

# TRANSITIONAL CONTROL IN THE COMBINED-EVENT

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## THE TASK – THE MAIN POINT

- TO HAVE YOUR BEST FOCUS ....
- TO BRING YOUR BEST FOCUS ....
- TO MAINTAIN YOUR BEST FOCUS ...
- AND TO UTILIZE YOUR BEST FOCUS ...

## THE TASK – THE MAIN POINT

TO ACHIEVE THE VERY BEST COMBINED  
EVENT PERFORMANCE POSSIBLE!!

IT IS ABOUT FOCUS!

## WHAT IS FOCUS?

It's WAY MORE than just  
CONCENTRATION!

This is the wellspring of  
FLOW!


*It is*

- Concentration
- Confidence
- Composure
- Courage
- Commitment
- Control
- Calm
- Totally in the moment
- Ready
- Engaged...


*And it's COOL!!!*

## THE EVENT

The most challenging,  
most demanding, most  
exciting, and thus, the  
most fun and most  
rewarding event in all of  
Track and Field!



## HEPTATHLETES AND DECATHLETES HAVE SPECIAL GIFTS




- Speed
- Strength
- Endurance
- Extraordinary  
Kinesthetic  
Capacities

### HEPTATHLETES AND DECATHLETES ARE SPECIAL PEOPLE

- Energy
- Passion
- Independence
- Self-Motivated
- Self-Starters



### HEPTATHLETES AND DECATHLETES



- Enjoy Learning
- Seek Teaching and Coaching
- Ask Lots of Questions
- Are Eager to “Give it a try!”

### HEPTATHLETES AND DECATHLETES

- “Thrill Seekers” and “Risk Takers”
- Like Roller Coasters and fast cars!
- Love to Share an experience ...
- But also love the center of attention!
- They Laugh Easy ... and Cry Hard!

### HEPTATHLETES AND DECATHLETES

- Are very Interesting People!
- Are very Fun People to be with and Share Life with!
- Are usually very Complicated and Frustrating ...


### HEPTATHLETES AND DECATHLETES

Are Really FUN to COACH!!!



### THE EVENT

NOT a Series of 7 or 10 events added together



## ONE EVENT!!

The DECATHLON or HEPTATHLON!  
Best approached and experienced as ONE  
COMPLETE WHOLE!

## THAT IT IS ONE EVENT...

The most basic understanding that must  
inspire, guide and sustain both the Coach  
and the Athlete!!

## THE MENTAL CHALLENGE

- Wide Array of Events
- Numerous athletic challenges and physical demands
- The Sheer Length of the Competition
- 2 Days and several hours of competitive engagement each day

## THE MENTAL CHALLENGE

- Responding continually to performance evaluations
- Processing Failure and Frustration ... Success and Celebration
- Dealing with Personalities and Idiosyncrasies of fellow competitors, coaches and officials

## THE MENTAL CHALLENGE

How well Athletes have dealt with this  
psycho-emotional challenge has  
determined the Success or Failure of many  
competitions!

## SPORT PSYCHOLOGY

- "Thinking Right in Sport"
- Taking CONTROL of our thoughts, emotions and performances!!!

## CONTROL IS THE KEY

1. Emotional Control
2. Attentional Control
3. Arousal Control
4. Transitional Control

## EMOTIONAL CONTROL

Athletes Must Practice and Develop Great Skill in Maintaining Their COMPOSURE!

## EMOTIONAL CONTROL

The Loss of Emotional Control ALWAYS has a Price ...

And it usually is a High Price!

## ATTENTIONAL CONTROL

Commonly known as CONCENTRATION

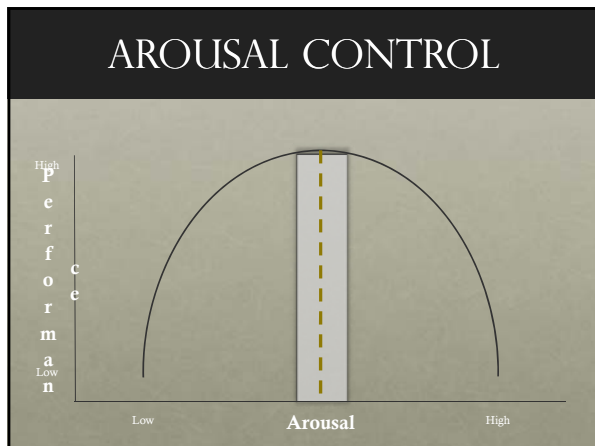


## CONTROL YOUR CONCENTRATION

Assure that your thoughts are FOCUSED on the KEY elements of your skill and strategy for each event!

## AROUSAL CONTROL

For a given Person, with a given Task, on a given Day, in a given Environment, with a given set of conditions ... there is a GIVEN LEVEL OF AROUSAL that will ALLOW for OPTIMAL PERFORMANCE!!



- ### AROUSAL CONTROL
- Athlete must understand what levels of Arousal work BEST for them in each event.
  - Control “Getting There”, “Coming Down”, “Going Back Up” for the next event!

### TRANSITIONAL CONTROL

This is an Application of Emotional Control, Attentional Control and Arousal Control to a very specific aspect of the Combined Event Competition



### THE REALITY OF THE TRANSITIONS

Whatever the situation, whatever the circumstances, whatever the challenge, whatever the cause, the physical and emotional experience of this transition period CAN AND MUST BE CONTROLLED!!

### THE REALITY OF THE TRANSITIONS

The previous event does not control the athlete’s experience during the transition time.

The ATHLETE CONTROLS the Transition!!

## TEACHING TRANSITIONAL CONTROL

1. PROCESS – leaving the past behind
2. CALM – creating a peace
3. STRATEGY – review the plan
4. PSYCHOMOTOR – key technical cues or triggers
5. PSYCHO-EMOTIONAL – “Thinking Right”

## WITHIN THE PSYCHO-EMOTIONAL

1. Arousal – where should it be?
2. Attention – what am I focused on?
3. Affirmation – trust yourself?
4. Activation – DO IT!!

## DEVELOPING A ROUTINE

1. Immediate Post Event – Process (5-8 minutes)
2. Beginning of the Transition – Calm (5-7 minutes)
3. Ready for the Next Event – Strategic, Psychomotor, Psycho-Emotional (15-20+ minutes)

## BETWEEN THE DAYS

- Process the experience of Day #1
- Move to a time of Calm, peaceful dinner, evening of relaxation.
- Good night's sleep and nutritious breakfast.
- Great Warm-Up, appropriate arousal, focused attention, affirming thoughts,
- An activating cue, a GREAT PERFORMANCE, and on to the NEXT TRANSITION!!

## TRANSITIONAL CONTROL ROUTINES FOR THE HEPTATHLON

### Pre-Meet Preparation

- Taper
- Blow-out workouts
- Technique tune-ups
- Modeling
- Logistical Issues
  - Travel
  - Meals, supplementation, hydration
  - Equipment
  - Check In
  - Support Group
- Meet Day Concerns
  - General warm up
- Psycho-emotional
  - Arousal – Moderate
  - The Heptathlon is ONE event!
  - I am a HEPTATHLETE!
  - I will score more!!
  - Let's have FUN!!!

## TRANSITIONAL CONTROL ROUTINES FOR THE HEPTATHLON

### 100 Meter Hurdles

- Strategy
  - Transition from not competing to competing.
  - Specific warm-up – flexibility, strides, acceleration, hurdle drills, tune-up, starts.
- Psychomotor
  - Prepare to attack – “Drive to erect”
  - Stride Frequency Between Hurdles – “Step over the sock”
  - Posture in Final Stages – “Tight Abs”
- Psycho-emotional
  - Arousal – High ( on the scale of Very Low, Low, Moderate, High, Very High)
  - “I am FAST!”
  - Attack!
  - See It ... Feel It ... Trust It ... Do It!
  - GO!

## TRANSITIONAL CONTROL ROUTINES FOR THE HEPTATHLON

### High Jump

- Process
  - "Park" the Hurdles
- Calm
- Strategy
  - Time consuming event; hydration, rest opportunity
  - Measurements, opening height, passes, timing of warm-up and run-throughs;
- Psychomotor
  - Out of the back – "Push ... Push ... Push"
  - On curve – "Grab the ground, feel pressure!"
  - Penultimate/Take-off – "Push through – Pull"
- Psycho-emotional
  - Arousal – High
  - Control; Become a JUMPER!
  - I love to JUMP HIGH!
  - Trust the Approach!
  - See It ... Feel It ... Trust It ...
  - Let's Do It!!

## TRANSITIONAL CONTROL ROUTINES FOR THE HEPTATHLON

### Shot Put

- Process
  - "Park" the High Jump
- Calm
- Strategy
  - Technical lead-up activity: overbacks, underforwards, power throws, glides, push-ups, toss and catch;
  - Warm-up is dress rehearsal.
- Psychomotor
  - Compress in back – "Compress"
  - Unseat on up-stroke – "Push ... Push"
  - (Push out the back ... Push through it)
  - Fire the hips – "Fire!"
- Psycho-emotional
  - Arousal – Very High
  - Become a THROWER!
  - Controlled Fury!!
  - Go DEEP!
  - See It ... Feel It ... Trust It ...
  - Go Get It!

## TRANSITIONAL CONTROL ROUTINES FOR THE HEPTATHLON

### 200 Meter Dash

- Process
  - "Park" the Shot Put
- Calm
- Strategy
  - Consider heat and lane assignment; timing of warm-up; Alactic speed, acceleration, maximum velocity, starts
- Psychomotor
  - Start/acceleration – "Toe up, heel up"
  - Curve running – "step over (the opposite knee)"
  - Latter stages (fatigue) – "step over and grab"
- Psycho-emotional
  - Arousal – Very High
  - "Sound releases you ... quick hands"
  - "I am FAST!"
  - See It ... Feel It ... Trust It
  - GO!

## TRANSITIONAL CONTROL ROUTINES FOR THE HEPTATHLON

### First Day – Second Day Transition

- Process
  - Warm down immediately following 200 meters; stride, jog, walk; flexibility; hydrate and carb intake within 15 minutes of completion of 200 meters.
  - Review Day #1
  - Ice Bath, Massage, et al;
  - Replenish, Rejuvenate and Regenerate – physical and emotional
  - Dinner
  - Relax
  - Great Sleep! (Quantity and Quality)
  - Wake up – literal and neuromuscular (go for walk)
  - Appropriate Breakfast
  - Check equipment
  - General warm up; massage;

## TRANSITIONAL CONTROL ROUTINES FOR THE HEPTATHLON

### Long Jump

• ...

### Javelin

• ...

### 800m

• ...

### Post Competition

• ...

## CONCLUSION

- Develop your own plan! This is not a secret recipe for everyone!
- But, become highly skilled at executing your own plan for TAKING CONTROL of YOUR TRANSITIONS!
- CONTROL bringing your BEST FOCUS
- CONTROL – It's a CHOICE!