



Gordon Tx

2023-2024

Coaching Multi Sport Athletes Through Overlapping Seasons and Hurdle Distances

In Season Preventative Injury and health-Pre and Post

Planning ahead skills required for next sport, Prioritize

Complementary training for In-season and incoming season

Build in Failure, coping and achieving

No Leaks, water finds the cracks

In-Season Preventative Injury and Health Pre & Post Practices



A stylized graphic featuring a gold outline of the state of Texas. Overlaid on this map is a dark blue silhouette of a longhorn with long, curved horns. The word "SKILLS" is written in large, white, sans-serif capital letters across the center of the longhorn's body. The background is black, with several parallel diagonal lines in the top-left corner (dark blue) and bottom-right corner (gold).

SKILLS

Planning ahead

Current Sport vs Upcoming

Football-Work on skills like **passing, catching, running, blocking, and tackling.** Develop both offensive and defensive abilities.

Baseball-The five most basic fundamentals in baseball are **throwing, catching, hitting, fielding, and base running.** There are dozens of additional fundamentals in baseball, but all players need to be proficient in these five fundamentals to be successful at any position.

Basketball-The journey through basketball basic skills – **dribbling, shooting, passing, catching, defense, and rebounding** – is foundational for any player. Each skill is a critical piece in the complex puzzle of basketball mastery. They form the foundation upon which advanced strategies and personal style are built.

Track-With so many events – running, throwing, jumping, hurdling, and more – track and field has something for everyone and develops athletes for all sports.

Football and Baseball

Look up Tom House to be successful at Throwing



Running

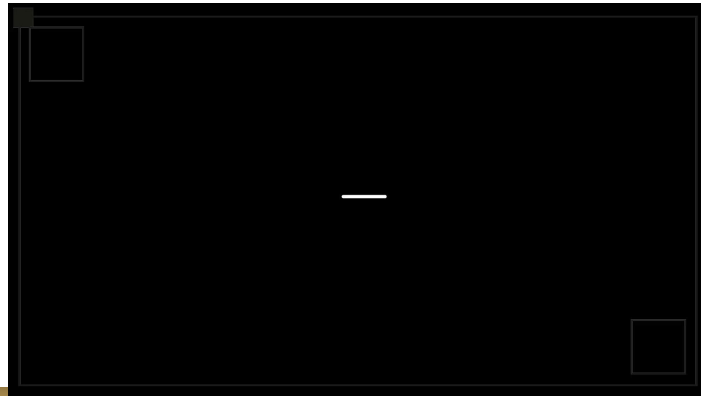
All Sports-Speed Wins

Sprint

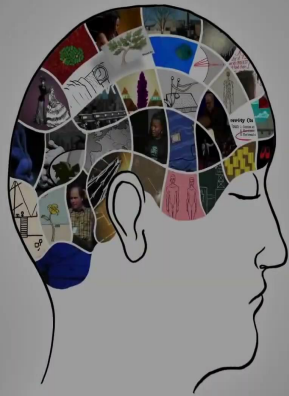
Plyometric explosive

Develop it Daily with a year round plan

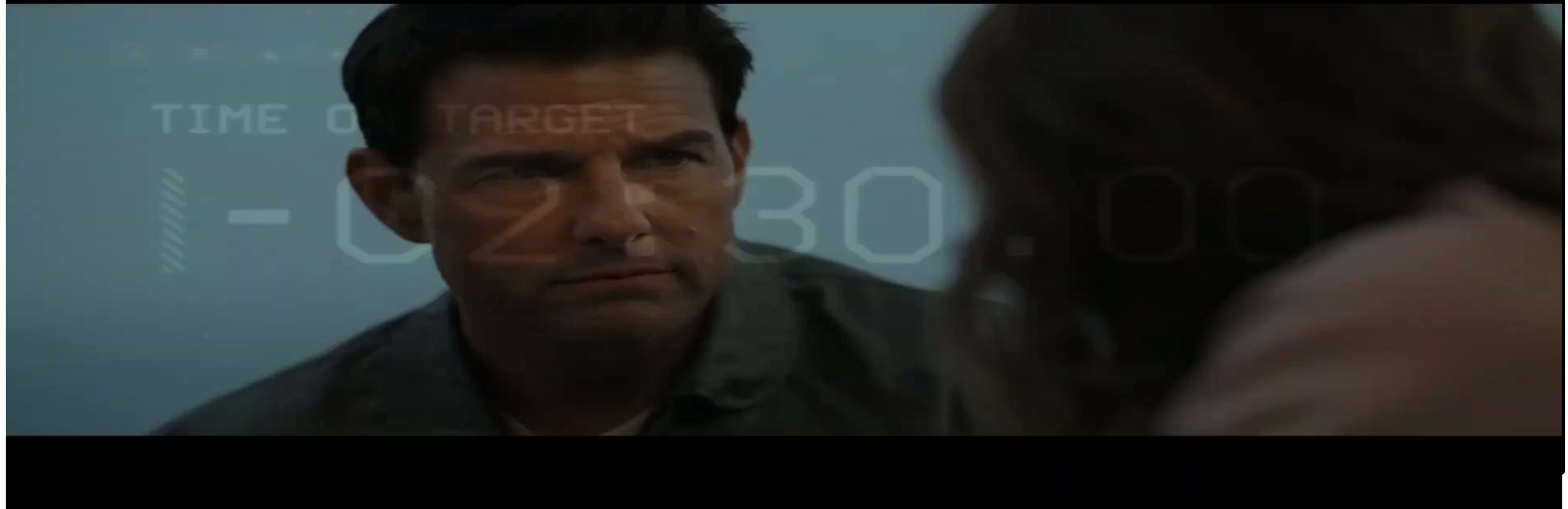
Lactate



Build in failure, coping, and achievement



Lead by example



No Cracks

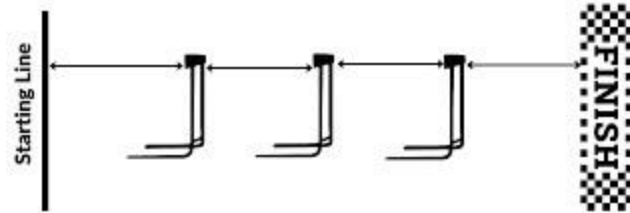
No matter the sport or extracurricular,
communicate with all programs. Be one.



Junior High Hurdle Distance Matters

What is recommended for the olympic champion,
NCAA champion, High School Champion, and 7th
grade Junior high.

110m Hurdles Distance



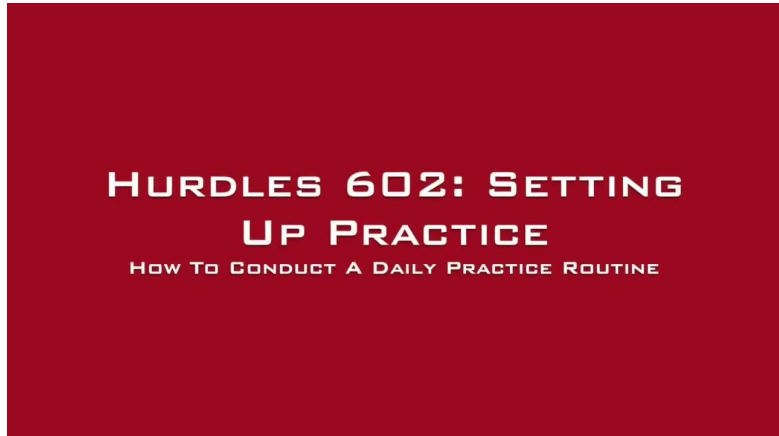
Rhythm is the nation

Listen the the best of the best talk about Rhythm and how the critical the development is to the success of hurdles.





Simple to complex



https://youtu.be/1ZqfgvPNYJ4?si=DHOXpu_s0izFtBv_

300 hurdle webcam



Thank you