

Pel ot Performance Coaching

Training Athletic Movements not Muscle Specific Training

If you are an athlete that requires the need to move rapidly in multiple planes, in an unpredictable environment when trying to improve sports specific strength and explosion, it is imperative to incorporate exercises that utilize multiple muscle groups and require multiple joints to move and act under resistance, similar to how they would act under playing conditions. When utilizing exercises that require the use of multiple muscles, it teaches muscles how to work with one another to create strength and power in unison. When a muscle is isolated for training purposes (such as a leg curl or a leg extension or triceps extension) it can create “intra-muscular confusion” within individual muscles. This means that when the body needs to perform movements such as: cutting, jumping or sprinting. The isolated training methods did not train the muscles to work together; this is extremely counterproductive and detrimental to athletic performance on the field. Muscles groups must be trained to work together when fighting or overcoming resistance, doing so simulates the demand of the sport making athletic maneuvers more explosive, fluid and coordinated. The majority of exercises in an athlete’s training program should promote intra-muscular communication; this will promote a more positive transfer of performance from the weight room to the performance in competition.