

BASE PHYSIO + PERFORMANCE SPORTS ENHANCEMENT UPDATE

Term 2

Welcome to the Base Newsletter for Term 2! Read along to find out how our program went with our new strength and movement focus, and to find out about our change of direction and squat and bench press block



Current Athletic Development Focus

- Change of Direction Mechanics – Strong Outside Leg Push off with Good Trunk and Lower Limb Movement Mechanics.
- Games Based Application – Application of Change of Direction in a dynamic and fun manner.

Current Gym Focus

- Upper Body Push – BB Bench Press
- Lower Body Push – KB or BB Front Squat



Past Events
Strength Testing
18th June





Learning Objectives

Each block of training we choose learning objectives to focus on with each group

Squat, bench press, and deadlift training develop key physical qualities in youth athletes, including strength, power, movement control, and resilience. Squats improve lower limb strength and control for activities such as jumping and change of direction, bench press develops upper body strength, and deadlifts target posterior chain strength important for sprinting, acceleration, and force production. These foundational lifts promote proper technique, body awareness, and progressive strength development to support athletic performance and reduce injury risk.

Change of direction (COD) mechanics refers to the ability to efficiently decelerate, reposition the body, and re-accelerate in a new direction while maintaining control and reducing injury risk. Assessing COD mechanics aims to identify movement strategies, including lower limb alignment, trunk control, foot placement, and force absorption patterns, to determine factors that may influence performance and susceptibility to injury. Optimising COD technique involves improving neuromuscular control, strength, coordination, and the ability to effectively manage high forces during braking and propulsion phases.

Gymnastics and Body Control

In youth athletes, focusing on trunk control and body awareness during change of direction training is important as these skills contribute to improved movement efficiency, stability, and injury risk reduction. Developing proximal control allows athletes to better control their centre of mass, maintain alignment of the trunk and lower limbs, and effectively absorb and redirect forces during rapid deceleration and re-acceleration. Body awareness (proprioception) supports an athlete's ability to recognise and adjust their movement position, promoting better coordination, balance, and safer movement strategies as they develop strength and sport-specific skills.

