

Principles of a Physical Development Session Structure



Mind Map Coaching
• Educate • Inform • Inspire •

Exercise Order (> = Before)

- Power > Strength > Accessory
 - High Velocity > Low Velocity
 - High Intensity > Low Intensity
- Large > Small Muscle Groups
- Multi-Joint > Single-Joint Movements
- Most > Least Complex Movements
- Rotate Upper & Lower Body Exercises
- Pair Agonist-Antagonist Exercises
- Isometric & Dynamic Muscle Actions > Eccentric Exercises

Athletic Motor Skill Competencies (AMSC)

Exercise Selection

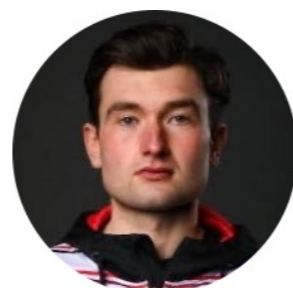
- Horizontal Push/Pull
 - Vertical Push/Pull
 - Hinge
 - Squat
 - Lunge
 - Core
 - Coordination
 - Throwing
 - Catching
 - Grasping
 - Rotation
 - Anti-Rotation
 - Plyometric
 - Speed
 - Acceleration
 - Max Velocity
 - Deceleration
 - Re-Acceleration
 - Change of Direction
 - Jumping
 - Landing
 - Rebounding
- Agility

Focus on the Desired Adaptations

Specific to

Task Sport Individual

Mechanisms > Principles > Methods > Outcomes



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