

General to Related to Specific

Published 08/07/20 by [Kelvin Giles](#)

An excerpt from a recent conversation about one of the required components in the content of a Coach Development strategy.

The development of movement efficiency, consistency and resilience sees the journey meandering between 'general', 'related' and 'specific'. The ever-changing emphasis on each layer is in the hands of the coach. Use this ever-changing emphasis as a stimulant to learning. Too much of 'general' for too long might see a loss of enthusiasm as the sports-specific elements were one of the reasons the athlete turned up in the first place. Too much of the 'specific' for too long narrows the journey and often leads to over-use problems. The 'general' allows total-structural strength, stability and ROM to act as a foundation upon which the other elements can be grown. The 'related' acts as a bridge between the two extremes and can act as a progression to or regression from the competition-specific elements. Each athlete will have their own unique rhythm of 'meandering' that suits them - try to find it. As the journey traverses each of these layers so the athlete has to find answers to the millions of puzzles they are faced with. Every movement can and should be tweaked or tinkered with by the judicious use of changes in direction, speed, amplitude, complexity and force which creates the 'millions' of puzzles to solve. By solving all these puzzles the body awareness, proprioception and learning abilities are improved to the extent that further technical and tactical advancement is enhanced.....or you can continue with the content you have been using for the last 40 years or just go ahead and build new facilities with machines that go 'bing'.