

Towards an international dictionary of athletics coaching terms

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Introduction

The preliminary results of the International Athletics Foundation pilot study on "Athletics Coaching Terminology", published in NSA number 4 Volume Four, contained a detailed description of the tasks of the study, the method for deriving appropriate terms and six coaching situations. In addition, the corresponding structure diagrams and the terms derived were given.

At the completion of the study a 134-page final report was presented to the IAF Council. Apart from basic chapters dealing with the tasks of the pilot study and the method for deriving athletics coaching terms, this report contains detailed descriptions of a total of seven coaching situations. The structure of each is illustrated by a diagram. The intended product of the project, and the heart of the report, is both a structured and alphabetical English-German list of approximately 1,000 athletics coaching terms. As was foreseen in the preliminary report, most of the terms (approximately 800) are derived from the fifth situation "Technique Training". A bibliography of approximately 100 references rounds off the report.

In the following, the seventh coaching situation "Conditioning Training: Derivation of Training Forms", which was not included in the preliminary results, is described in detail. The corresponding structure diagram and terms derived are presented. To give an impression of the final list of terms, a structured list of

"jumping terms" is presented. Last but not least a proposal will be made for further efforts towards an international dictionary of athletics coaching terms.

Seventh Situation

1. Description (reflections leading to the development of Diagram 7 "Conditioning Training: Derivation of Training Forms")

Which type of decision process (which the coach should be able to explain to the athlete if required) leads in a concrete case to the details exactly describing the athlete's behaviour during conditioning training (training forms)? This decision process concerns:

- training goals;
- training contents;
- training methods;

In the following, the procedure is demonstrated using the possibilities which are available in the training of middle and long distance runners.

The first decision concerns the main emphasis of conditioning training. Here, the choice is between the main categories "strength training", "speed strength or power training", "endurance training", "flexibility training", and "speed training". In the case of middle and long distance running, the focus will be most frequently on endurance training. If this is so, two guiding goals and two main groups of training contents are possible: general endurance training or specific endurance training.

In the first case, the athlete tries to improve his/her general endurance performance ability through other endurance activities such as cross-country skiing, cycling, swimming or even circuit training. The most important purposes of such a training is the development of a better basis for adaptation to special demands and the prevention of injuries. In the second case (normal case), the middle or long distance runner's special endurance is

directly improved by running training. Here, it must be decided whether training should be oriented to the development of basic endurance (long load duration, aerobic energy production) or to the adaptation to competition-specific demands (competition-specific endurance training). In the case of very long competition distances, specific training is almost or even completely identical with basic endurance training.

If the decision has been made for competition-specific endurance training, the different competition distances can be allocated to certain types of endurance according to their duration. These types of endurance are:

Sprint or speed endurance (maximal endurance):

The endurance required to resist fatigue due to loading at sub-maximum and maximum intensity (approx. 85-100% maximum intensity, and predominant anaerobic production of energy. (DICK: *Sports Training Principles*, 209)

Short-term endurance (intensive endurance):

The endurance required for covering efforts of 45 seconds to 2 minutes duration. (DICK, 209)

Medium-term endurance (extensive endurance I):

The endurance required for efforts of 2 minutes to 8 minutes duration. (DICK, 209)

Long-term endurance (extensive endurance II):

That endurance required for efforts in excess of 8 minutes duration and during which time there is no essential decrease in speed. (DICK, 209)

In all cases, during further reflections on the derivation of training forms, the following aspects should be considered:

- physiological aspects (degree of anaerobic and aerobic demands),

- psychological aspects (e.g. stress caused by the sensation of pain, positive flow experiences, influence of partners, etc.),

- techno-motor aspects (e.g. running technique in different terrains).

The relationship between the training distance and the competition distance leads to a rough division of the contents of running training. It is logical that the training distances can be equal to, shorter or longer than the competition distance. As far as intensity is concerned, shorter distances are normally run as fast or faster than the competition distance. Longer distances are always run more slowly than the respective competition distance.

The exact load and the supposed stress are the result of the combination of training contents with training methods, for example:

(Extensive) interval training method, group training of four runners with change of leader in each series, time is checked by coach, communication about the degree of stress during the rest intervals, additional corrections of technique if necessary.

2. Structure:

see diagram 7 "Conditioning Training: Derivation of Training Forms"

3. Terms derived:

acceleration run/sprint (Steigerungslauf)

acceleration sprint (Steigerungslauf)

basic endurance training

(Grundlagenausdauertraining)

competitive distance running

(Wettkampfdistanztraining)

competitive pace running (Lauf im Wettkampftempo)

competition-specific endurance training (wettkampfspezifisches Ausdauertraining)

continuous fast running

(Tempodauerlauf)

continuous running (Dauerlauf)

endurance training
(Ausdauertraining)

extensive endurance training (extensives Ausdauertraining)

fast interval training (schnelles Intervalltraining)

flexibility training

(Beweglichkeitstraining)

general endurance training (allgemeines Ausdauertraining)

hollow sprints (Sprints mit Trabpause)

intensive endurance training (intensives Ausdauertraining)

intermittent running (Lauf nach der Intervallmethode)

interrupted training (Training mit wechselnder Intensität)

interval sprinting (Intervallsprints)

long slow distance training [LSD] (langer langsamer Dauerlauf)

long-term endurance training

(Langzeitausdauertraining)

maximal endurance training

(Maximalausdauertraining)

medium-term endurance training

(Mittelzeitausdauertraining)

mixed pace running

(Tempowechsellauf)

overdistance training

(Ueberdistanztraining)

repetition running

(Wiederholungsläufe)

specific endurance training

(spezifisches Ausdauertraining)

speed-endurance training

(Schnelligkeitsausdauertraining)

speed training (Schnelligkeitstraining)

speed-strength training

(Schnellkrafttraining)

sprint-endurance training

(Schnelligkeitsausdauertraining)

steady paced running (Dauerlauf in gleichmäßigem Tempo)

strength training (Krafttraining)

sustained running (Dauerlauf)

tempo training (Tempotraining)

training content (Trainingsinhalt)

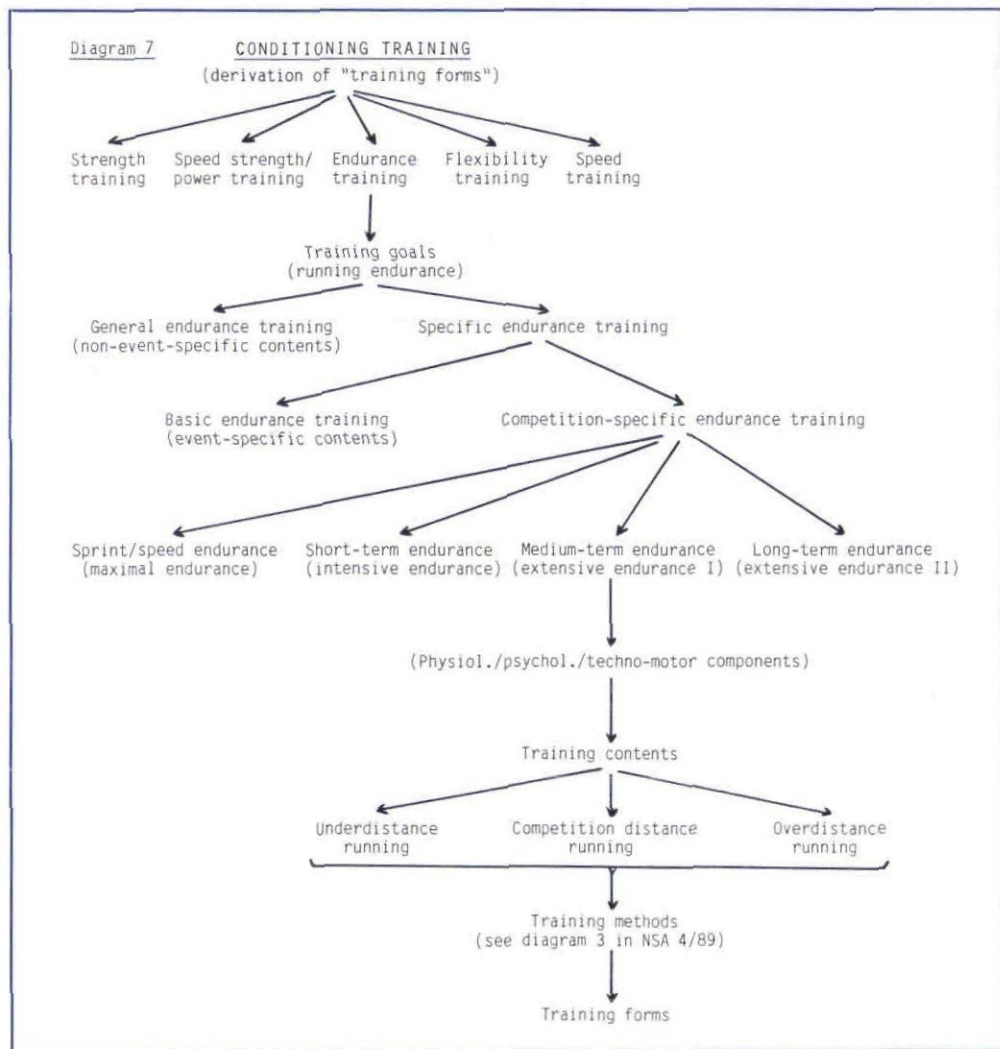
training form (Trainingsform)
 training goal (Trainingsziel)
 underdistance training
 (Unterdistanztraining)
 varied pace running
 (Tempowechsellauf)

Further procedure

The list of terms developed in this pilot study should be presented to a group of coaching experts for their opinions and suggestions based on the

relevance to IAAF Level I courses. This group of practical experts should be arranged by the IAAF Development Department. Further steps towards an international dictionary of athletics coaching terms could be as follows:

1. A critical evaluation of the methodical approach proposed in this pilot project must be conducted. A different approach should be outlined if regarded as necessary.
2. Additions and deletions in the situ-



ations/diagrams proposed should be made if regarded as necessary. Further situations/diagrams should be developed. (In this pilot project, situation 7 "Conditioning Training" has only been done for endurance training; strength, speed strength/power, flexibility and speed training must still be dealt with. Situation 7 as well as situation and diagram 3 "Load and Stress Situation" have been developed using the example of a middle distance runner; throwers and jumpers have still to be considered. If the methodical approach proposed here was accepted, it would be most useful if further situations or diagrams for the derivation of terms were developed by the group having worked together in this pilot project because they are obviously the most experienced in this area.)

3. The extent to which medical terms should be included in the planned dictionary. It would be possible to develop situations dealing with sports-medicine care, performance diagnostics, injury prevention- or rehabilitation. From these situations appropriate terms could be derived. However, the danger of including too many terms should be taken into consideration!).
4. The terms proposed in this pilot project should be checked, and terms regarded as unsuitable should be taken out.
5. The remaining terms should be arranged into groups of synonyms; in each case, one preferred term should be chosen.
6. The preferred terms chosen should be defined.
7. The preferred terms and their definitions should be presented to experts speaking those languages planned to be included in the dictionary for translation.

This whole process will doubtless be very time-and money-consuming. It is absolutely necessary that all people involved in the development of the planned dictionary meet at regular intervals. This pilot project has shown that only a lively exchange of ideas and opinions will lead to satisfactory results.

Structured list of terms : Jumping events

Long Jump/Triple Jump

Equipment/facilities

check mark (Kontrollmarkierung)
 jumping pit (Sprunggrube)
 landing area (Sprunggrube)
 marker (Zwischenmarke)
 plasticine indicator board (Plastilineinlage)
 runway (Anlaufbahn)
 scratch line (Absprunglinie)
 take-off board (Absprungbalken)

Movement phases/ technique

hitch kick (Schrittweitsprung)
 2 hitch kick (Laufsprung mit 2 Schritten)
 absorption of impact (Amortisationsphase)
 active extension at take-off (Absprungstreckung)
 active foot placement (aktives Aufsetzen des Fusses)
 active landing [of the foot] (aktive Landung [des Fusses])
 alternating/alternate arm movement/action (alternierender Armeinsatz/normale Sprintarmbewegung)
 amortization phase (Amortisationsphase)
 approach [run] (Anlauf)
 arm and a half take-off [continuation of normal sprinting arm movement for the arm on the same side of the take-off leg and a modified movement for the other arm] (Absprung mit "halbem" Armeinsatz)
 backward lean of the trunk/upper body

(Oberkoerperruecklage/Rumpfrueck-
 lage)
 blocking (Stemmen)
 blocking step (Stemmschritt)
 clawing action [of the foot] (greifender
 Fussaufsatz)
 compression phase (Amortisation-
 phase)
 conservation of speed through the phases
 (Beibehaltung der Geschwindigkeit in
 den einzelnen Phasen)
 double arm action (Doppelarmeinsatz)
 flight phase (Flugphase)
 float style (Hocksprung)
 foot plant (Fussaufsatz)
 forward lean of the trunk (Rumpfvorlage)
 grabbing foot movement (schnelle,
 greifende Fussbewegung)
 hang style (Schwebehangsprung)
 hip sink (Absenken der Huefte)
 hitch-kick (Hitchkick/Laufsprung mit Un-
 terschenkelausschleudern)
 hop (Hop/1. Sprung des Dreisprungs)
 horizontal velocity (Horizontalgeschwin-
 digkeit)
 in-the-air position (Flughaltung)
 jump (Jump/3. Sprung des Dreisprungs)
 landing (Landung)
 leg shoot (weites Vorbringen der Beine)
 maintaining balance (Beibehalten des
 Gleichgewichts)
 next-to-last stride [of the approach] (vor-
 letzter Schritt [des Anlaufs])
 one stride hitch-kick (Laufsprung mit
 einem Schritt)
 pawing[-like] foot action (greifende Fuss-
 bewegung)
 penultimate stride [of the approach] (vor-
 letzter Schritt [des Anlaufs])
 phase ratios (Verhaeltnis von Hop, Step
 und Jump/Sprungaufteilung)
 preparation for take-off
 (Absprungvorbereitung)
 reaching and pawing action [of the foot]
 (ausgreifender, aktiver Fussaufsatz)
 reverse of [the] legs (Beinwechsel)
 run-off take-off (Ueberlaufen des
 Absprungs)
 run-up (Anlauf)

running-in-the-air style (Laufsprung)
 sail jump (Hocksprung)
 scissoring movement with the legs (sch-
 erendes Aufsetzen der Beine)
 single arm take-off (Absprung mit nor-
 maler alternierender Armbewegung/
 Ueberlaufen des Absprungs)
 skid-through technique (Landung ohne
 Bodenberuehrung des Gesaesses)
 step (Step/2. Sprung des Dreisprungs)
 stride jump (Schrittweitsprung)
 striding-in-the-air style
 (Schrittweitsprung)
 take-off (Absprung)
 touchdown (Plazieren des Fusses/Fus-
 saufsatz [zum Absprung])
 two stride hitch-kick (Zwei-Schritt
 Hitchkick/Laufsprung mit zwei Schrit-
 ten)

Training contents

bounding (Sprunglauf)
 clawing action drill (Uebung des greifen-
 den Fussaufsatzes)
 hop-up jump (Steigesprung)
 hopping (Einbeinspruenge)
 hopping with short step in between (Hops-
 erlauf)
 lattice jumping (Gitterspringen)
 multiple jumps (Mehrfachspruenge)
 skip drills (Hopserspruenge)

Other

approach rhythm (Anlaufrythmus)
 approach speed (Anlaufgeschwindigkeit/
 Anlaufschnelligkeit)
 approach velocity (Anlaufgeschwin-
 digkeit/Anlaufschnelligkeit)
 foot-fault (Uebertreten)
 free leg (Schwungbein)
 highest point of the flight curve
 (Scheitelpunkt der Flugkurve)
 jumping leg (Sprungbein)
 loss of momentum (Antriebsverlust)
 loss on landing (Landeverlust)
 non-jumping leg (Schwungbein)
 non-take-off leg (Schwungbein)
 run-up speed (Anlaufgeschwindigkeit/
 Anlaufschnelligkeit)

run-up velocity (Anlaufgeschwindigkeit/
Anlaufgeschwindigkeit)
shock of landing (Aufreffkraft bei der
Landung)
support time (Stuetzzeit)
swing[ing] leg (Schwungbein)
take-off angle (Absprungwinkel)
take-off height (Hoehe des Koerper-
schwerpunkts im Absprung)
take-off leg (Sprungbein)
take-off speed (Absprunggeschwin-
digkeit/Absprunggeschwindigkeit)
take-off velocity (Absprunggeschwin-
digkeit/Absprunggeschwindigkeit)
time of support (Stuetzzeit)

High Jump

Equipment/ facilities

[cross]bar (Sprunglatte)
landing area (Landematte)
non-topple uprights (stabile Sprungstaen-
der)
pegs (Auflegestuetzen)
posts (Sprungstaender)
supports (Auflegestuetzen)
take-off pad (Absprungflaeche)
uprights (Sprungstaender)

Movement phases/ technique

acceleration phase (Beschleunigung-
sphase)
alternating/alternate arm movement/
action (alternierender Armeinsatz/
normale Sprintarmbewegung)
amortization phase (Amortisationsphase)
approach [run] (Anlauf)
back layout (Scherensprung mit
Rumpfruecklage/Schottische oder Iris-
che Technik)
bar clearance (Lattenueberquerung)
brace (Stemmen)
bracing phase (Stemmphase)
checking phase (Bremsphase)
crossing [of] the bar (Lattenueber-
querung)
curved phase [of the flop approach]
(gekruemmter Anlaufabschnitt)
dive straddle (Tauchwaelzer)
double arm technique (Doppelarmtech-
nik)

Eastern cut-off with or without trunk
layout (Scher-Kehr-Technik)
flight phase (Flugphase)
flop (Flop)
foot plant (Fussaufsatz)
inward lean of the body [when running
the curve] (Innenneigung des Koer-
pers [beim Kurvenlauf])
L-position [of the flop landing] (L-Posi-
tion [bei der Floplandung])
landing (Landung)
modified scissors (Scherensprung mit
Rumpfruecklage)
momentum-transfer take-off (Kraf-
tatsprung)
next-to-last stride [of the approach] (vor-
letzter Schritt [des Anlaufs])
parallel straddle (Parallelwaelzer)
penultimate stride [of the approach] (vor-
letzter Schritt [des Anlaufs])
power flop (kraftbetonter Flop/Power-
Flop)
preparation for take-off
(Absprungvorbereitung)
run-up (Anlauf)
scissors (Schersprung)
settle (Amortisation)
shifting work [straddle] (Verlagerungsar-
beit [Straddle])
six-o-clock-position (spagatartige Bein-
stellung in der Abflughaltung beim
Waelzsprung)
speed flop (geschwindigkeitsbetonter
Flop/Speed-Flop)
straddle (Straddle)
straight phase [of the flop approach]
(gerader Anlaufabschnitt)
strength take-off (Kraftatsprung)
take-off (Absprung)
turning outwards of the jumping leg
(Abspreizen des Sprungbeins)
velocity take-off (schnelligkeitsbetonter
Absprung)
vertical spring (vertikale Sprungkraft)
Western Roll (Rollsprung)

Training contents

box depth jumps (Tiefspruenge vom
Kasten)

hurdle hops (Huerdenspruenge)
multiple jumps (Mehrfachspruenge)
plyometric drills (plyometrische/reaktive Sprungkraftuebungen)
stair hops (Treppenspruenge)

Other

angle of flight to the bar (Flugwinkel beim Angehen der Latte)
approach angle (Anlaufwinkel)
approach rhythm (Anlaufrhythmus)
approach speed (Anlaufgeschwindigkeit/Anlaufschwindigkeit)
approach velocity (Anlaufgeschwindigkeit/Anlaufschwindigkeit)
free leg (Schwungbein)
inside limbs (sprunglattenennahe Extremitaeten im Absprung)
jumping leg (Sprungbein)
non-jumping leg (Schwungbein)
non-take-off leg (Schwungbein)
outside limbs (sprunglattenentfernte Extremitaeten im Absprung)
run-up speed (Anlaufgeschwindigkeit/Anlaufschwindigkeit)
run-up velocity (Anlaufgeschwindigkeit/Anlaufschwindigkeit)
swing[ing] leg (Schwungbein)
take-off angle (Absprungwinkel)
take-off leg (Sprungbein)
take-off point (Absprungpunkt)
take-off speed (Absprunggeschwindigkeit/Absprungschwindigkeit)
take-off velocity (Absprunggeschwindigkeit/Absprungschwindigkeit)

Pole Vault

Equipment/ facilities

aluminium pole (Aluminiumstab)
arc of bend (Biegebogen)
bamboo pole (Bambusstab)
bung (Stabspitze)
[cross]bar (Sprunglatte)
deep box (Einstichkasten tiefer als 20 cm)
direction of bend (Biegerichtung)
energy conversion (Energieumwandlung)

fibreglass pole (Glasfaserstab)
flex number (Flexnummer)
flexible pole (elastischer Stab)
[flexural] stiffness (Stabhaerte)
force of impact (Auftreffkraft)
glass reinforced plastic pole (glasfaserverstaerkter Kunststoffstab)
kinetic energy conservation (Speicherung kinetischer Energie)
kinetic energy release (Freisetzung kinetischer Energie)
kinetic energy storage (Speicherung kinetischer Energie)
landing area (Landeflaeche)
mandril (Stabumfang)
metal pole (Metallstab)
overbend (Ueberbiegung)
pegs (Auflegestuetzen)
[planting] box (Einstichkasten)
pole bend (Stabbiegung)
pole flexibility (Stabelastizitaet)
pole overloading (Stabueberlastung)
pole pad (Stabpfropfen)
pole pre-bend (Stabvorbiegung)
pole recoil (Stabstreckung)
pole stiffness (Stabhaerte)
pole straightening (Stabstreckung)
pole tip (Stabspitze)
pole vault pit (Stabhochsprunglandeflaeche)
posts (Sprungstaender)
pre-bent pole (vorgebogener Stab)
preferred bend (bevorzugte Biegerichtung)
rigid pole (starrer Stab)
rubber ferrule (Stabpfropfen)
runway (Anlaufbahn)
soft pole (weicher Stab)
steel pole (Stahlstab)
stiff pole (harter Stab)
stopboard (Abschlussbrett)
strong pole (harter Stab)
supports (Auflegestuetzen)
uprights (Sprungstaender)
vaulting pole (Stabhochsprungstab)
vaulting stands (Sprungstaender)

Movement phases/ technique

approach [run] (Anlauf)

approach speed (Anlaufgeschwindigkeit/
 Anlaufgeschwindigkeit)
 arch (Bogen-Latteneberquerung)
 bar clearance (Latteneberquerung)
 crossing [of] the bar (Latteneber-
 querung)
 extension/extended L-position (Ver-
 laengerung der L-Position)
 flyaway (Wegflug-Latteneberquerung)
 free leg (Schwungbein)
 grasp (Handhaltung/Griff)
 grasp height (Griffhoehe)
 grip (Handhaltung/Griff)
 grip height (Griffhoehe)
 hand-hold (Handhaltung/Griff)
 hand-spread (Griffbreite)
 hang [on the pole] (Hang [am Stab])
 high grasp (hoher Griff)
 high grip (hoher Griff)
 hold[ing] of the pole (Stabhaltung)
 I-position [of the pole vault] (I-Position
 [des Stabhochsprungs])
 J-position [of the pole vault] (J-Position
 [des Stabhochsprungs])
 jack-knife (Klappmesser-Latteneber-
 querung)
 L-position [of the pole vault] (L-Position
 [des Stabhochsprungs])
 landing (Landung)
 low grasp (tiefer Griff)
 low grip (tiefer Griff)
 narrow grasp (enger Griff)
 narrow grip (enger Griff)
 next-to-last stride [of the approach] (vor-
 letzter Schritt [des Anlaufs])
 overarm/overhead plant (Ueberkopf-Ein-
 stich)
 pendulum swing (Pendelschwung)
 penetration (Eindringen)
 penultimate stride [of the approach] (vor-
 letzter Schritt [des Anlaufs])
 plant (Einstich)
 pole carry (Tragen des Stabs)
 projection upwards (Aufzugbewegung
 [am Stab])
 pull-and-turn (Zugdrehumstuetz)
 pull[-up] (Aufzugbewegung [am Stab])

push-off [from the pole] (Abdruck [vom
 Stab])
 reverse (Umsetzen)
 rise (Verlaengerung der L-Position)
 rockback (Einrollen)
 run-up (Anlauf)
 sidearm plant
 swing [up] (Aufschwung)
 take-off (Absprung)
 tuck (Einrollen)
 turn (Drehbewegung)
 underarm plant
 wide grasp (breiter Griff)
 wide grip (breiter Griff)

Training contents

bend drill (Biegeuebung)
 towel drill [plant exercise, the towel rep-
 resenting the box] (Handtuchuebung)
 vaulting for distance (Stabweitsprung)
 witch ride (Hexenritt)

Other

approach rhythm (Anlaufrythmus)
 approach speed (Anlaufgeschwindigkeit/
 Anlaufgeschwindigkeit)
 approach velocity (Anlaufgeschwin-
 digkeit/Anlaufgeschwindigkeit)
 driving leg (Schwungbein)
 free leg (Sprungbein)
 jumping leg (Sprungbein)
 lead[ing] leg (Schwungbein)
 non-jumping leg (Schwungbein)
 non-take-off leg (Schwungbein)
 run-up speed (Anlaufgeschwindigkeit/
 Anlaufgeschwindigkeit)
 run-up velocity (Anlaufgeschwindigkeit/
 Anlaufgeschwindigkeit)
 swing[ing] leg (Schwungbein)
 take-off leg (Sprungbein)
 take-off point (Absprungpunkt)
 take-off speed (Absprunggeschwindigkeit/
 Absprunggeschwindigkeit)
 take-off velocity (Absprunggeschwindigkeit/
 Absprunggeschwindigkeit)
 trailing leg (Sprungbein)

