

Movements During PHV

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I have been trying to ‘walk the talk’ in recent years as I am currently navigating the period of PHV and PWV with a young athlete. Her 11-12 year period has yielded a 9cm height change and a 6kg weight change. She does 2 x Swimming sessions, 2x Athletics (Run, Jump, Throw) sessions and 2 x Athletic Development sessions each week. The idea has always been to keep her physical competence (Strength, Stability, Balance, Coordination) one step ahead of the load experienced in the sports-specific activities – giving her “the physical competence to do the technical stuff and the technical competence to do the sport stuff.”

As she navigates the movements of Squat, Lunge, Pull, Push, Brace, Rotate, Hinge and Landing I have tried to emphasise the ‘length and strength’ journey during the peak height velocity period. Her Swimming and Throwing activities in particular offered potential hazards as the long bones accelerated their growth and the connective tissue lagged behind. I tried to use movements and postures that saw her feet being as far away from the tips of her fingers as possible and also to ensure that the movements were multi-joint and multi-plane. Once they had been mastered (controlled) then they were exposed to different speeds and complexities. Dumbbells, medicine balls and sand-sacks prevailed over the use of barbells and the test was one of creativity. So far things are working out OK with no sign of injury and plenty of movement efficiency, consistency and resilience being laid down.

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