



# Fitness

## Oliver Riedwyl

- Swiss Golf - Athletic Coach Kader Bern-Thunersee
- Schweizerische Fussballverband - Athletiktrainer des Männer-Nationalteam (2014-2022)



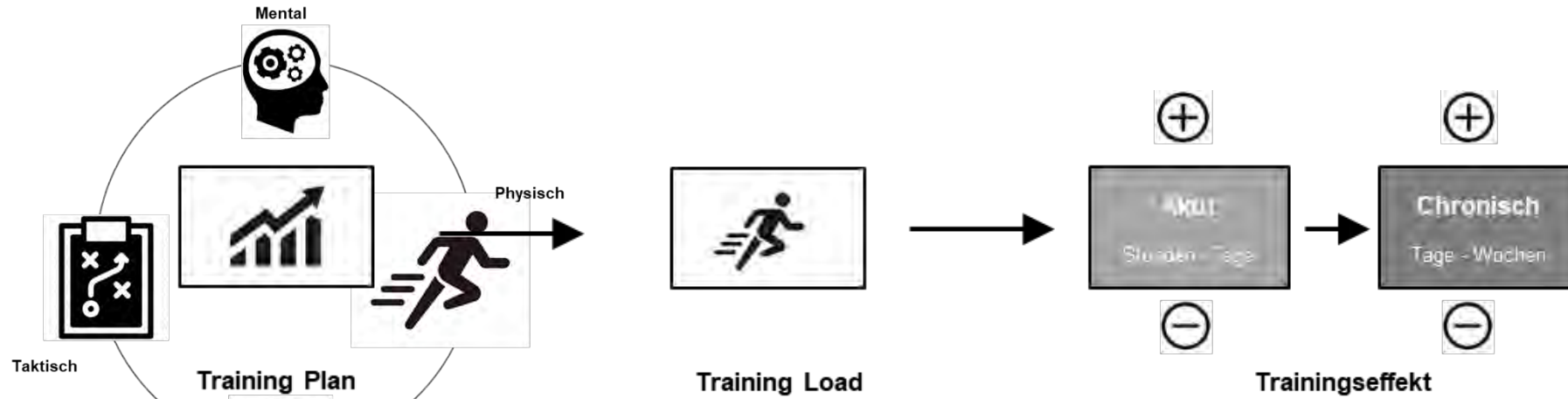
# Talententwicklung

besondere Aspekte bei der Individualisierung und Maximierung im athletischen Bereich





# Periodisierung

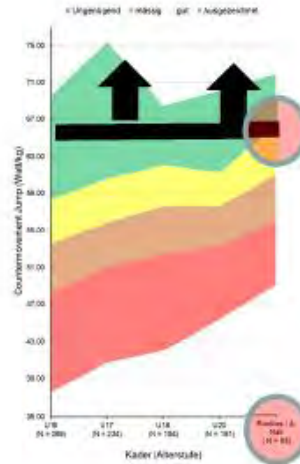


# Physische Anforderungen high level



## Ausgangslage – Soll Wert

### Countermovement Jump



65,6 Watt/kg



70,5 Watt/kg



64,6 Watt/kg



66.5 Watt/kg



??/?Watt/kg



# Physische Anforderungen kennen

## SwissGolf Athletic Test results



### Personal data

First Name [REDACTED]  
Name [REDACTED]  
Date of birth [REDACTED] 2005

### Results

Test date	14.02.2021	20.11.2021	19.02.2021
Alter	16	16	17.0
Grösse (cm)	176	176.5	177
Gewicht (kg)	68.8	74	76
Rumpftest ventral* (s)	113	123	146
Rumpftest lateral* (s)	58	62	68
Rumpftest dorsal* (s)	70	69	87
Countermovementjump (cm)	38.6	38.9	43.8
Squatjump (cm)	51.8	52.7	58
Rotational medball throw (m)	9.95	10.8	11.7
Backsquat 1RM (kg)	103	117	138
Benchpress 1RM (kg)	59	75	80
Clubheadspped (MPH)	105.9	116.3	116.2





# Physische Anforderungen kennen **output**

## SwissGolf Athletic Test results



### Personal data

First Name	[REDACTED]		
Name	[REDACTED]		
Date of birth	[REDACTED] 2005		
Age	17.0	18.0	18.0
Height (cm)	172	172.5	172
Weight (kg)	77.5	78.4	81.5

### Results

Test date 07.11.2022 12.03.2023 06.11.2023

#### Athletik

Core test (s)	10	37	63
Countermovementjump (cm)	51.7	52.2	51.6
Rotational medbal thorw (m)	13.6	14.8	14.9
Mid thigh pull (kg)	172.6	248	258.7
Backsquat 1RM (kg)	149	165	187
Benchpress 1RM (kg)	58	101	100
CHS (mph)	117	129	125

#### Range of motion

Posture Test	F: Pectoral, Hamstr.	F: Pectoralis, Hamstr.	Pec,deltoid
Lying Trunk Rotation	Failed	F:Pectoralis	L.oblique
Internal/External Hip Rotation	Failed	Passed	R+L hamst.Inner r.
Hipflexor Mobility Test	F: ITB Hipflx. Quads	F: ITB Hipflx. Quads	R+LITB,quad,hipflx
Overhead Squat Test	F: Core. Lumbar Spine	passed	P
Single Leg squat	F: Glutes, Knee	passed	Short muscles
Ankle Mobility Test	F: Soleus Gastrocnemii	passed	0
Lateral Hop Test	L136/R160	R.194, L.184	R:1.83 L:1.83
Gripstrength (kg)	R45L53	R.61.5, L.60.7	R:57.4L:61.6

# Folgerungen...

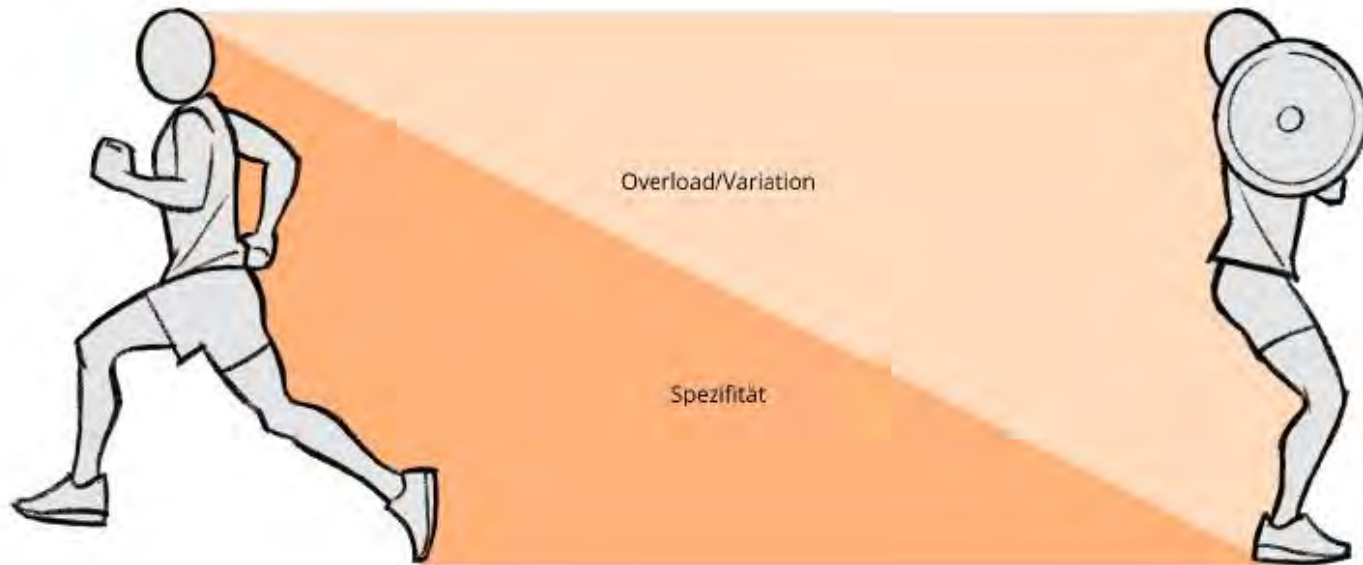
Exercise	Rep's	Set's	Rest (sec)
<b>Boxjump / Arm-Swing / CMJ</b> 	5x	2-4x	90x
<b>Unilateral-Counter-Movement-Jump</b> 	5e	2-4x	90x
<b>Skaterjump</b> 	5e	2-4x	90x

## Langfristige Entwicklung durch systematisches Training

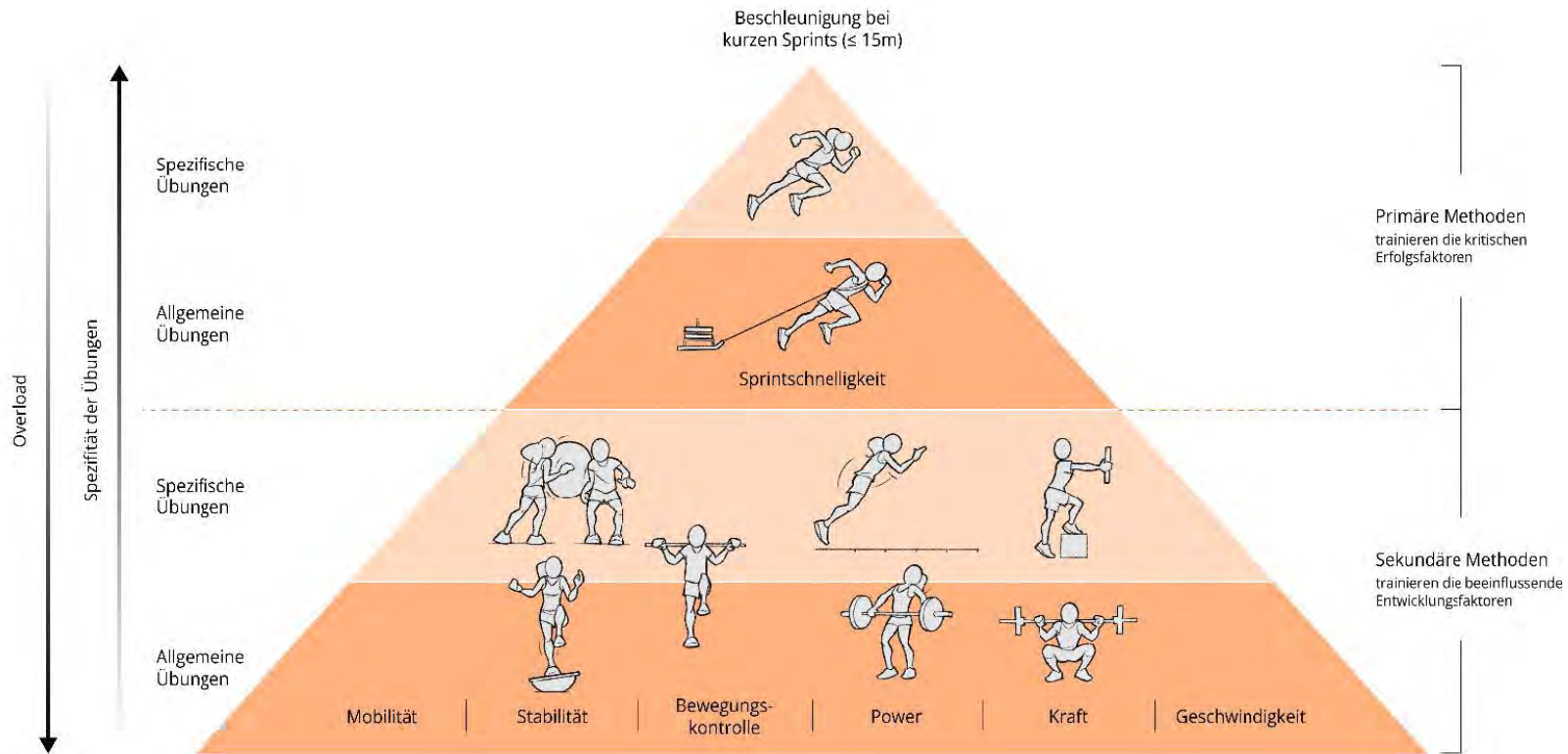




# Reines Golftraining genügt nicht für die Entwicklung!!!



# Reines Golftraining genügt nicht für die Entwicklung!!!





# Dose-Response Relationship of Neuromuscular Training for Injury Prevention in Youth Athletes: A Meta-Analysis

Simon Steib<sup>1\*</sup>, Anna L. Rahlf<sup>2</sup>, Klaus Pfeifer<sup>1</sup> and Astrid Zech<sup>2</sup>

<sup>1</sup> Department of Sport Science and Sport, Friedrich-Alexander-University Erlangen-Nürnberg, Erlangen, Germany, <sup>2</sup> Institute of Sport Science, Friedrich-Schiller-University of Jena, Jena, Germany

**Results:** Data from 16 trials yielded an overall risk reduction of 42% with neuromuscular training (IRR = 0.58, 95%CI 0.47–0.72). Training frequencies of two (IRR = 0.50; 95%CI 0.29–0.86) or three times (IRR = 0.40; 95%CI 0.31–0.53) per week revealed the largest risk reduction, and a weekly training volume of more than 30 min tended to be more effective (IRR = 0.42–0.72) session duration produced effects comparable to those with longer session duration (IRR = 0.60; 95%CI 0.46–0.76). Interventions lasting more than 6 months were not superior to shorter programs.

**Neuromuskuläres Training ist Prävention**





# Prävention

**These exercises should be done  
twice a week**



## **Routine Entwickeln (vor jedem Training / Runde)**

**These exercises should be done  
as Pre-Round-Routine**



# Pre-Training vor jedem Training und vor jeder Golfrunde



Routine und Selbständigkeit fordern und fördern



**VERTRAUEN**



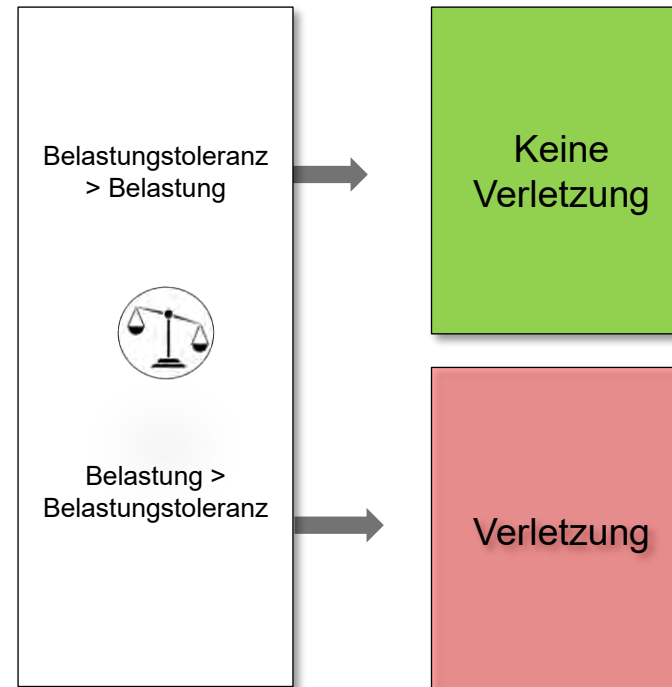
# Praxiskonsequenz

## Erhöhe Belastungstoleranz und kontrolliere Belastung(-anstieg)

Belastung führt zu höherer Belastungstoleranz

Train hard but smart

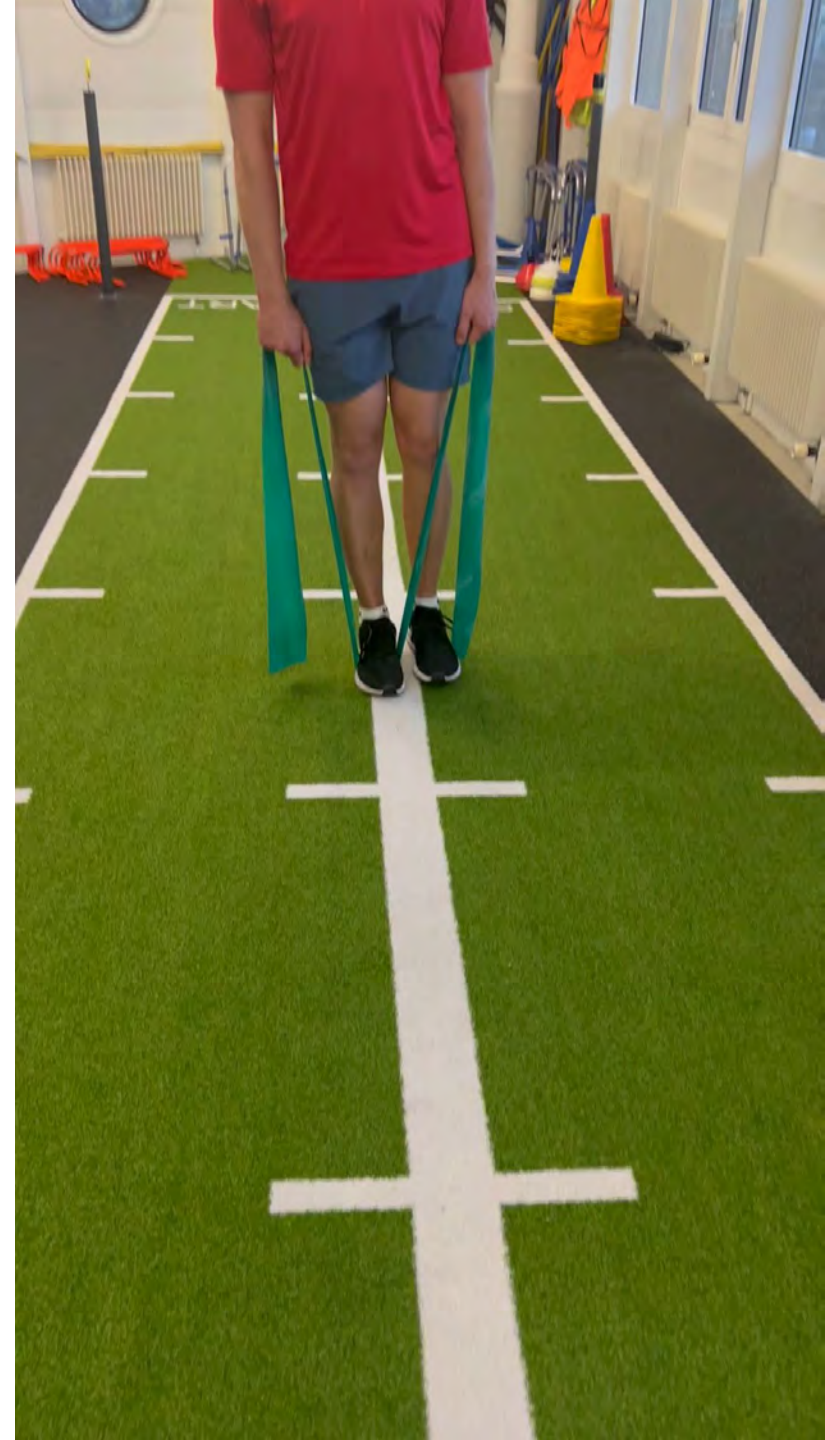
Vorsicht: nach Verletzung u. Pause



U.a.; Gabbett 2018; Windtand& Gabbett 2017



# Spitzensport RS Magglingen



## Physischer Athletenweg Golf...???

**Juniorenkader / Swiss Golf  
Kader**

**Spitzensport RS Magglingen**

**National Teams**

**College, Challenge Tour, DP Wold  
Tour...usw.**







# Grobplanung

		Grobplanung Spitzensport-RS 2/22				
		MONTAG	DIENSTAG	MITWOCHE	DONERSTAG	FREITAG
11	Na	Training	Training	Training	Training	Entlassung Urlaub / Heimtraining
	Ab	Regeneration	Regeneration	Regeneration	Ausgang	
JW	5	30.01.2023	31.01.2023	01.02.2023	02.02.2023	03.02.2023
	Vo	Training	Training	Sponsoring/Soft Skills 4/0800-1000 Training	Training	Training
12	Na	Training	Training	Training	Training	Entlassung Urlaub / Heimtraining
	Ab	Regeneration	Regeneration	Regeneration	Ausgang	
JW	6	06.02.2023	07.02.2023	08.02.2023	09.02.2023	10.02.2023
	Vo	Training	Training	Training	Sponsoring freiwillig 0800-1000 Training	Besuchstag / Tag der offenen Tür
13	Na	Training	Training	Training	Aufbau Besuchstag Eisen	
	Ab	Regeneration	Regeneration	Alle Retour aus Trainingslager	Regeneration	
JW	7	13.02.2023	14.02.2023	15.02.2023	16.02.2023	17.02.2023
	Vo	Training	Training	Training	Training	Training
14	Na	Training	Training	Training	Training	Entlassung Urlaub / Heimtraining
	Ab	Regeneration	Regeneration	Regeneration	Ausgang	
JW	8	20.02.2023	21.02.2023	22.02.2023	23.02.2023	24.02.2023
15	Vo	Grosser Urlaub	Training	Training	Training	Training
	Na		Training	Training	Training	Entlassung Urlaub / Heimtraining
	Ab	Regeneration	Regeneration	Regeneration	Ausgang	
JW	9	27.02.2023	28.02.2023	01.03.2023	02.03.2023	03.03.2023
	Vo	Training	Training	Training	Training	Training
16	Na	Training	Training	Training	Training	Entlassung Urlaub / Heimtraining
	Ab	Regeneration	Regeneration	Regeneration	Ausgang	
JW	10	06.03.2023	07.03.2023	08.03.2023	09.03.2023	10.03.2023
	Vo	Training	Training	Training	Training	Training
17	Na	Training	Training	Training	Training	Entlassung Urlaub / Heimtraining
	Ab	Regeneration	Regeneration	Regeneration	Ausgang	
JW	11	13.03.2023	14.03.2023	15.03.2023	16.03.2023	17.03.2023
	Vo		Sponsoring freiwillig 0800-1000		Abschluss Ausbildung Career Management	Entlassungstheorie

Entwurf



## Fragen / Diskussion