



Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

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Performance Diaries

As the game we play becomes more technical with video analysis, and various types of computer software to help coach and develop players, there is still one thing that should always be close at hand. A personal performance log/diary!!

For a young player it is sometimes difficult to digest/process technical or verbal feedback that may be given, especially immediately after a session or game. It can be especially difficult to talk about or listen to feedback from a session/game that may not have gone as well as you had hoped!!

The use of a diary or performance 'Log' can be extremely beneficial after the 'heat of the moment'

has passed. The important thing is that it is your own input.

Players are now challenged at an even younger age to have a little bit of 'ownership' with their development. You will not be expected to know and will not know all the key things about the game — that is what the coach is there for. But if you are able to log all the good and not so good things that happen it should help you, and give you something to work towards at the next opportunity.

All the other things are great and exciting to use but, you are never guaranteed access to computers or video's. Your diary or log book can be taken around with you and always be at hand.

By writing things down you can always go back to it and recall what happened.

These should not just be used though for negative feedback!! When you do something well you should try to record it as you learn just as much if not more from things you do well. People often say 'I made a mistake because.....'. If you record your good moments and understand why things happened you can then say 'that went well because.....'.

If by logging things down just to help remind you of what happened helps you understand the basics of the game it can only help you as you get older. It is a good habit to get in to early and one that could have great rewards down the line.

ready for your next session. By wearing compression garments, the body is 38% closer to base levels of lactic acid after just 20 minutes compared to not wearing them. Compression helps recovery!!

Also, compression clothing is designed to provide a constant pressure around the muscles to stimulate capillary blood flow. When worn during exercise, the compression aids the circulatory system to feed the muscles with required blood. It has been proven that wearing compression garments instead of normal running tights was accompanied by a reduction in energy expenditure and wearing compression for two hours and 15 minutes has been shown to reduce the build-up of lactic acid by up to 37%. It also seems that compression reduces the build-up of lactic as well as speeding up the removal of this waste product after training.

Other benefits of compression garments include reduced muscle vibration, which helps reduce delayed onset muscle soreness (DOMS), aided Proprioception (balance) and extra muscle support. It also regulates core body temperature, keeping you warm in the winter and cool in the summer. The wicking properties are also proven to be effective in keeping sweat away from the skin!!

Sport Science Support

In modern sport there seems to be an awful lot of trends. One trend that seems set to stay is that of compression clothing and temperature regulation and recovery.

From the physiological point of view, blood flow around the human body transports fuel to the working muscles and removes waste products (lactic acid). Keeping this process working efficiently is crucial to maintaining maximum performance. When the intensity of exercise increases, the capillaries widen to increase blood flow. However, when the exercise stops, the requirement for fuel decreases and the capillaries and blood flow return to normal. This leaves the waste by-products in the muscles until the next training session.

Research has shown that wearing compression garments post-exercise (for a minimum of 2 hours) artificially keeps blood capillaries dilated, thus helping to remove waste by-products so that you're fresh and