



In the Trenches



David Gleason YFS II
Youth Speed and Agility Specialist
Head Coach-Athletic Revolution

David Gleason

- IYCA – YFS Level 2
- IYCA – Youth Speed/Agility Specialist
- NSCA – CSCS

A 4 year starter and Co-Captain of the Division I Soccer Team that brought Silver Lake Regional High School its very first State Championship, Dave understands the inherent benefits of discipline, hard work and perseverance. In January of 2010 Dave was inducted into his high school's athletic Hall of Fame as an individual and as a member of the 1988 State Championship team. As a Division II All-New England Captain for Keene State College, Dave capped his athletic career and began his professional career in Westchester County, New York.

Dave Gleason has been coaching young athletes for 2 decades, dating back to 1989 as a soccer coach to hundreds aspiring soccer players. In the mid to late 90's Dave was strength coach for some of the most successful young tennis players in New England – many of them reaching top ten rankings regionally and nationally. Dave has served as a strength and conditioning coach for private swim club teams and has worked individually with hundreds of children 6-18 years old with a wide ranging ability level.

Having managed and owned several successful businesses in Eastern Massachusetts, Dave rededicated his career to that of his passion – young athletes and non-athletes alike ages 6-18. Athletic Revolution was opened by Dave and his wife Andrea in the Fall of 2009 and has already become the most sought after program on the south shore for youth fitness and athletic development.



THANK YOU

- My Family
- Brian Grasso
- Pat Rigsby
- Nick Berry





Overview

- Periodization
- Linear Progression
- Sets, Reps

- Conceptual
- Provide small piece of what the IYCA has done for me



It is not just what we see...it is how we choose to see it.

- How you see it.
- Assumption is life's lowest level of knowledge*.

*Accidental Increase, Steve Sisler 2008



Apply these thoughts to the stories you are about to hear:

- 1-2-3 Activity
- Humanistic/relational
- All levels. Transcends age or ability level.
- Not a program.
- A process.



Do we teach the kids we coach?

- We provide an opportunity, an environment and direction to teach themselves.
- *"Better player when freed to be a better person"* - Doc Rivers, Head Coach Boston Celtics
- Mark of coach on a child's life



There is no excuse for being stupid on purpose.

- 6 year old. Parents want him to choose soccer now. NOW. Soccer specific training program, now. They did not enroll him.
- 9 year old hoop - 8 pm practice, soccer game at 6 am next morning!



- We are ignoring our kids. "They are kids - the will adjust".
 - What adjustment?
 - Poor nutrition, lack of sleep, slouching in school all day equals what?
 - ADD - GMA (Give Me Attention)



- Over scheduled kids - what parents are actually trying to replace is what we provide - multi dimensional approach to activity
 - Scheduled to death and getting **NOTHING** accomplished



What has been created

- What used to be
- What is now
- The Coaching Dilemma of today
 - Limited time
 - Sport vs. conditioning
 - The disconnect:
 - Young athletes are missing out on what used to come naturally



- Coaches need us. It is **not** us vs. them
- The magic words every coach wants to hear:
 - "I understand that you have a limited time with your kids and you are put in a tough position, how do I get the most out of my kids individually and as a team with the time I do have". I help coaches prioritize all factors and teach them how to help the kids become successful now AND in the future."



- Off Season - what is that?
- Tennis used to be the biggest culprit...now virtually every sport is year round, multiple teams, practices etc.
 - Should we say NO.
 - WHAT is in the best interest of the child. No parent will argue with that.



Discovery: 6-9 years old

- AJ - as difficulty, intensity goes up, disinterest and the will to quit goes way up. 10 yrs old.
- Jack - 9 Years old. horizontal hand hold. Words cannot express the look on Jacks face.
- Recess vs. no recess



Discovery: 6-9 years old (Continued)

- Time to "get it out". Throw the fancy lesson plan out.
- Leg tracing - fish out of water. Legs flopping on the ground, virtually no control. Why?
- First Members video...6 kids, skip tag...watching those kids now...no teaching except 2 cues.



Exploration: 10-13 years old

- More and more outcome based coaching with kids in this age group.
- Quads like mine fields
- Ryan 13 yrs - Bacon, 2 bags of chips, brownie. ADHD meds.
- Cant take positive feedback - "Don't you ever tell kids when they do bad?". No bad - degrees of better. Why do we just point out the obvious? Coach them!



Exploration: 10-13 years old (Continued)

- Michael B - 12 yrs. Great kid, hard worker, coachable. 1st day of hoop tryouts - run a mile for time, push ups for 1 minute, sit ups for one minute. End result. He quit.
- Zack G- emotionless. Stoned faced. "He's REALLY shy". First look in his eyes...empty. End of class - laughing and smiling.



Exploration: 10-13 years old (Continued)

- Madeline D - Mom inquiring about our programs
“Get your feet moving” from coach but NO help
or coaching on HOW she should move he feet
- Soccer board - quality of evaluators and
coaches - U12/U14 select teams.
 - Developmental Discrepancies



Transformation: 14+ years old

- Assessments. If a trainer can't show an increase in strength in 6 weeks...
 - Show me a change in skill.
- Alex D - recurring Achilles injury. Coach teaching to sprint on toes. 15 freshman
 - Peak height velocity



Transformation: 14+ years old (Continued)

- Jon Hogan - No one has taken the time - local muscle systems.
- Patience pays off with skill development vs. adding external load
 - Globally sometimes strong, locally weak most times.
- That look in their eyes when it clicks....and when it doesn't



Transformation: 14+ years old (continued)

- Fundamental, basic and general movement patterns are undeveloped or non existent.
- Who do they look up to? Who is their role model? Looking for a connection.
 - Someone to "see" them. Ryan wanting for Ann to email me about Abby.
- Cross the River Game with 14 and 15 yrs with little to no local muscular system strength...wow



Final Thoughts

- Marketing, marketing, marketing. What are we marketing as an industry? We best deliver the goods...DO NOT be a hypocrite.
 - “Dad, I’m an athletic, active kid”
 - Vinny’s dad
- Gems in IYCA speed cert - not about speed development, deceleration, acceleration, cutting etc. - Constant assessment...be a professional observer.



- Teaching movement skills to a kid and watching it 'click' in front of you - what an awesome experience.
- Fitness pro's with some longevity - parallel stories - looking for stability, a business not another job.



Stop worrying about perception

“Do I need this class or session to look cool, different, technical, advanced, new, cutting edge etc. or do I do what I know is right?”