ARTISTIC GYMNASTICS: ANALYSIS OF PLANNING, MONITORING, AND CONTROLLING OF THE SPORTS TRAINING PROGRAM

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BRAZILIAN TEAM RESULTS ARE IMPROVING!

BRAZILIAN GYMNASTICS IS ALSO IMPROVING?

TRIGGERS!!
Monitoring External and internal load

INTERNAL LOAD
EXTERNAL LOAD???

HOW IS IT POSSIBLE TO UNDERSTAND THE TRAINING REGISTERS?

METHOD

semi-structured questionnaire with closed questions

Participants: coaches of competitive AG teams of the MAC (state-level championships) = 9 respondents.

RESULTS

<table>
<thead>
<tr>
<th>Questions</th>
<th>YES</th>
<th>Eventually Documented</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have physical, technical, and emotional demands imposed on athletes by competitions been analyzed?</td>
<td>100%</td>
<td>13%</td>
</tr>
<tr>
<td>Have key elements required to reach high performance in the sports been analyzed?</td>
<td>89%</td>
<td>25%</td>
</tr>
<tr>
<td>Have the regulations been analyzed before the competition?</td>
<td>100%</td>
<td>78%</td>
</tr>
<tr>
<td>Have the strengths and weaknesses of the opposing teams been analyzed?</td>
<td>87%</td>
<td>9%</td>
</tr>
<tr>
<td>Strengths and weaknesses of own team</td>
<td>90%</td>
<td>4%</td>
</tr>
<tr>
<td>Setting annual and individual targets (technical)</td>
<td>99%</td>
<td>7%</td>
</tr>
<tr>
<td>Setting annual and individual targets (physical)</td>
<td>99%</td>
<td>7%</td>
</tr>
<tr>
<td>Setting strategies of training load progression (macrocycle)</td>
<td>45%</td>
<td>33%</td>
</tr>
<tr>
<td>Establishing training content and distribution (microcycle)</td>
<td>78%</td>
<td>71%</td>
</tr>
<tr>
<td>Establishing a detailed content plan for all training sessions</td>
<td>77%</td>
<td>59%</td>
</tr>
<tr>
<td>Detailed reporting of the content actually PERFORMED during training sessions</td>
<td>11%</td>
<td>---</td>
</tr>
<tr>
<td>Establishing external load sessions</td>
<td>76%</td>
<td>71%</td>
</tr>
<tr>
<td>Establishing internal load sessions</td>
<td>50%</td>
<td>47%</td>
</tr>
<tr>
<td>Analysis of training program problems</td>
<td>47%</td>
<td>0%</td>
</tr>
<tr>
<td>Establishing action plans to solve these problems</td>
<td>76%</td>
<td>73%</td>
</tr>
</tbody>
</table>
HIGHLIGHTS

Have the key elements required to reach high performance in the sports been analyzed?

- 89%
- Documented 25%

Have the strengths and weaknesses of the opposing teams been analyzed?

- 67%
- Documented 0%

And about your team?

- 100%
- Documented 45%

- Analysis of training program problems

- 67%
- Documented 0%

- Establishing action plans to solve those problems

- 78%
- Documented 25%

HIGHLIGHTS

Establishing external load (sessions)

- 78%
- Documented 71%

MOST COACHES ACCOUNT FOR, ANALYZE AND ESTABLISH THE PARAMETERS RELATED TO THE REQUIREMENTS OF SPORTS-RELATED TRAINING OF THESE ATHLETES

HOW IS IT POSSIBLE TO IMPROVE THE TRAINING PROCESS IF SOME COACHES DON’T HAVE IT DOCUMENTED?

In a nutshell...

MUITO OBRIGADA
THANK YOU

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