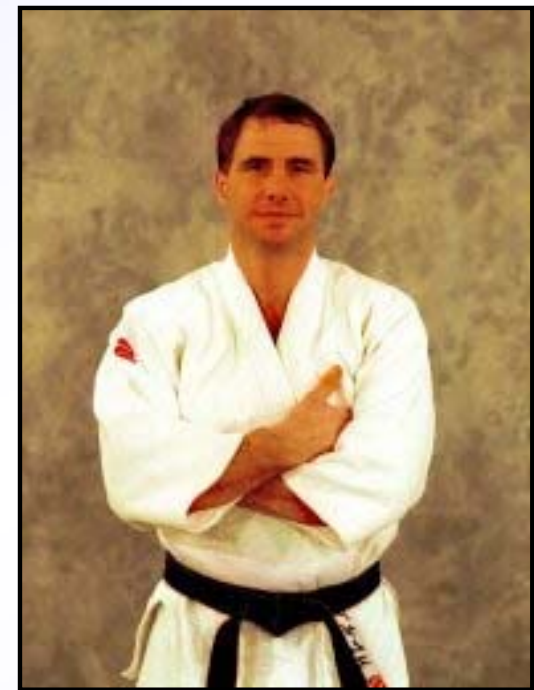
1983 - presented with the **MBE** –
Member of the British Empire by
Her Majesty The Queen for services in sport

World Champion - 1981

Silver - 1980 Moscow Olympic Games

Silver - 1984 Los Angeles Olympic Games

7 times European Champion



Neil Adams, the coach:

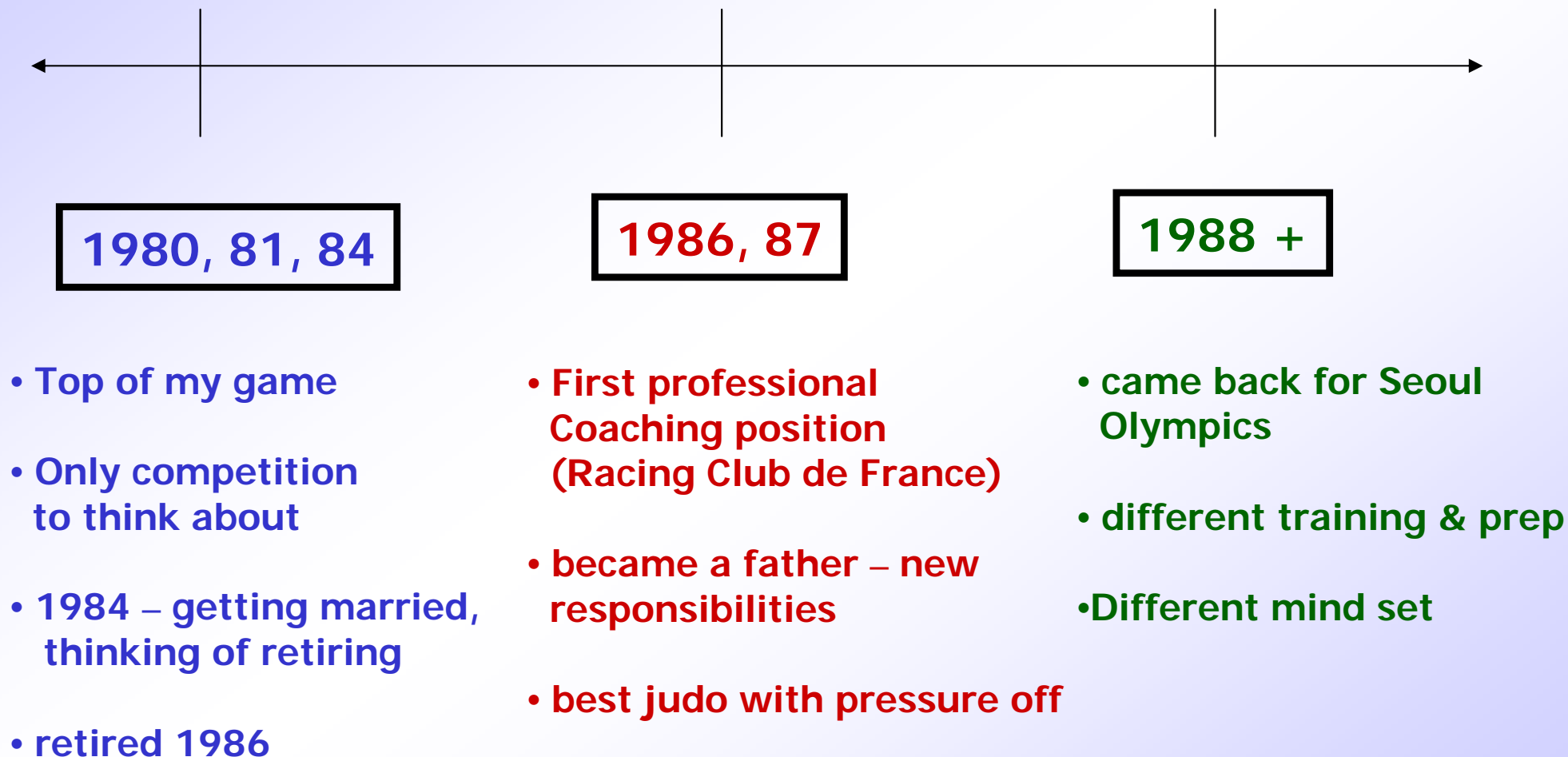


- **CHIEF INSTRUCTOR & TEAM MANAGER**, Paris Racing Club, Paris, France
- **CHIEF INSTRUCTOR**, Budokwai Judo Club, London
- **BRITISH SCHOOLS JUDO ASSOCIATION COACH**
- **OLYMPIC JUDO TEAM COACH**, Atlanta Olympic Games, 1996
- **NATIONAL TECHNICAL ADVISOR**, British Judo Association
- **NATIONAL COACH FOR COACH EDUCATION**, British Judo Association
- **UNIVERSITY LECTURER**, Bath University, Bath
- **OWNER & CHIEF INSTRUCTOR** – Neil Adams Training Academy, Coventry
- **AUTHOR** of 9 books – beginner to Olympic elite

Transition

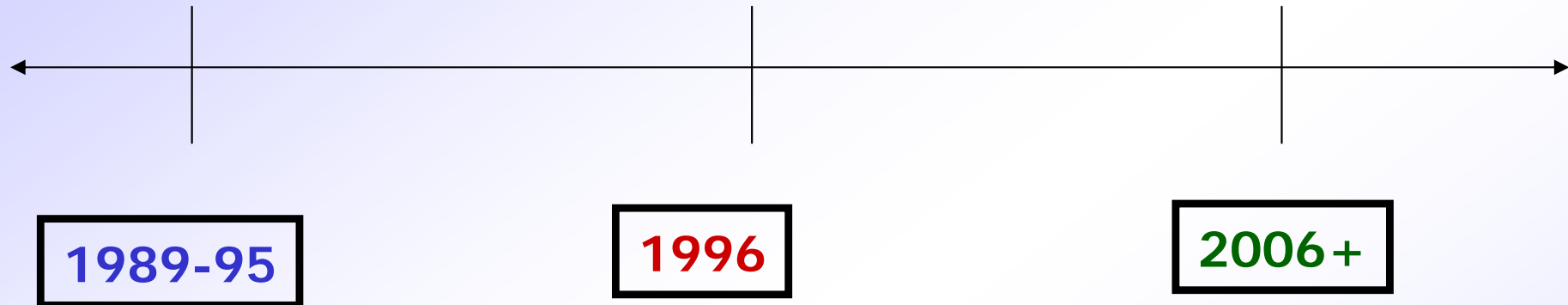
Elite Athlete to Elite Coach

Elite Athlete to Elite Coach



Topic of Discussion: The French System vs British System of Transition into Coaching

Coaching Development



- **Cadet National Coach**
 - What went right
 - What went wrong
- Started private fulltime training school

- **Named Olympic Coach Atlanta**
 - What went right
 - What went wrong

- **named Welsh National Coach**
- **transitional classes and athlete development**

Transition

Recreational Athlete to Competitive Athlete

Junior Athlete to Senior Athlete

The Importance of:

Technical Base

Tactical Base

Competitive Base

Topic of Discussion: Competition (medal acquisition) vs. acquiring technical & tactical base

Recreational Athlete to Competitive Athlete

The “FUN” Factor Eg: London Marathon

When does the fun start and when does it end?

Junior Athlete to Senior Athlete

Long Term Athlete Development – Age banding – Does it work?

What level of coaches should be paired with which level of athlete?

Who introduces and lays the foundation?

How much competition and at what stage of their development?

When do we introduce strength training and what types?

When is the best time to introduce them to Senior levels?

What's the Situation?

- S.W.O.T - analyse the situation
- Identify the players to be prepared (2008)
- Identify potential 2012 players
- Build relationships with personal coaches

S- strengths

- complimentary sport science support
- administrative support
- parental support

W- Weaknesses

- lack of randori partners
- geography of country
- strained communication between institute coaches & personal coaches
- not enough world class level coaches to reach all areas
- quality of facilities & centres

O – Opportunities

- 2012 Olympic Games in London
- importing international players & teams for training camps
- to travel abroad to train at other countries' training camps & with their Olympic coaches based on relationships built by Neil Adams

T- Threats

- uncooperative personal coaches
- player's attitude
- non sport-specific sport science
- Centre's logistics & communication for international exchanges.
- player injury
- mental fatigue

Holistic Approach to Objectives

✓ Ensures all bases are covered

✓ Full circle results = success

✓ Creates a balanced programme



What I Know Works

- Communication & co-operation is vital between all of the following:

High Performance Coach

Athletes

Personal Coaches

SCW Centres

National Governing Body

Performance Directorate

- systems - feed talent through to the SCW centres
 - provide specific goal-orientated squad trainings
- working closely & building relationships with personal coaches and their players
- discovering & working on individual skills acquisition and style
- bring in international teams to give our players the knowledge of how to use home field advantage
- analysis of international tournament results for team selections during the qualifying term for our own positives results.

What I Know Doesn't Work

- uncooperative personal coaches & athletes
- lack of communication between governing bodies, coaches, athletes and Centres.
- not re-evaluating individual programmes after results
- not keeping a training journal
- not respecting or knowing each others' roles & responsibilities

Fit?

Fit For What?

FITNESS

- *Adjective (fitter, fittest)*
 - 1 of a suitable quality, standard, or type to meet the required purpose.
 - 2 in good health, especially through regular physical exercise.
- *Verb*
 - 1 be of the right shape and size for.
 - 2 be or make able to occupy a particular position, place, or period of time.
 - 3 fix into place.
 - 4 join together to form a whole.
 - 5 be or make suitable for.
- *Noun*
 - 1 sound physically and mentally

How important are skills?

How important is training?

How important is preparation?

Is having a positive attitude enough?

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Can you train too much?

Over-Training Syndrome

Quality vs. Quantity
80/20 Rule

Too much pressure to succeed.

What went right at the 1981 World Championships?

What went wrong at the 1980 & 1984 Olympic Games?

What was different in 1988 for the Seoul Olympics?

How coping with stress gave me my competitive edge

Competition Pressure

Knowing my body

Confidence from training
& preparation

Skills interpretation &
game analysis

Made environments & competitors familiar

*FITNESS: -put into a suitable state : made ready
- being in such a state as to be or seem
ready to do or suffer something*

How do you fit?

I know my role and what is expected of me.

Where do you fit?

I have control & responsibility over my choices and on the demands put upon me

Why are you fit?

I have a belief, positive attitude and intentions. I have a plan.

What are you fit for?

I have the skills, training & preparation to take it forward & succeed, even through change