

Year in Review: 2021

Building Better Athletes

Notes:

I like to jot down little notes I hear or read them, or if something comes to mind. Here are some of the ones that stuck out to me

“Paper has more patience than people” – Anne Frank

“The players are more important than the coaches”

“Your body responds to change”

“Put players in advantaged and disadvantaged situations” – Bobby Knight

“Success in sport comes down to movement”

“Start everyday with a small win”

“Greatness isn’t comfortable”

“When someone tells you how to perform a task, you derive less enjoyment from that task”

“Coaching is not something I do to you, it’s something we do together”

“Nothing you wear is more important than your smile”

“Doing the same things over and over again isn’t practice”

“Players’ gaze behaviors have been shown to be different in laboratory studies than in more representative in situ studies. This has recently led researchers to question the representativeness of the experimental tasks commonly used in studies of expert gaze behavior in dynamic sports, such as looking at screens, and how these translate to contextual sport performance”

“Only through sleep does true motor consolidation occur”

“Expertise is knowing when NOT to do/say something”

“If practice is always successful, it’s probably not helpful”

“The man who doesn’t read has no advantage over the man who can’t read” – Mark Twain

“Many times a whisper is more powerful than a yell”

Books:

How We Learn to Move (4.5/5) - <https://amzn.to/3IKRiQU>

The Zen and Art of Motorcycle Maintenance (4.5/5) - <https://amzn.to/3ykPiKd>

The Midrange Theory (4/5) - <https://amzn.to/31IwFUR>

The Coaching Habit (1/5) - <https://amzn.to/3EKrthk>

The Physics of Football (2/5) - <https://amzn.to/3IEWRAe>

Breath (4/5) - <https://amzn.to/3dQIHPf>

Narrative of the Life of Frederick Douglass (4.5/5) - <https://amzn.to/3oPo4rS>

The Mental Toughness Advantage (1/5) - <https://amzn.to/33sxxgV>

Playing to Win (4/5) - <https://amzn.to/3GFdtl0>

How to Train Your Mind (3/5) - <https://amzn.to/3dIFC2y>

Stillness is the Key (3/5) - <https://amzn.to/3DNBbye>

Myths of Sport Coaching (4/5) - <https://www.sequoia-books.com/catalog/whiteheadcoe/>

The 21st Century Basketball Practice (4.5/5) - <https://amzn.to/3s0pKkA>

Podcasts:

The Science of Sleep Q&A -

<https://shows.acast.com/realscienceofsport/episodes/s3-e22-the-science-of-sleep-qa>

The Science of Nutrition in Sport -

<https://shows.acast.com/realscienceofsport/episodes/s3-e19-the-science-of-sports-nutrition>

How Fast Do We Lost Fitness – The Art of Fitness Resilience -

<https://shows.acast.com/realscienceofsport/episodes/fitnessadaptationandreversibility-howfastdowelosefitness-fitnessresilience>

Supporting Athletes to Flourish -

<https://player.whooshkaa.com/episode?id=906690>

Periodize Your Nutrition for Optimal Performance -

<https://www.scienceofsportsrecovery.com>

Blood Flow Restriction to Increase Recovery? -

<https://www.scienceofsportsrecovery.com/>

Rest, Recovery and Rugby - <https://audioboom.com/posts/7890639-rest-recovery-rugby-ft-dylan-hartley>

Demystifying the Myth of the Nordic Curl -

<https://www.sportscicollective.com/thesscpodcast/2021/5/25/episode4>

Load Monitoring and Injury Risk -

<https://www.sportscicollective.com/thesscpodcast/episode2>

Early Specialization and Diversification - <https://wayofchampions.libsyn.com/212-early-specialization-diversification-and-the-battle-to-provide-healthy-youth-sport-experiences-with-dr-joe-baker-and-sandy-mosher>

How to Teach Movement Skill - <https://wayofchampions.libsyn.com/250-rob-gray-phd-how-to-teach-movement-improve-skill-acquisition-and-become-a-more-effective-coach>

Reframing Football Evaluation -

<https://open.spotify.com/episode/6aV8zq0aX39zdCnRQYYBnP>

Does the Structure and Amount of Variability in Practice Matter ? -

<https://perceptionaction.com/357/>

Choosing the Optimal Task Difficulty for Training -
<https://perceptionaction.com/363-2/>

Does More Representative Practice Design Lead to Better Transfer of Training -
<https://perceptionaction.com/365-2/>

Variability of Practice as an Injury Prevention Mechanism? -
<https://perceptionaction.com/353/>

Research:

Long-term effects of school barefoot running program on sprinting biomechanics in children: A case-control study -
<https://www.sciencedirect.com/science/article/abs/pii/S0966636220305749>

A comparison of the isometric force fatigue-recovery profile in two posterior chain lower limb tests following simulated soccer competition -
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0206561>

New curve sprint test for soccer players: Reliability and relationship with linear sprint - <https://www.tandfonline.com/doi/full/10.1080/02640414.2019.1677391>

Three-day changes in resting metabolism after a professional young rugby league match - <https://eprints.leedsbeckett.ac.uk/id/eprint/5649/>

Technical skill not athleticism predicts an individual's ability to maintain possession in small-sided soccer games -
<https://www.tandfonline.com/doi/full/10.1080/24733938.2020.1780468>

Emotional games: How coaches' emotional expressions shape players' emotions, inferences, and team performance -
<https://www.sciencedirect.com/science/article/abs/pii/S146902921830493X>

A deep learning approach to injury forecasting in NBA basketball -
<https://content.iospress.com/articles/journal-of-sports-analytics/jsa200529>

Sport Practitioners as Sport Ecology Designers: How Ecological Dynamics Has Progressively Changed Perceptions of Skill “Acquisition” in the Sporting Habitat -
<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00654/full>

Scanning activity of elite football players in 11 vs. 11 match play: An eye-tracking analysis on the duration and visual information of scanning - <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0244118>

Perceptual-cognitive processes underlying creative expert performance in soccer - https://www.researchgate.net/publication/340083309_Perceptual-cognitive_processes_underlying_creative_expert_performance_in_soccer

Wayfinding: How Ecological Perspectives of Navigating Dynamic Environments Can Enrich Our Understanding of the Learner and the Learning Process in Sport - <https://sportsmedicine-open.springeropen.com/articles/10.1186/s40798-020-00280-9>

Resources/Products/Courses:

Emergence's Courses - <https://emergentmvt.com/shop-2/>

Derek Panchuk Free Resources - <https://derekpanchuk.com/resources/>

The 8 Vector System: Jordan Nieuwsma and Nick DiMarco - <https://jnieuwsma.gumroad.com/l/fAMzP>

Jochum Online Training - <https://www.jochumstrength.com/online>

Things/Equipment I've Liked:

Red Light/NIR Light: The science is mounting about the benefits of RL/NIR and Gambared is my go to company for quality. We have a panel and beam at the gym that we use everyday - <https://gembared.com/collections/all-products>

Celtic Sea Salt: Big fan of adding salt to foods for athletes as it has many performance benefits. I like celtic sea salt because it adds some trace minerals and for taste. Athletes shouldn't shy away from adding salt to their diet - <https://amzn.to/3lZ0NSG>

Crave Coffee: I'm not a big coffee drinker, really only drink coffee in the winter when it's cold. Have a Kurig in my office and use the fun flavored Crave Coffee cups - <https://amzn.to/3yjA08t>

Outdoor Canopy: We added some outdoor space this year and put up two of these canopies's to shield the sun. Been a really nice addition for cheap - <https://amzn.to/30k2rqt>

Man in the Arena Poster: The Man in the Arena is my all-time favorite quote, and we framed this poster to add to our office, right in the entrance to the gym so athletes walk past it everyday - <https://amzn.to/310ibmh>

WHITIN shoes: I'm far from a shoe junky, but my buddy Jake Marshall recommended these to me and I've really liked them. Zero drop, wide box, comfortable, and look good - <https://amzn.to/3rZyWph>

Speed Tech Timing System: We bought this system at the beginning of the year and have loved it! I've used Bower and FreeLap and honestly haven't been fans. This runs about ½ the price of those timers and has worked much better. It comes with a big display so athletes can see their times as the finish their runs, been the best purchase we've made this year - <https://amzn.to/3yj6nUQ>

Chelated Magnesium Glycinate: Mag Glycinate is great for stress regulation, CNS regulation and relaxation. I take 200-300mg in the morning and 400-500mg before bed to aid in sleep - <https://amzn.to/30k3gj3>

Nasal Strips: Never thought I'd use nasal strips, but after catching myself breathing through my mouth at night, I decided to give them a try and WOW, they actually work quite well. If I ever feel a little stuffy or congested I throw on a strip before bed and they've worked really well for me - <https://amzn.to/3ERmU4P>

Sushi Set: My wife and I love sushi, mostly just simple California or spicy tuna rolls, so we decided to try our hand at making our own sushi. It's really not too difficult and a fun date night - <https://amzn.to/3oMOU43>

Pickleball Set: Most of my adult clients have taken up pickleball and we often play at the gym. My wife and I also started playing a bit a s fun way to stay active. This paddle set is a nice middle ground between the cheap plywood paddles and the expensive graphite/carbon fiber paddles - <https://amzn.to/3oVXayZ>