

MY 47 YEAR JOURNEY ON THE IMPORTANCE OF KPI'S AND THEIR PRIORITIZATION IN A SPURTER, COMBINED EVENT AND JUMPER'S PROGRAM



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CURRENT ROLES

- Audit coaches and performance staff at institutions of high performance, globally.



- Mentor performance staff members on multiple facets of sport excellence.

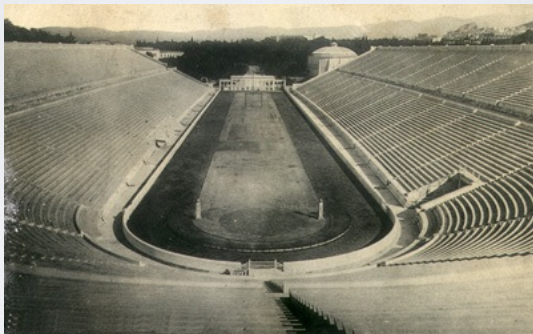


- Gate keeper duties and enforcement driver for action points agreed upon by key stake holders.



MY JOURNEY, THUS FAR

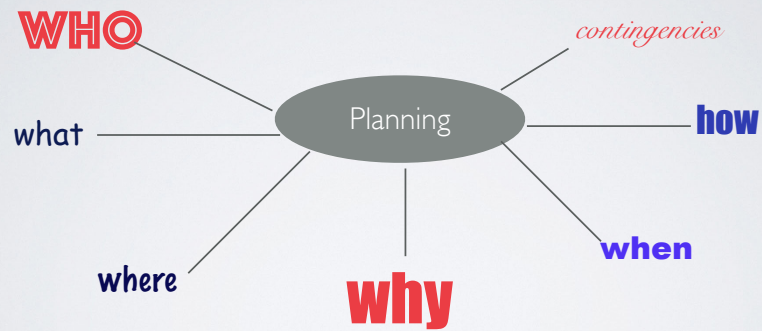
Majority of my work based in the sport of track and field.



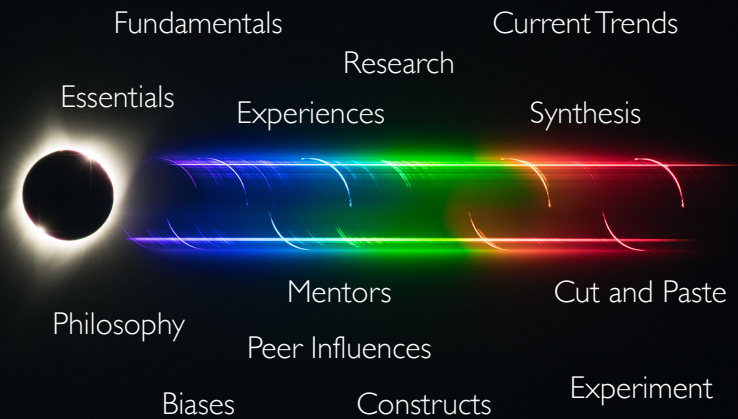
No place to hide, work is analyzed by millions.



THE CONUNDRUM OF PLANNING



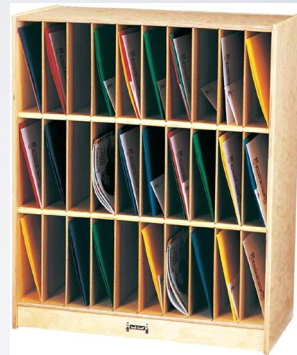
HOW WE COACH AND PLAN



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MAILBOX SYSTEM “COACHING IN GROUPS”

- Injury/Wellness Status
- Postion
- Skills both general and specific
- Virus Commonalities
- Personalities



ATHLETES ARE INJURED AT BIRTH AND ITS
DOWNHILL FROM THERE. COMPENSATION
OF MOVEMENT IS A PUZZLE.



TRAINING GAPS

Sports Medicine practitioners and coaches seldom understand the complexity of world class training systems.

They have zero understanding of training gaps!



KPI'S, A DOUBLE EDGE SWORD

Key Performance Indicators

Key Performance Inhibitors



KPI'S AND PLANNING ARE INSEPARABLE

- The use of KPI analysis aids in the structure and order of planning.



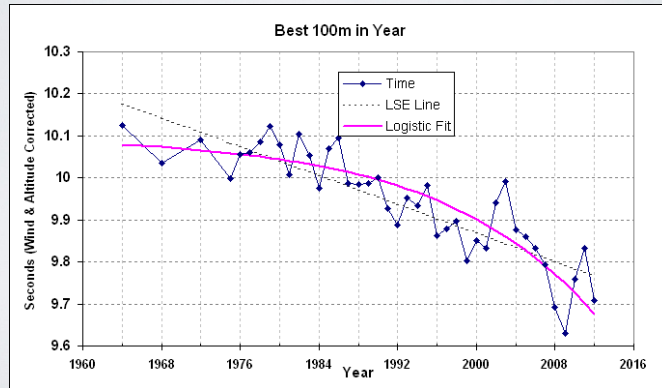
- Identifying hierarchy is critical in high performance development.

Record keeping has been an endless chase for coaching evolution.



JOURNEY, CONTINUED

Trend analysis and correlation drive the bus.



MY JOURNEY

Little support staff, resources and bus station talent pools.



THE UNIVERSITY OF THE SCHOOL OF HARD KNOCKS

Swimming in knowledge, lacking the life preserver of wisdom!



LEAVING CERTIFICATE FROM USHN

Minimal Effective Dose for each and every menu item, cycle, phase and training year!



MY STANCE, TODAY!

My work is **holistic, generalist** in nature and above all, **universalist** in pursuit.

We utilize a **mechanical driven model** of training whereby **mastery** drives program changes.

Biochemistry, Central Nervous System, Fascial Trains and the Collagen Matrix serve as **foundational touchstones** of training design.



MARGINAL GAINS

Fashion is enamored with the 1% dialogues.

I am more concerned with the essentials and fundamentals. What are the BIG ROCKS?

Defining these well allow for deeper KPI systems.

We must constantly monitor essentials and fundamentals in order to properly rank the KPI hierarchies for programming.



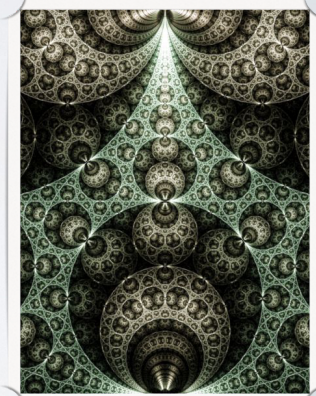
MORE THOUGHTS

- Template designs with **prescriptive** implementation, high usage of ranges!
- Power/Speed sports have lots of **commonalities**
- **Wellness factors** have become more prevalent in training designs



SPECTRUMS AND FRACTAL PATTERNS

Most paradigms and concepts are more spectral than absolute. I struggle with absolutists. Complex systems demand skills in fractal geometry.



MY VIEW OF KPI'S AND PLANNING

10,000 ft. view



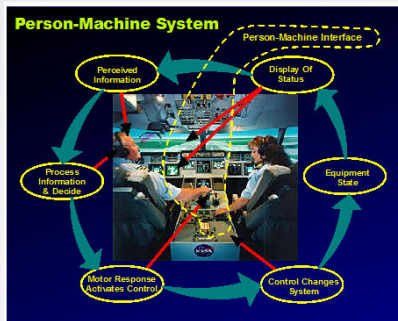
ONE NEEDS TO START SOMEWHERE



THE FIRST GRID

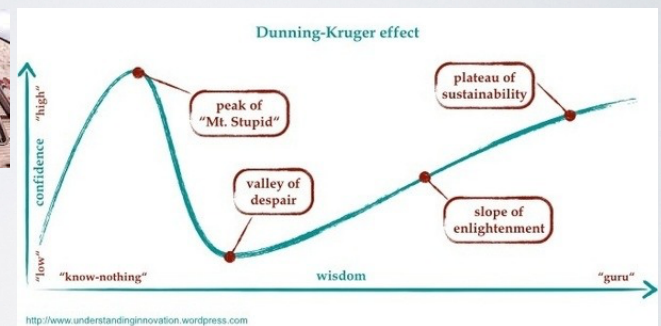
Ergonomic and Environmental analysis of the sport and athlete.

This leads to a KPI listing.

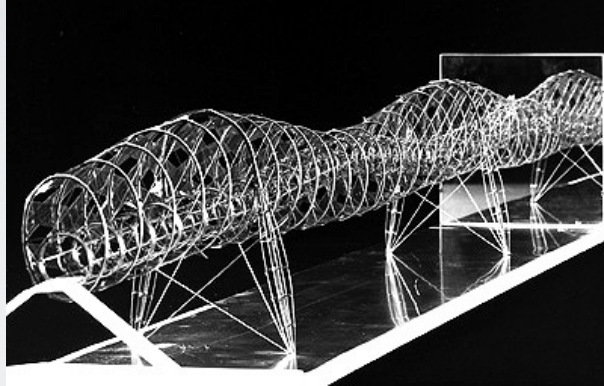


MY FIRST KPI LITMUS TEST

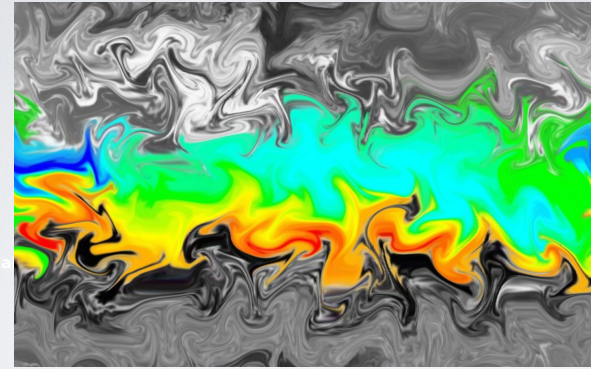
Is it logical and is it founded on common sense?



KPI'S ARE INTER-RELATED AND INTER-DEPENDENT



KPI'S ARE FLUID, DYNAMIC AGENCIES

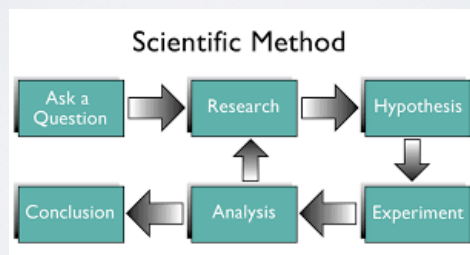


Computational

SCIENCE AND KPI'S

Science is *the process through which we derive **reliable predictive rules** through controlled experimentation. It must be done repeatedly.*

*Each program that we write is just a **working hypothesis**. It is not an edict!*



KPI PROGRAM MANAGEMENT

- *Monitoring Systems and Methodology
- *Debriefs: micro, meso and macro; military research formatting
- *Evaluation and Peer Reviews



MONITORING: FIELD SYSTEMS

- Posture
- Body Language
- Rhythm
- Coordination
- Feedback and tone of voice
- Perceived Exertion

***Evaluated against normative maps!



GENERAL CLASSIFICATION OF KPI'S

- Technical
- Physiological/Genetics
- Wellness
- Lifestyle
- Mental
- Emotional
- Environmental and Sport Knowledge



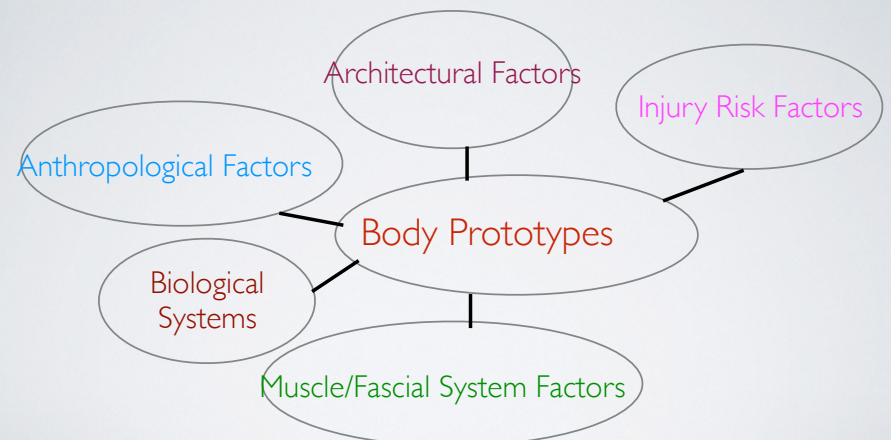
Technical

- Event Specific Items
- Related Task Items

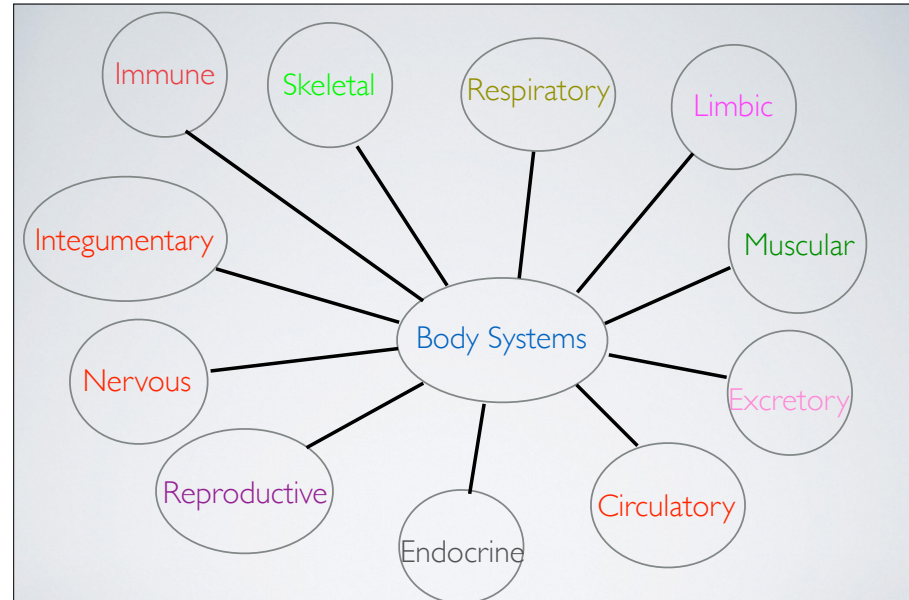
Supportive Items: Physical and Foundational Essentials



SPORT SPECIFIC AND EVENT GROUP CLASSIFICATION SCHEMES



Physiological/Genetics



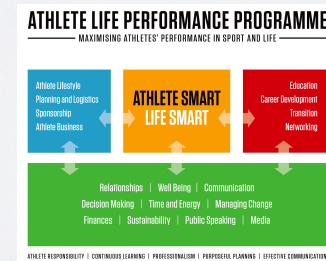
Wellness

- Chronic Injury Factors
- Event Acute Injury Factors
- Immune/Hormonal Factors
- Over Training Factors
- Neurochemical Factors



Lifestyle

- Diet and Nutrition
- Sleep Hygiene
- Relationships
- Work/School
- Finances
- Support Systems
- Faith



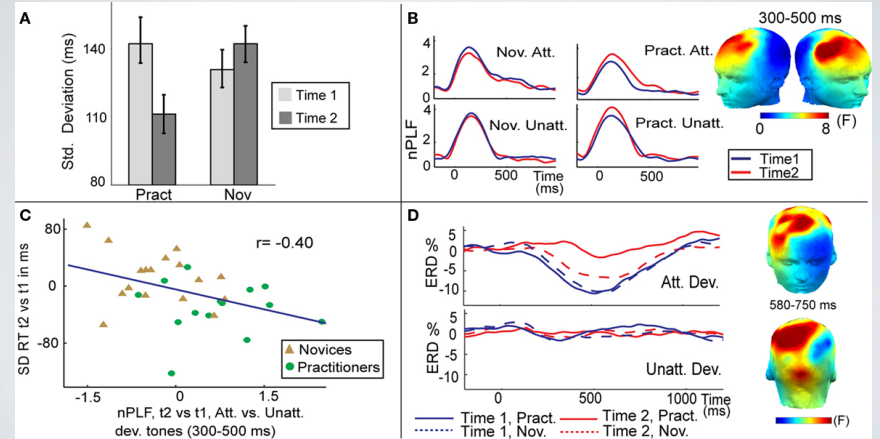
Mental Skills

Resiliency
Coping
Outlooks
Icebergs
Self Talk
Support Systems

• **biopsychosocial framework:** an approach to describing and explaining how biological, psychological and social factors combine and interact to influence physical and mental health



MENTAL TRAINING MUST BE COMPLEX, SYSTEMATIC AND REGULARLY PRACTICED TO BE EFFECTIVE.



Emotional

Focus: Ability to Surf 4 Zones
Arousal
Perspectives
Styles
Histories
Epigenetic Factors



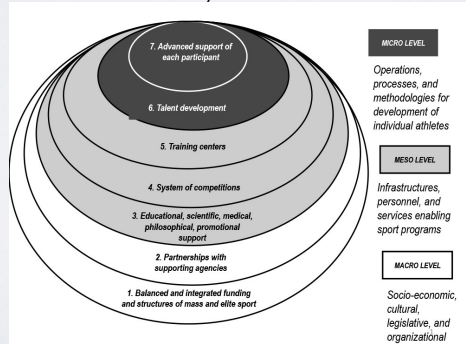
Environmental and Sport Knowledge

SWOT ANALYSIS

	Helpful to achieving the objective	Harmful to achieving the objective
Internal origin (attributes of the organization)	Strengths	Weaknesses
External origin (attributes of the environment)	Opportunities	Threats

SPORT KNOWLEDGE

Gold Standards for Event Discipline
Mindsets
Programming
Support Systems
Competition Dynamics
Lifestyle Factors



GENERATIONAL CLASSIFICATION SCHEMES



GENERATIONAL EXAMPLE: POLE VAULT

1st: Competition Length Jumps

2nd: Various shorter run jumps and event specific exercises

3rd: Acceleration, Speed and Jumps exercises

4th: Weight Training, Plyometrics, Throwing, Gymnastics, Alactic Runs, Wellness Exercises

*note: very little general or 5th generation work unless physical literacy or contextual deficiencies are evident. Many use 5th generational work for recovery mechanisms.

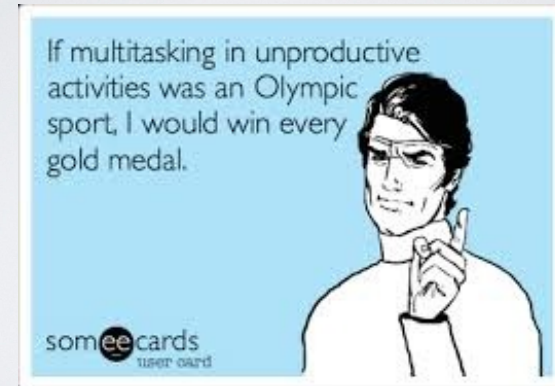
THE BEST FORM OF TRAINING IS DOING EVENT SPECIFIC WORK.



THE BEST FORM OF EVENT SPECIFIC TRAINING IS COMPETING!



WE STRIVE FOR ONE TASK TO COVER MANY COMPONENTS.



IS STRENGTH A GET OUT OF JAIL FREE CARD?

- What and how do we strengthen?
- Systems inputs and reactions?
- Movement Expression Effects?



THE VALUE OF CONTEXT



Is Strength a get out of Jail Free card?

- What and how do we strengthen?
- Systems inputs and reactions?
- Movement Expression Effects?

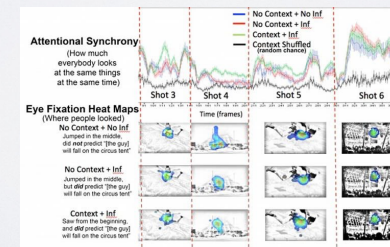


CONTEXT FOR GENERATIONAL CONSTRUCTS

Some training menu items are teaching progressions to higher degrees of specificity.

Some training menu items serve as mental, neurological or brain plasticity reference points; "perceptual grids".

Some training items may serve to build platforms for more specific work qualities.

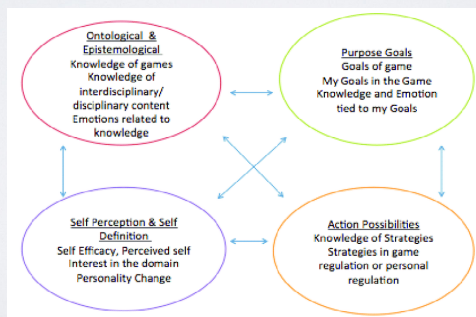


WE RESPECT DYNAMIC SYSTEMS MODELING, QUESTIONS HOWEVER?

How much variance do we need?

Where do landmark sessions fit?

Organizational adapter spectrums?



ATHLETES MUST TAKE EXTREME OWNERSHIP OF THEIR SPORT/LIFE JOURNEY.



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THE COACH, ATHLETE AND SUPPORT STAFF
HAVE TO REPROVE THEMSELVES DAILY. NO
MATTER WHAT THE RESUME, ITS A DAILY
TRUST PROJECT!

