

# USAR-IP NEWS



## **INSTRUCTORS PROGRAM**

**Penn** "OFFICIAL BALL OF USAR/IP" **Penn**

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"Profound responsibilities come with teaching and coaching. You can do so much good- or harm. It's why I believe that next to parenting, teaching and coaching are the most important professions in the world."

John Wooden

# MODIFIED REQUIREMENTS FOR CONTINUING EDUCATION

After an extensive review of the continuing education program we have decided to **streamline** the number of CEU's required for each Learning Center **to make the process user-friendlier.**

Please review the modified requirements listed below.

## USAR-IP CEU'S LEARNING CENTERS:

	OLD	NEW
1) Sport Safety and Injury	1 CEU	1 CEU's
2) Coaching, Teaching and Communication	1 CEU	.5 CEU's
3) Rules and Officiating/Skills	1 CEU	.5 CEU's
4) Psychology and Nutrition	1 CEU	.5 CEU's
5) Resistance Training, Physiology and Stretching	1 CEU	.5 CEU's

All units allow personal experience to count toward CEU credit so please check with your Master Professional to verify your experience before you start your renewal process.

Due to the importance of sport safety UNIT ONE was not changed. We feel that in this very litigious society that instructors must be knowledgeable of the most up to date information regarding the safety of their athletes. The USAR course and tests have been created in conjunction with the USOC Sport Safety course to assure that our instructors receive the most current sport safety information.

### NEW COURSE FOR CEU'S

Nutritional Requirements for Racquetball----- .4 CEU's

(go to your courses and tests to find this test)

### COMING SOON

Stretching Routines for Racquetball

## VIDEO TAPE ANALYSIS

Perhaps the best tool for any instructor is the use of videotape analysis. Tape analysis is a skill that needs to be learned by ALL instructors. Our MASTER PROFESSIONALS have years of experience and have worked with some of the best players in the world. Check out page 9 of this newsletter for tips instructors can use in analyzing their students.

One of the easiest tools to use for videotape analysis is DARTFISH. As a USAR-IP member you get to not only use your iPad or Iphone analysis students but you get to share your video tapes with pother USAR-IP instructors and students and also with our MASTER PEROFSSIONALS

### HOW TO ACCESS DARTFISH.TV:

Simply go to <http://www.dartfish.tv>.

Click on the sign in ink.

Create an account (this part is free)

Click on the Favorite Channels, browse for USA Racquetball and add to your channel list.

You can always return to your dashboard by clicking on your name.

In order to upload video content you will need to purchase the DARTFISH EXPRESS APP, for iPad or computer. The cost is \$6.95

All certified instructors may utilize DARTFISH/USAR TV by downloading your videos for view by other instructors, for review by a MASTER PROFESSIONAL or if a collegiate instructor you may have your own TV channel for your students.

With this app you can video and analyze on your Ipad or Iphone and analyze technique with on screen graphics and/or voice analysis. You can send video with analysis directly to your students or/and use split screen analysis to compare with selected players of your choice.

## STRETCHING

Stretching is one of the most undervalued skills in racquetball. Many racquetball athletes still perform static stretching (limited movement) prior to their matches and few do any stretches after their match. *Instantstretch* is an online service that concentrates ONLY on stretching information, and provides valuable facts for athletes and coaches. The following is a short example (actual document includes 10 stretches) of a customized routine for ONE muscle group that was created for the US Junior Team. When combined with the USAR-IP Resistance Training Manual the instructor will receive all the information needed for strengthening and stretching muscles required for racquetball.

This is an example of a personalized InstantStretch routine for US JUNIOR TEAM.

General: Abductor muscles are extremely important for racquetball. They are one of the major muscle groups used in side-to-side movement.

### General Instructions for US JUNIOR TEAM

Stretching exercises should only be performed after a warm up has been conducted. A warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A warm up should consist of gentle physical activity for about 5 to 10 minutes and result in a light sweat.

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next page/s move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 15 to 20 seconds between each stretch and perform each stretch 2 to 3 times.

Please note; stretching exercises are beneficial for the prevention and long term rehabilitation of sports injury, however they should not be used in the early stages of injury rehabilitation. Stretching during this early stage of the rehabilitation process may cause more damage to the injured tissues. Avoid all stretching during the first 72 hours after any soft tissue injury.

These are general instructions, which are suitable for most people most of the time.

## ABDUCTOR STRETCHES



### Stretch #I03

Leaning Abductor Stretch, is for the muscles of the Abductors

While standing next to a pole, or door jam hold onto the pole with one hand.

Keep your feet together, and lean your hips away from the pole. Keep your leg straight and bend your inside leg slightly.



### Stretch #I04

Standing Leg-under Abductor Stretch, is for the muscles of the Abductors

While standing lean forward and hold onto a chair or bench to help with balance. Cross one foot behind the other and slide that foot to the side. Keep your leg straight and slowly bend your front leg to lower your body.



### Stretch #I05

Lying Abductor Stretch, is for the muscles of the Abductors

Lean on your side on the ground and bring your top leg up to your other knee. Push your body up with your arm and keep your hip on the ground

## **DYNAMIC STRETCHING EXPLAINED**

Dynamic Stretching has received a lot of attention lately, and rightfully so. It's a great form of stretching that is essential for many sports that require high levels of explosive power and speed like racquetball.

### **WHAT IS DYNAMIC STRETCHING?**

Although there are many different ways to stretch, they can all be grouped into one of two categories, static and dynamic.

The term dynamic stretching (or dynamic stretches) refers to any stretching exercise that is performed with movement. In other words, the individual uses a swinging or bouncing movement to extend their range of motion (ROM) and flexibility.

### **HOW IS DYNAMIC STRETCHING DIFFERENT FROM STATIC STRETCHING?**

The main difference between dynamic stretching and static stretches is that static stretches are performed without movement. In other words, the individual gets into the stretch position and holds the stretch for a specific amount of time while dynamic stretches are performed with movement.

### **WHAT IS DYNAMIC FLEXIBILITY**

The term dynamic flexibility refers to an individual's absolute range of motion that can be achieved with movement. In other words, how far you can reach, bend or turn by using velocity and momentum to achieve maximum range of motion.

As all sport involves movement of some kind, a degree of dynamic flexibility is essential; even more so for sports that require rapid or explosive sprinting, jumping and throwing.

### **IS DYNAMIC STRETCHING DANGEROUS?**

Just like any other form of exercise, dynamic stretching can be dangerous if used incorrectly. One of the main dangers or disadvantages of dynamic stretching is that it is very easy to over-do-it, or push the stretches too hard or too fast.

A word of warning!!!! If you've never done any dynamic stretching before make sure you start off very gently and slowly. Be sure to give yourself at least 2 or 3 sessions of easy dynamic stretches (with adequate rest in between) before trying to push or extend your flexibility with more energetic or rapid dynamic stretches.

## BEST TIME TO USE DYNAMIC STRETCHING

One of the main purposes of dynamic stretching is to prepare the body for activity or sport, which is why dynamic stretching is so effective as part of a warm up routine.

Please note though, that dynamic stretching is not THE warm up, is it only PART OF a warm up. A proper warm up has a number of very important key elements. These elements, or parts, should all work together to prepare the individual for physical activity and minimize the likelihood of sports injury.

## CONFUSION ABOUT DYNAMIC STRETCHING

Recently, some coaches, trainers and authors have made the claim that dynamic stretching has replaced static stretching and that... *“Dynamic stretching is the revolutionary new warm up method.”*

It’s very important to remember that just as there are many different ways to strength train, there are also many different ways to stretch. However, although there are many different ways to stretch, no one way, or no one type of stretching is better than another.

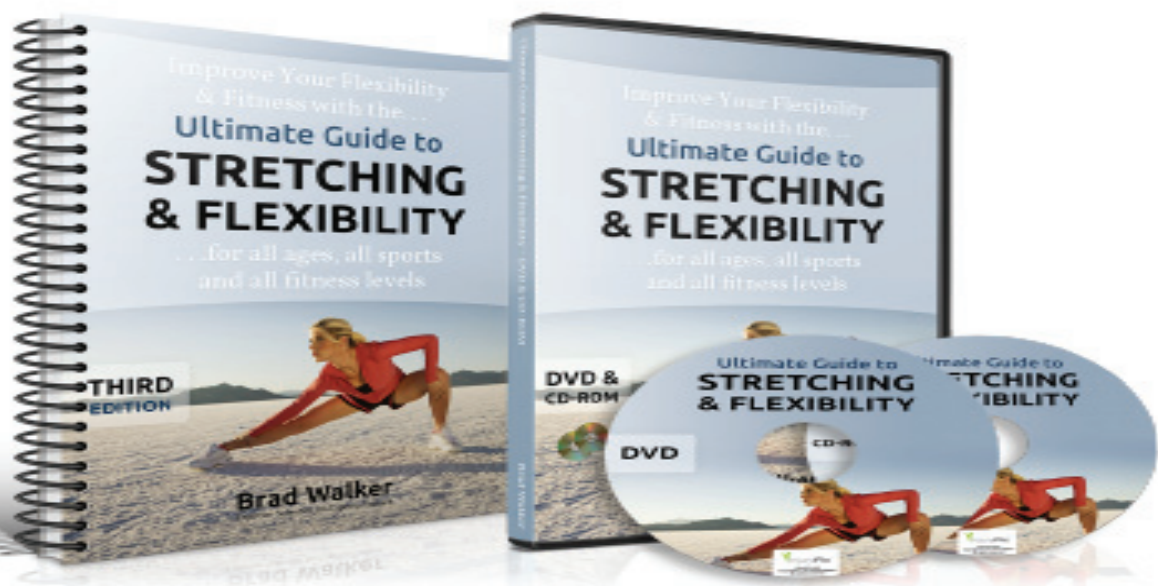
Each type of stretching has its own advantages and disadvantages, and the key to getting the most out of stretching lies in being able to match the right type of stretching to the purpose or goal you are trying to achieve.

Dynamic stretching is not better than static stretching (and vice-versa; static stretching is not better than dynamic stretching), they are simply different; each with their own advantages and disadvantages.

## IMPROVE YOUR DYNAMIC STRETCHING

Remember, there’s no one best type of stretching. Every different type of stretching has its own unique advantages and disadvantages.

It’s important not to rely on just one type of stretching all the time. You need to know which type of stretching is best for the goal you’re trying to achieve or the individual you’re working with. When you can match the right type of stretching to the individual and their goals, you’ll always get a better outcome.





## GET YOUR FREE STRETCHING E-BOOK AND VIDEO

While the previous recommendations are a good starting point, you'll get a lot more benefit when you use the tips and techniques from the free Stretching Tips eBook and MP3 Audio.

In them, you'll learn how to stretch properly and improve your flexibility and fitness quickly so you can **become loose, limber and pain free**. Plus, you'll discover little known stretching secrets that will revolutionize the way you think about stretching and flexibility.

You'll get access to the 7 stretching secrets that 90% of people aren't using and discover why most people who stretch regularly will never improve their flexibility.

Plus, you'll also learn how to use simple stretching techniques effectively and safely to improve your full body mobility and freedom of movement so you can...

- Get rid of injury, soreness and pain;
- Recovery quickly from annoying sports injury; and
- Do away with stiff, tight muscles and joints for good

GO TO [stretchcoach.com](http://stretchcoach.com) FOR MORE INFORMATION



## VIDEO ANALYSIS- WHAT TO LOOK FOR WHEN ANALYZING TOP PROS AND AMATEURS! By Jim Winterton

As I look at the commentary about top players I am struck by how many people focus on the “what” of a match and not the “how”. For example, one commentator says 90% of the time so and so rekills cross-court. The game plan is to forget the line and focus on cross-court shots when on defense. I understand that, but what about the ‘cross-court’ athlete? How about a “why” they are going cross-court when they should be hitting down the line.

If athletes are wrongly tracking the ball, i.e. dropping the racquet down or stepping across their body, they will push the ball instead of being able to hit the shot with force. They also will not be able to hit the ball down the line.

Here are five rules of video reading without looking at geographical body location on the court. That is the easy part of video reading. (For example: The athlete is up too close to the front wall, pass them, and if they are back too far, hit pinches!) Here are some little tidbits that may help you with your athletes.

1. Look to why athletes are hitting certain shots. Much of the time it is because they have to, not because they should. Example: if the racquet is low and the player is on the go, the shot will lack pace.
2. Look at the shot, not the winner! What I mean by that is often the athlete winning the rally, won it in spite of their poor shot selection. An athlete who thinks they can kill every ball from the backcourt is dangerous. Sometimes they can but often they cannot. That makes them hard to play for veterans because of their poor shot selection!
3. State rules vs. National rules of shot selection: This means the same shot selection that wins the states, will not win the regionals or the nationals. Often that shot selection consists of two wall shots. Sidewall front-wall is a great crutch but at the national level, the players are fleet of foot and get to the pinches left up in the frontcourt. Use national rule of thumb when shooting, not state rule of thumb!
4. Another comment I read: “These guys are pros and they cannot get their first serve in. Poor racquetball!” I read this and wanted to point out that top tennis athletes do not get their first serve in much of the time also. Why? The players are going for ace or fault; nothing in between that will give the opponent an easy return. Short serves are not poor racquetball, but with two serves, smart racquetball!
5. Another tip would be to look for the shot not taken! Athlete A has the serve and a  $\frac{3}{4}$  court shot on the forehand side. At the top levels of racquetball, a defensive shot from here is prolonging the agony. The opponent will get another shot, and often that shot is a winner. Instead of a  $\frac{3}{4}$  court ceiling ball, an overhead one-wall opportunity awaits. But alas, often the rally is lost because that shot was never taken!

These subtle readings are the difference between good coaching and great coaching. Look carefully at the video work on the “how shots are hit, not the “what” shots are hot.

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