



KAAF

Korea Association of Athletics Federations
Coach Seminar (part 3) - Jincheon
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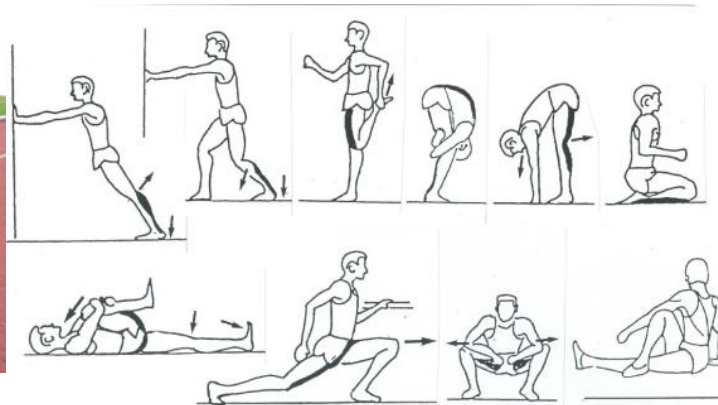
Flexibility Training



2

„Flexibility“ - „Mobility“ - „Stretching“

Play an overall important part in all athlete training. This ability can greatly be improved, once taken seriously. It develops the range of body and joint movement and by that contributes to a high extent in athlete individual health & performance development





Stretching muscles

Improve the range of movement



3



- **Flexibility** is the elasticity of the muscles
- **Special flexibility:** is the elasticity of muscles involved in a particular movement
- **Mobility** is the range of movements in a joint
- **Stretching** improves the flexibility & mobility



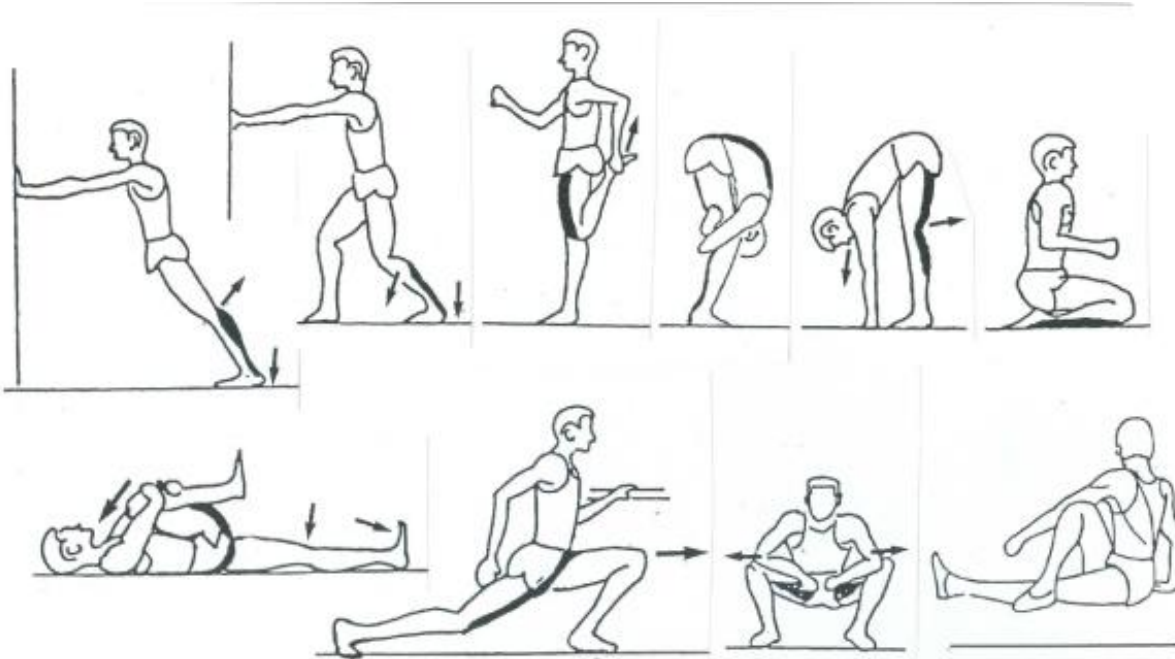


Stretching muscles

Improve range of movement



4



WATCH OUT!

The correct position while stretching

Important: 3 repetition

1. easy pre-stretch
2. more intensive
3. stretch at the maximum

NOTE: Always hold each position for appr. 10-15sec or longer

To stretch the muscles is important at warm-up and cool down. It contribute to a higher flexibility of the muscles which are in use at certain events. Above all it helps to prevent athletes muscles from injury and tightness. ***AIM: To improve the range of movement***



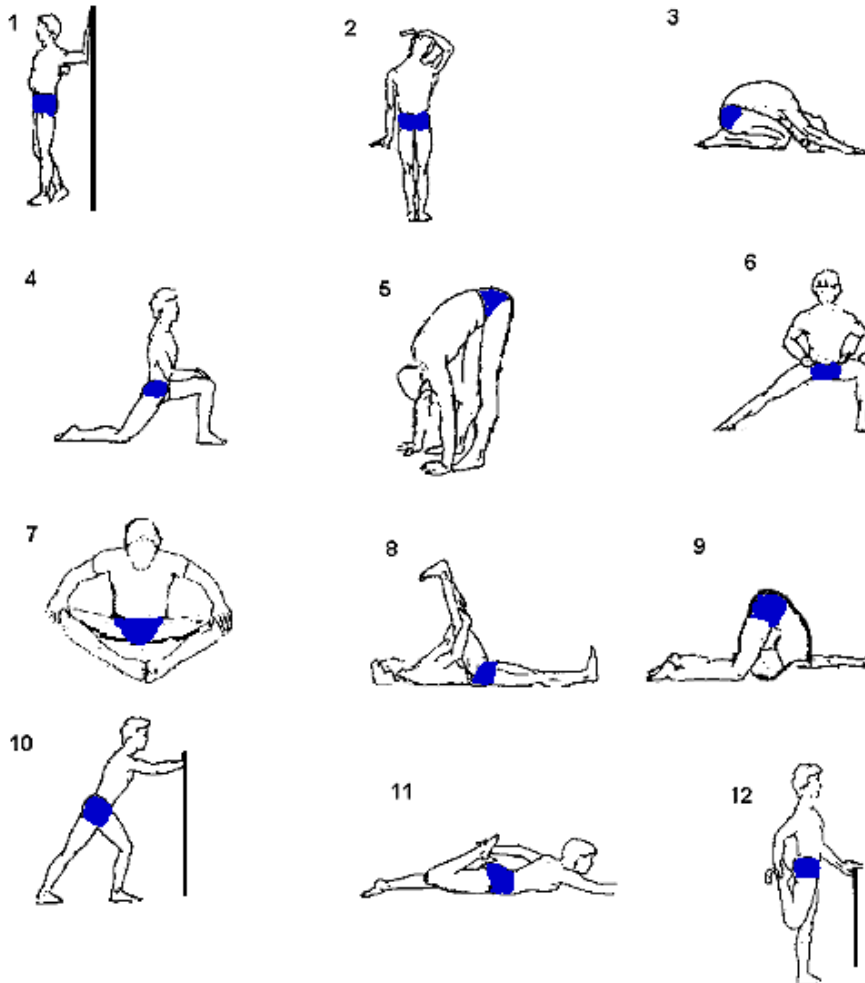


Stretching–Exercises

Examples of stretching – Watch!



5



Flexibility & stretching guide:

1. Watch the correct **body position**
2. Practise each exercise **2-3 times** from easy to more intensive
3. Watch out **your toes pointing** down, for- or towards you
4. Do not stretch or flex with **pain** as pain produces a muscle contraction
5. **frequently change** the stretching exercise
6. **3-4 times** a week





Special Stretching

Event-specific flexibility



6

NOTE: Do allways stretch ,extensor' & ,flexor' muscles equally!



NOTE: Each sport discipline or technique require specific flexibility. Look at carefully!





Special Stretching

Event-specific flexibility



7



Suitable stretching exercises for sprinter





Mobility (1)

Mobility of spine & hip joint



8



cat



dog

ATTENTION
Perform
mobility
exercises
slowly
and always
very much
controlled





Mobility & Flexibility (2)

Focus Hip



Bending (,flex‘) upper-body

Flex body down with legs straight (1)



Upright (2)



Bending backwards while hip point forward (3)



Bending upper-body left to right (1), but maintain straight body line (2)





Mobility & Flexibility (3)

Focus hip



10

Hip circling (whole rotation)



Side position:

Circle the hip as wide as possible forward & backward

Front position:

Circle the hip as wide as possible to left & right. **Keep shoulder still**



Mobility & Flexibility (4)

Focus hip & Ab- Adductor



11

Intensify:

Deeper bend down (1)



Crossed leg, rear leg kept straight. Wiping up-down slow for stretch reflex (2)



Ab- & Adductor muscle stretch Generell & specific hip mobility



Sensefull part for Sprinter/Jumper:

Ad- & Adductor need carefully be stretched. Fore- (1) & sideward (2) ,step-out' are ideal forms of training. Intensivy exercises by wiping up-down in the ,step-out' position





Mobility & Flexibility (5)

Focus heep with dynamic exercise

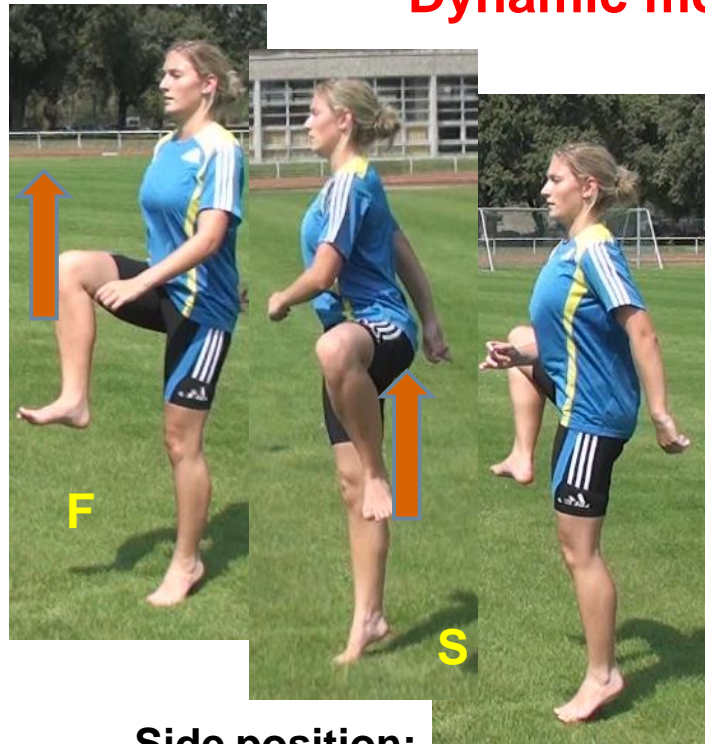


12

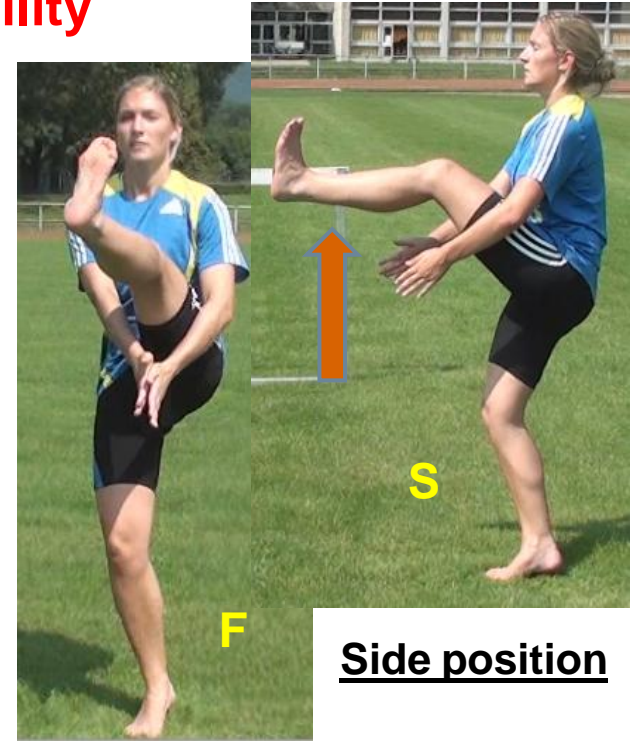
Elastic hopping
on forefeet



Dynamic mobility



Side position:
raise knee at side & front
(F) in change right & left



Front position
kick-up leg and slap
and hands under the legs





Mobility & Flexibility (6)

Focus hip with dynamic exercise



13

Swinging legs inside & outside



Sidewise, swing inside leg high up as much as possible (1) and also back (2)



attention to feet (3)

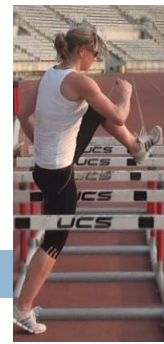
Front, swing legs inside (1) & outside (2) high up, parallel to hurdle. Upright body position & attend to feet action





Mobility & Flexibility

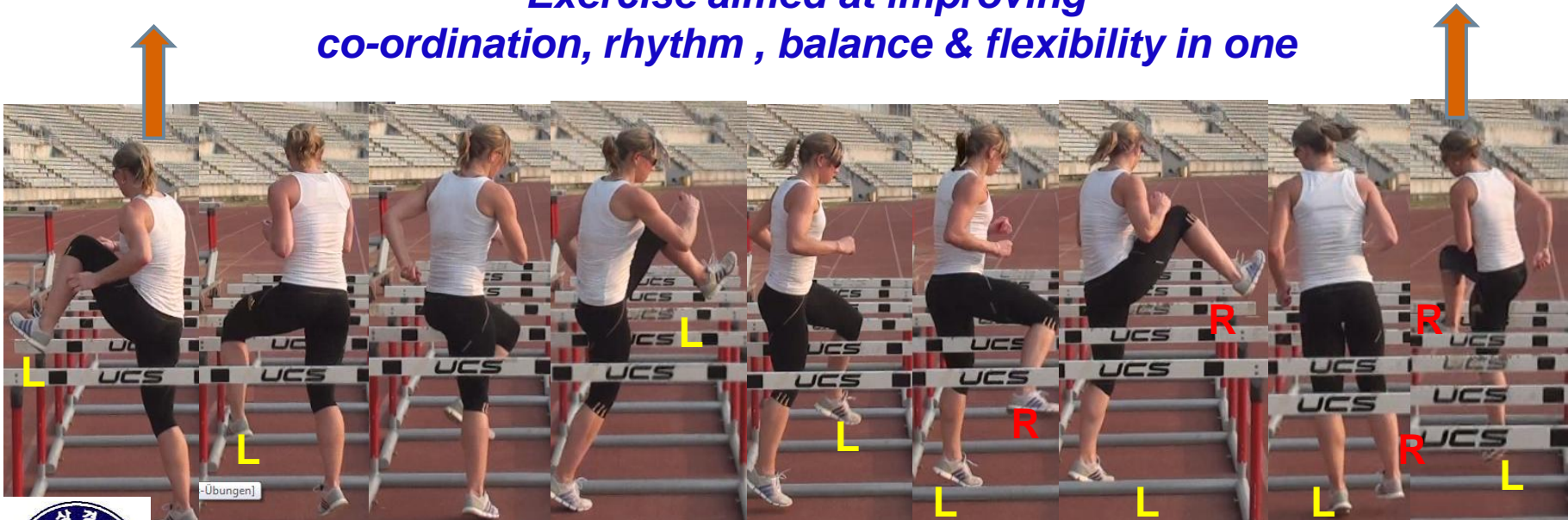
In combination with co-ordination



„Hurdle-dancing“

Crossing the hurdle with right to left foot by turning with an elastic hoping on the forefoot in-between the hurdles

Exercise aimed at improving co-ordination, rhythm , balance & flexibility in one



R R R R R L R L R L





Co-ordination & Hip-Flexibility

Combination of exercises

15



Exercise:
Clearance of the hurdle in a left & right foot follow-up with an upright body position

This technical exercise aiming at good co-ordinated clearance of the hurdle, while at the same moment forcing a high hip flexibility & body balance from the athlete

