



Fitness

Oliver Riedwyl

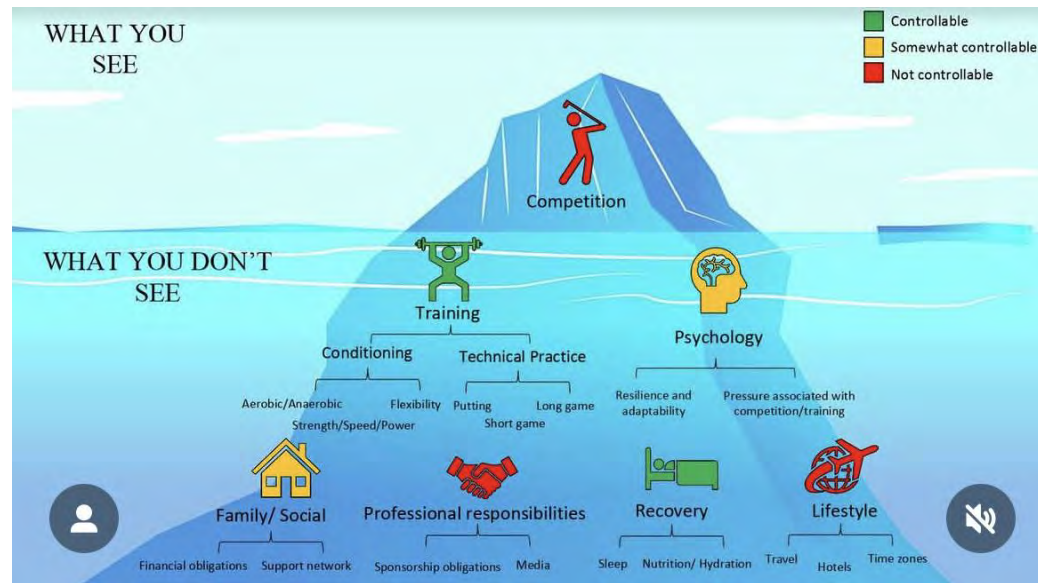
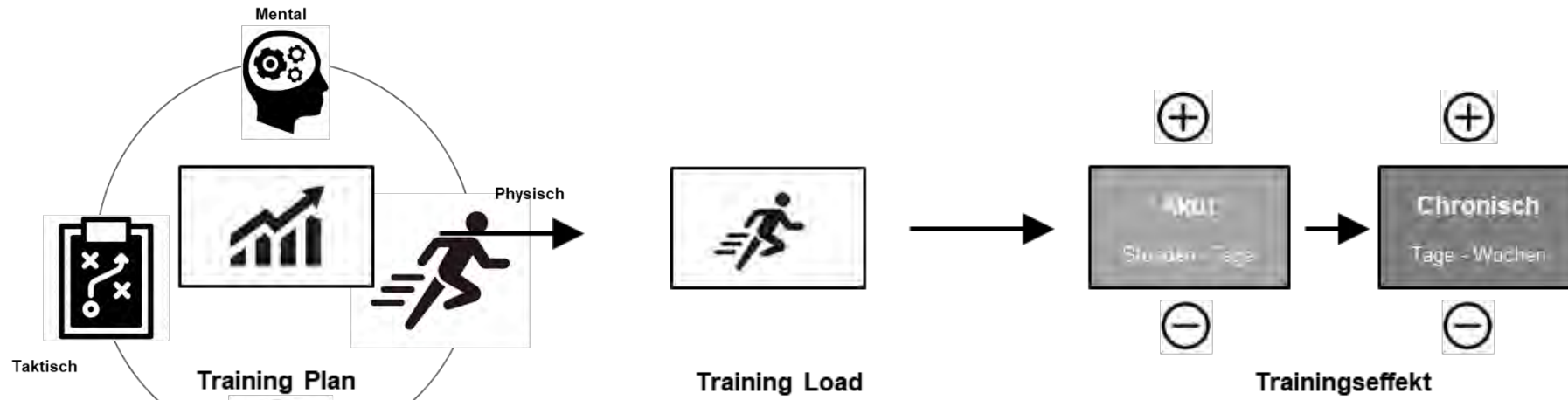
- Swiss Golf - Athletic Coach Cadre Bern-Thunersee
- Association Suisse de Football - préparateur physique de l'équipe nationale masculine (2014-2022)

Développement des talents

aspects particuliers de l'individualisation et de la maximisation dans le domaine athlétique



Périodisation

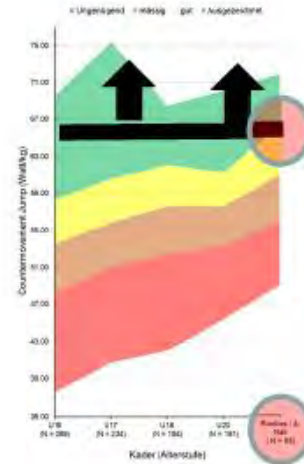


Exigences physiques haut niveau



Ausgangslage – Soll Wert

Countermovement Jump



65,6 Watt/kg



70,5 Watt/kg



64,6 Watt/kg



66.5 Watt/kg



??/?Watt/kg



Connaître les exigences physiques

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



Connaître les exigences physiques **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
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Athletik

Core test (s)	10	37	63
Countermovementjump (cm)	51.7	52.2	51.6
Rotational medball throw (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

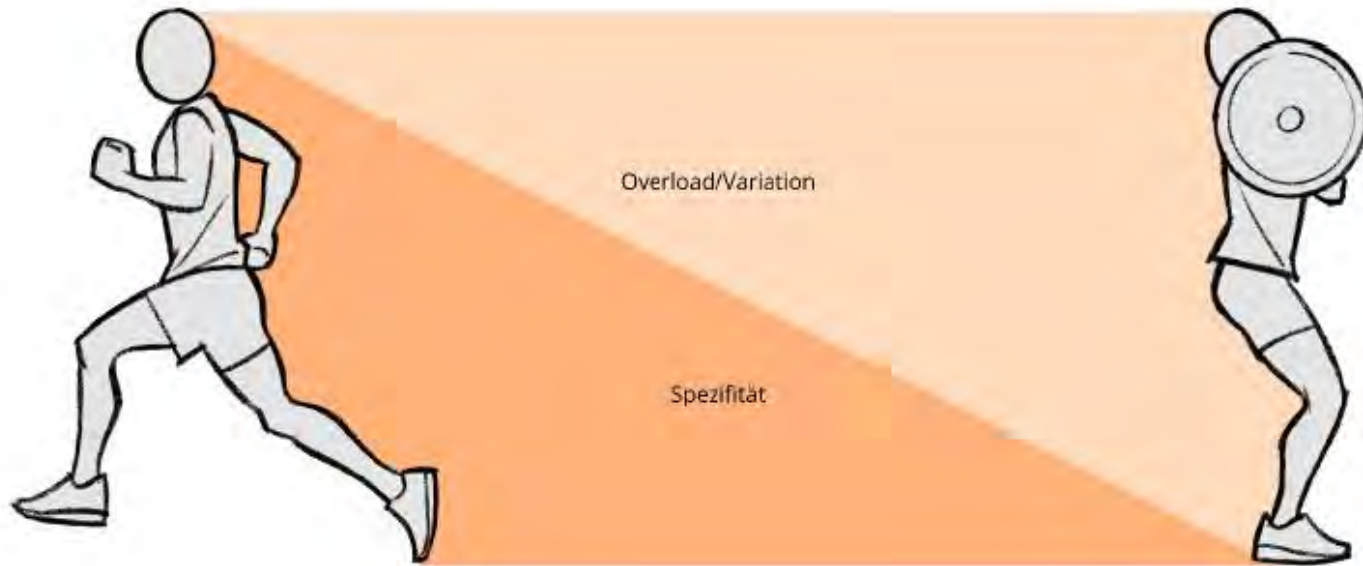
Conclusions ...

x	Exercise			Rep's	Set's	Rest (sec)	x	
Boxjump Arm-Swing / CMJ								
	Unilateral-Counter-Movement-Jump							
		Skaterjump						

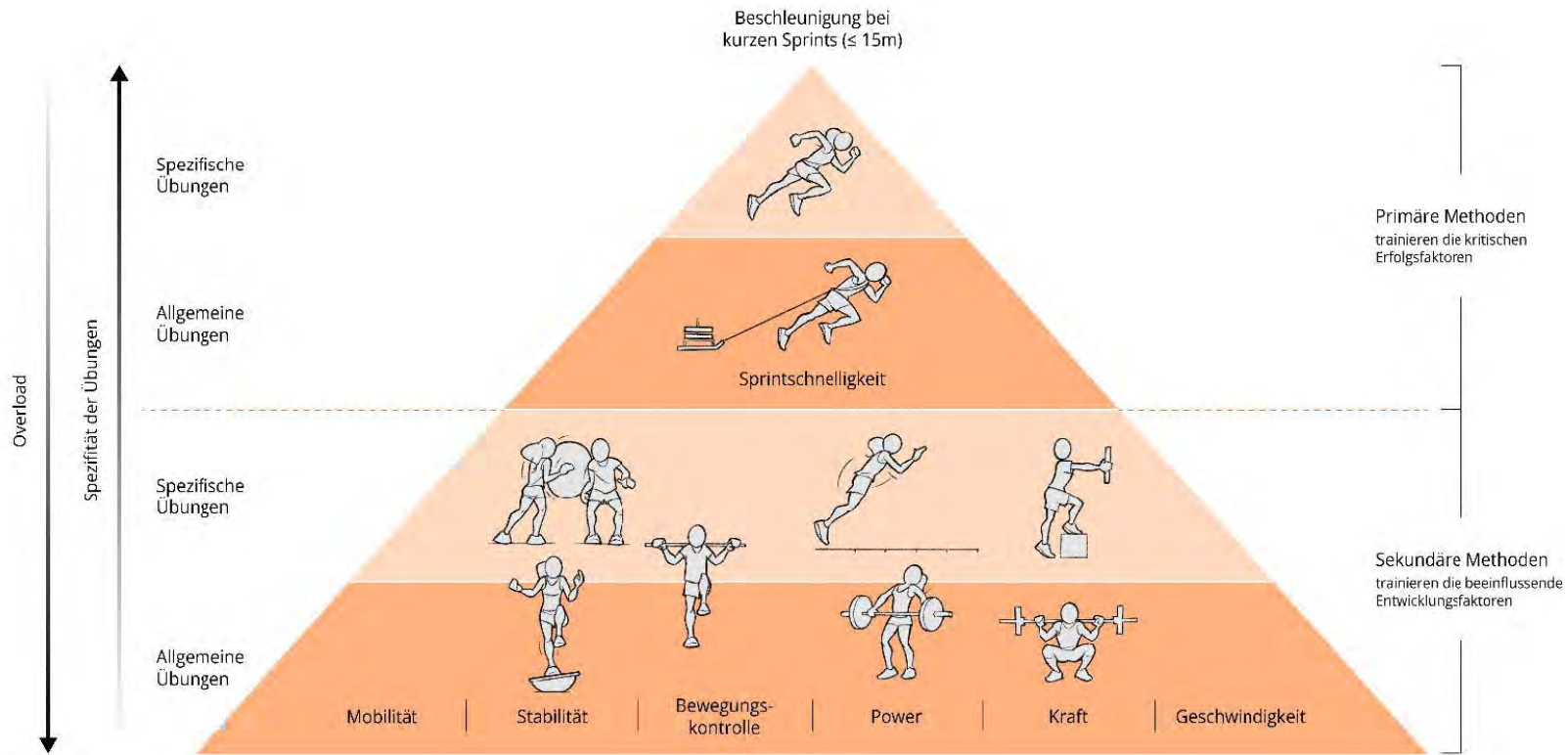
Développement à long terme grâce à un entraînement systématique



L'entraînement de golf pur ne suffit pas pour le développement !



L'entraînement de golf pur ne suffit pas pour le développement !





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

Simon Steib^{1*}, Anna L. Rahlf², Klaus Pfeifer¹ and Astrid Zech²

¹ Department of Sport Science and Sport, Friedrich-Alexander-University Erlangen-Nürnberg, Erlangen, Germany, ² 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

L'entraînement neuromusculaire est une prévention

of injury. Only 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.



Prévention

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



Développer une routine (avant chaque entraînement / tour)

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



Pré-entraînement avant chaque entraînement et avant chaque parcours de golf



Exiger et encourager la routine et l'autonomie



CONFIANCE

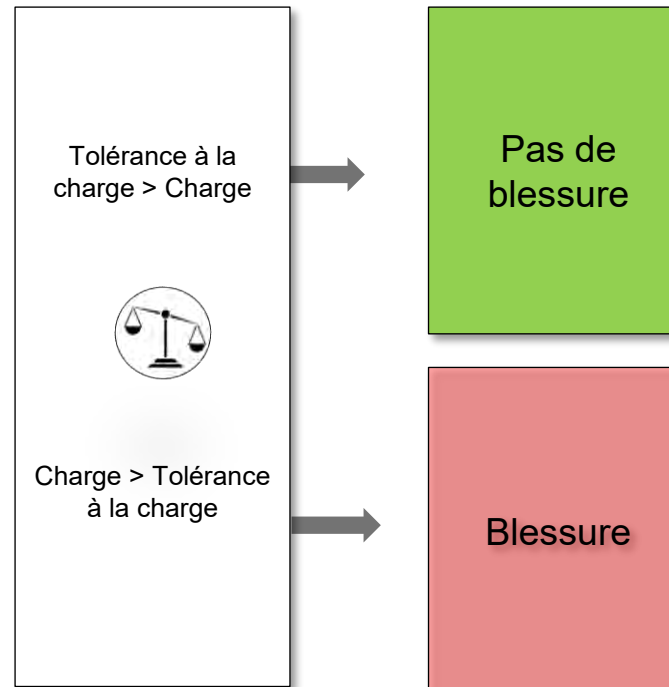
Conséquence pratique

Augmente la tolérance à l'effort et contrôle l'effort (son augmentation)

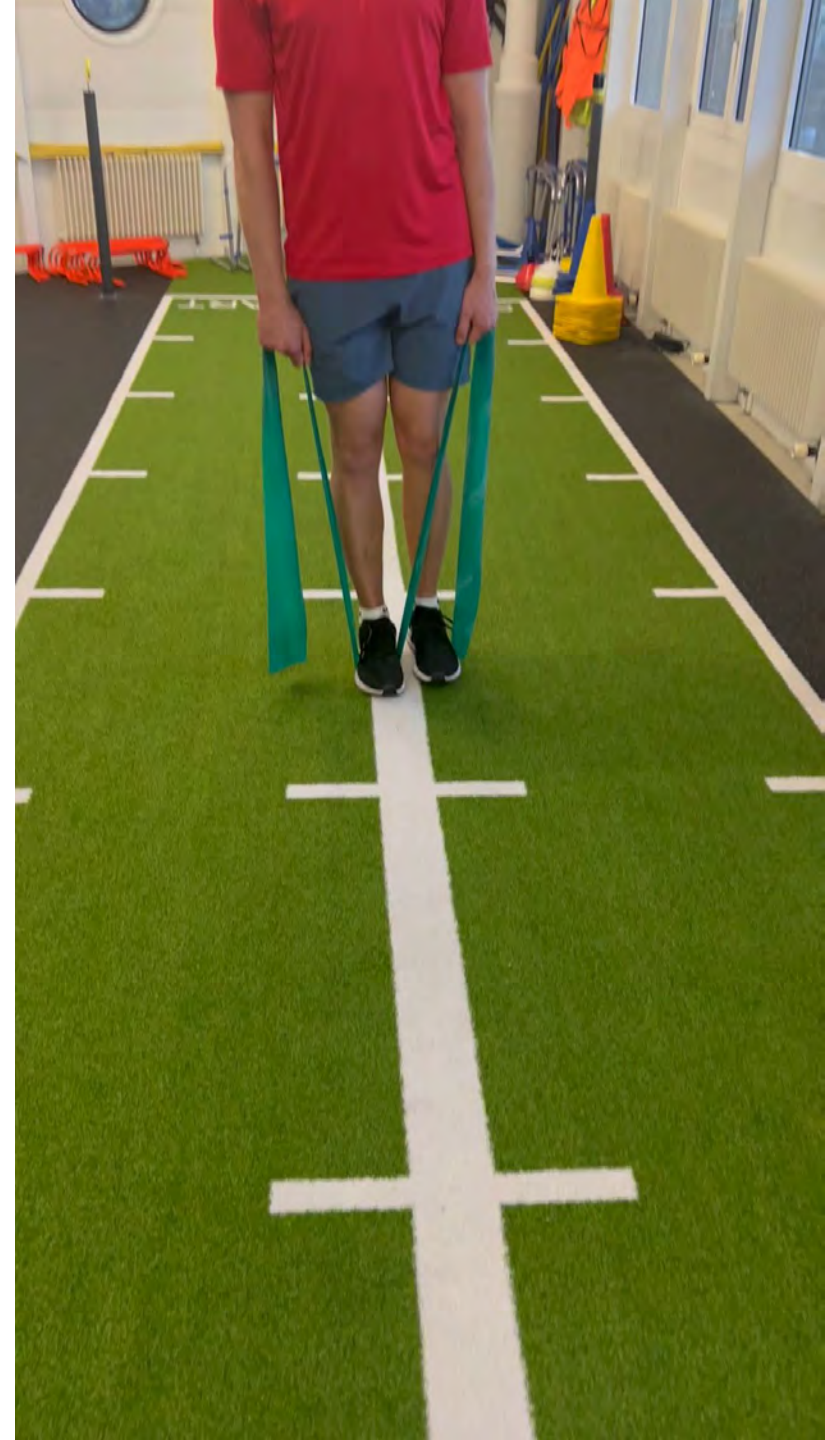
La charge entraîne une plus grande tolérance à la charge-tolérance

S'entraîner dur mais de manière intelligente

Attention : après une blessure ou une pause



Sport d'élite RS Macolin



Parcours physique de l'athlète Golf...???

Cadre junior / Swiss Golf Cadre

Sport d'élite RS Macolin

National Teams

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





Planification sommaire

		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
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	Besuchstag / Tag der offenen Tür
13	Na	Training	Training	Training	Aufbau Besuchstag	
	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
14	Vo	Training	Training	Training	Training	Training
	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
16	Vo	Training	Training	Training	Training	Training
	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
17	Vo	Training	Training	Training	Training	Training
	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



Questions / discussion