

# TOTAL ATHLETE DEVELOPMENT

## Week FOUR Notes

**PROGRESSION STACK BUILD OUT:** \_\_\_\_\_

**STATIC:**

**DYNAMIC:**



**DISTRACTIONS/DECISIONS:**

**SITUATIONAL/SEQUENCING**

\*WHEN YOU ARE FIRST ACQUIRING A SKILL, YOU MIGHT SPEND AN ENTIRE SESSION ON STATIC.

AFTER YOU IMPROVE THIS PROGRESSION WILL GO FASTER AND FASTER - BUT IF YOU SKIP THE BASICS NOW, YOU WILL HAVE TO GO BACK AND BREAK A BAD HABIT LATER ON.

## **SHORT TERM PAIN - LONG TERM GAIN**

### **CALLS TO ACTION:**

Build out your own progression stack (or two!) for review during 1v1.

Identify at least three Areas of Opportunity by their **ROOT CAUSE**.

1)

2)

3)

