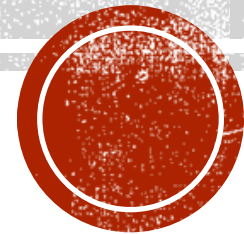


THE PERFORMANCE TEAM

Mississippi State Women's Basketball
Marci Hoppa SCCC, CSCS, USAW
Julie Martin M.Ed, ATC, CES



MARCI HOPPA, SCCC, CSCS, USAW

- University of Georgia
 - Bachelors of Science in Education
 - Exercise and Sports Science
- Northern Illinois University
 - Masters of Science in Education
 - Exercise Physiology
 - Graduate Assistant Coach
- 7 Years of Coaching
 - Alabama, Jacksonville, Western Kentucky, Mississippi State
 - Football, Basketball, Softball, Volleyball, Track and Field, Soccer, Rowing, Tennis, Swim & Dive, LAX, Cheer
- Certified in FAT & FRC



JULIE MARTIN, M.ED, ATC, CES



- Lipscomb University
 - Bachelor of Science-Management & Marketing
 - Basketball athlete
- Middle Tennessee State University
 - Bachelor of Science-Athletic Training
- University of Arkansas
 - Master of Education
 - Graduate Assistant Athletic Trainer
- Athletic Trainer for 6 years
 - Tennis/Spirit Squad
 - Volleyball
 - Basketball
- Trained in PRI, BFR, FAT, CES, MET, SASTM, FRC, Dry Needling and Total Motion Release





ATHLETIC PERFORMANCE E TEAM

- Academics
- Nutrition
- Sports Medicine
- Sports Psychology
- Strength and Conditioning

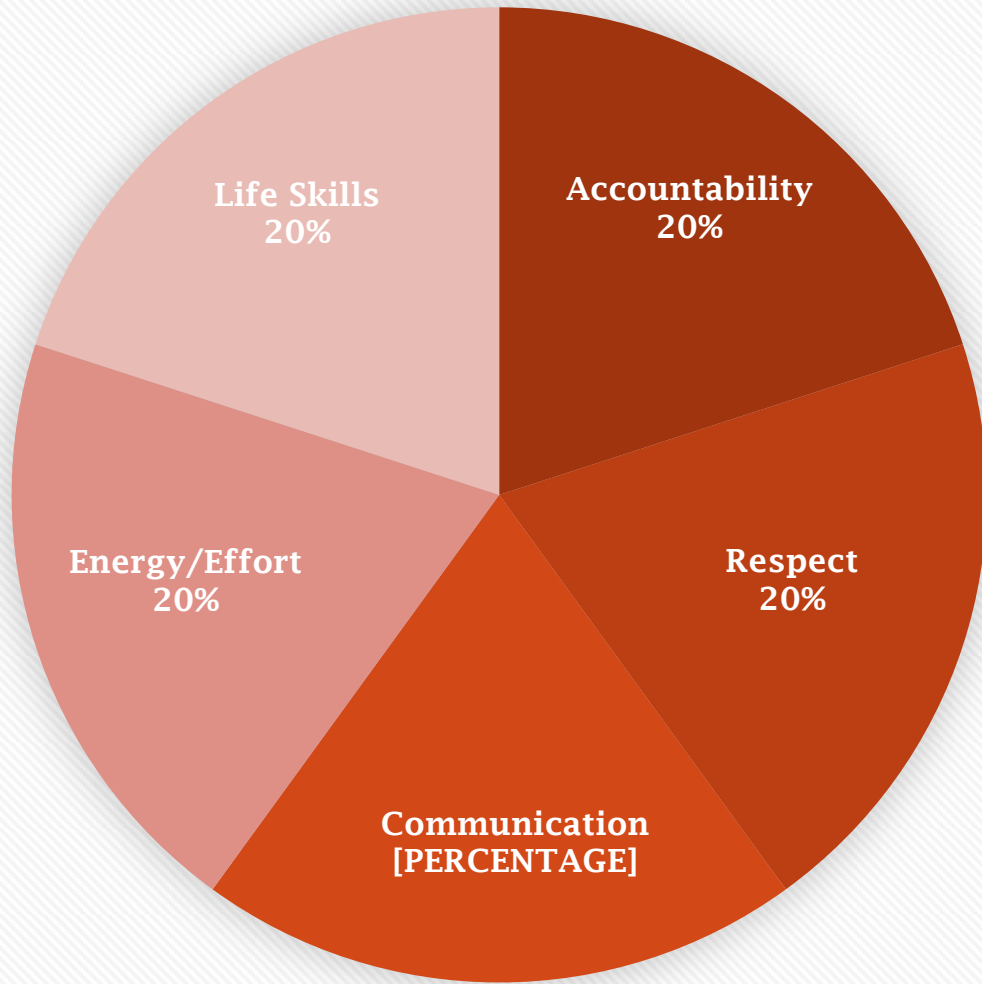


WHAT PERFORMANCE MEANS

- Getting the most out of your body
 - Move more efficiently
 - Move more powerfully
 - Move faster
- Minimize Compensations
 - Break in chain due to weakness, injury, etc
- Maximize Capacity
- Baseline-Optimize-Enhance-Maintain



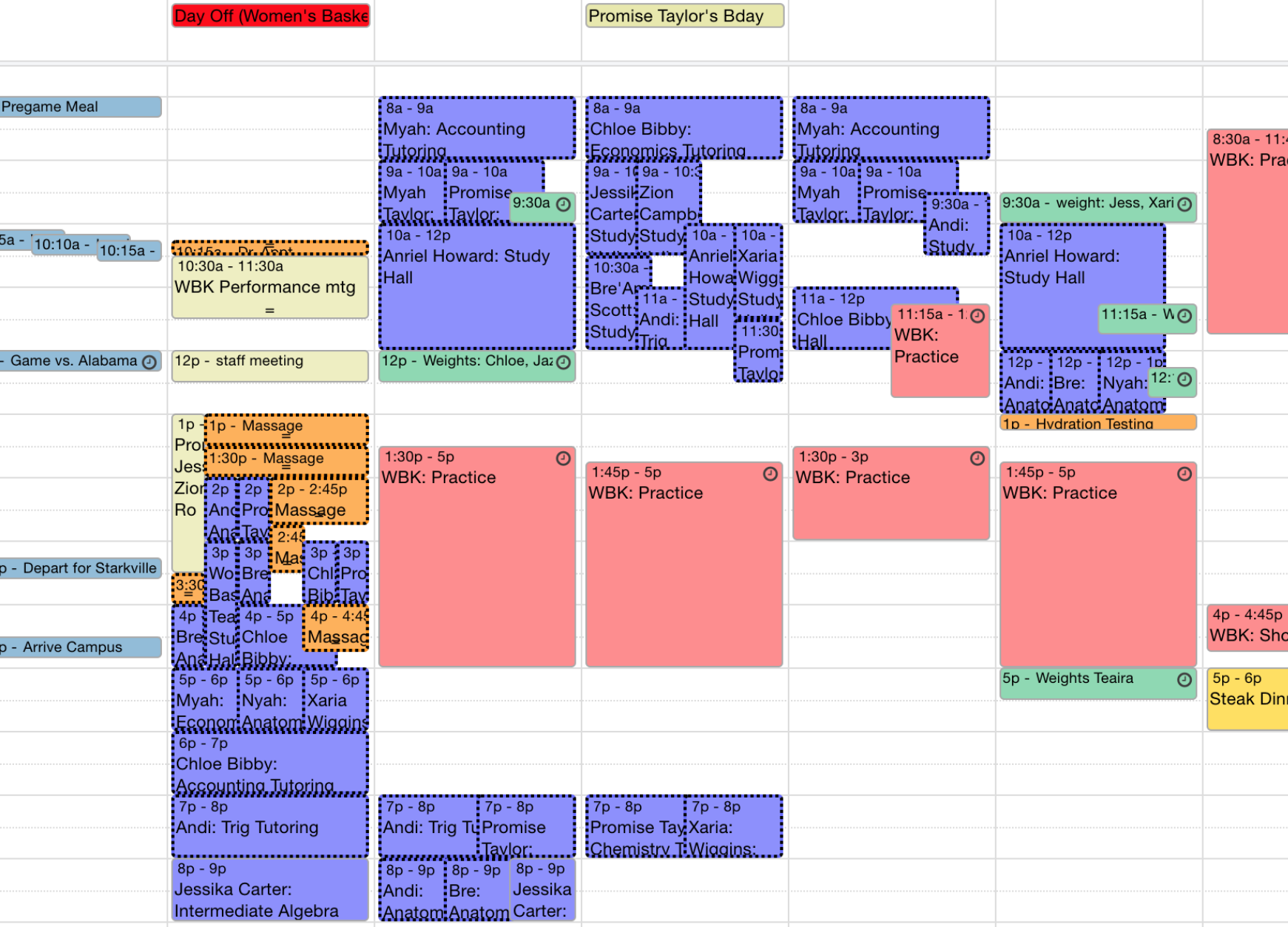
CORE PRINCIPLES



■ Accountability ■ Respect ■ Communication ■ Energy/Effort ■ Life Skills

- **Accountability**
 - Self
 - Program/Teammates
- **Energy and effort**
 - Get out what you put in
- **Respect**
 - Coach to player
 - Player to player
- **Communication**
 - Universal language
- **Life Skills**
 - Time Management

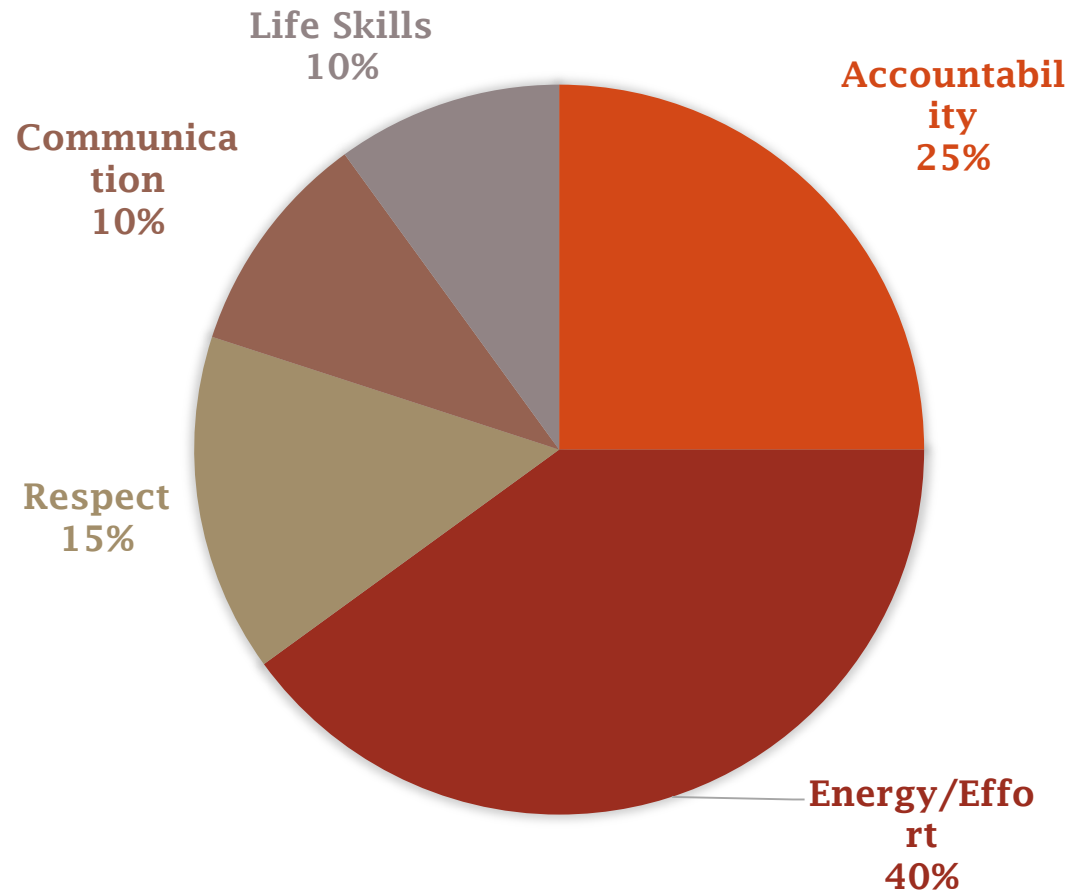




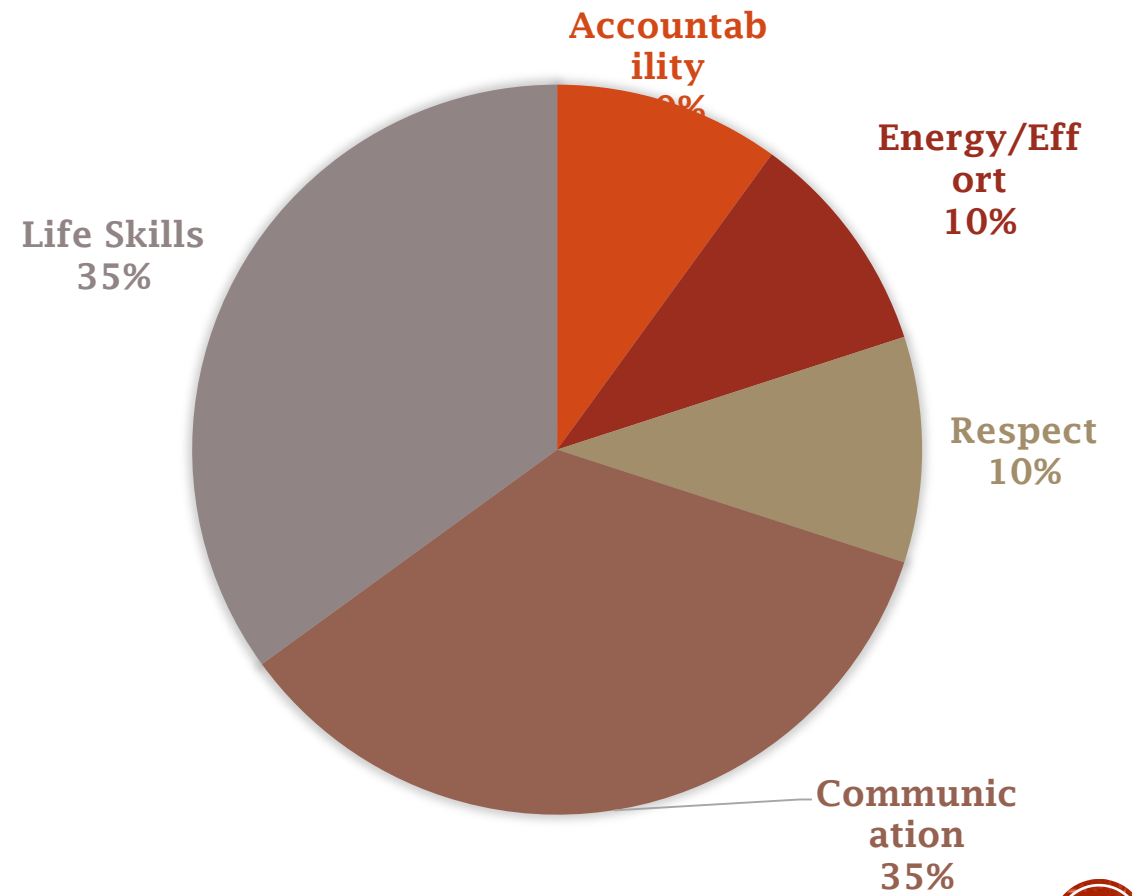
TMP - TEAMWORKS SCREEN SHOT



Athlete A



Athlete B



OBSERVATIONS

- Motivational trends
- Social trends
- Injury trends with athletes
- Coaching trends





MOTIVATIONAL TRENDS

- Friends
- Acceptance
- Competition
- Family System
- Identity
- Financial Benefit



SOCIAL TREND

- Social perception of female athletics
- Physical & Psychological stress
- Social Media Influences



INJURY TRENDS

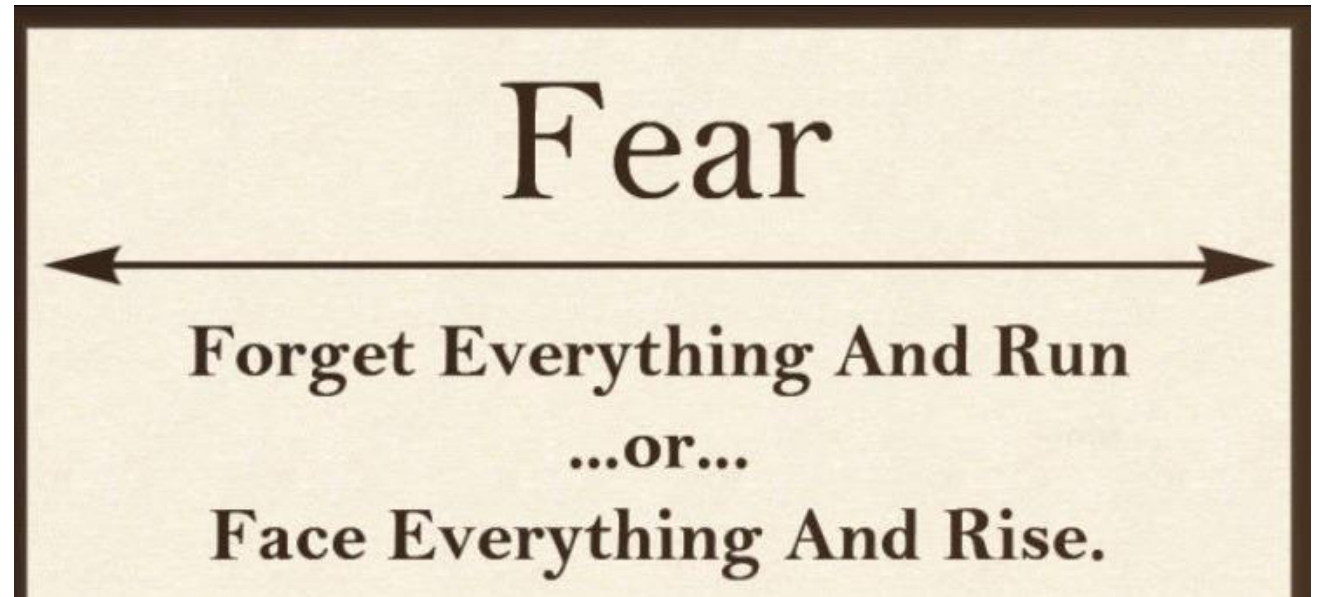


- Pre-existing Conditions
- Overuse Injuries
- Poor Recovery/Fatigue
 - No “OFF” season
 - Summer Access



COACHING TRENDS

- Intrinsic vs Extrinsic
- Old School vs New School
- Scope of the Profession



GOALS

- Positive environment
- Injury Prevention
- Enhance Life Skills
- Sport Preparation/Performance
- Individualization



ACHIEVING GOALS THROUGH THE WEIGHT ROOM



- Work capacity to train → development of strength and power (train for preseason/practice shape) → conditioning and sport specific strength development (train for game/comp shape) → sports specific conditioning and general strength maintenance (season) → recovery/regeneration/maintenance



SEASONAL LAYOUT		2017-2018 Mississippi State Womens Basketball																																																		
		June				July				Aug		Sept				Oct				Nov				Dec				Jan				Feb				March				Apr												
MACROCYCLE																																																				
MONTHS																																																				
MICROCYCLE		1	2	3	4	1	2	3	4	1	2	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	1	2	3									
MESOCYCLES		General Conditioning & Strength "BUILD THE TANK" High Volume				Optimal Strength Development; moderate volume				ACTIVE RECOVERY		Strength and Power development; moderate volume and high intensity				Optimal/ Peak Power & Strength Development "Beast MODE"; low volume and high intensity				Maintenance Strength; SEC Chamionship "Hay is in the barn...time to DOMINATE!"; low volume and low/moderate intensity				NCAA's																												
WEEK BEGINNING		5-Jun	12-Jun	19-Jun	26-Jun	2-Jul	9-Jul	16-Jul	23-Jul	30-Jul	6-Aug	4-Sep	11-Sep	18-Sep	25-Sep	2-Oct	9-Oct	16-Oct	23-Oct	30-Oct	6-Nov	13-Nov	20-Nov	27-Nov	4-Dec	11-Dec	18-Dec	25-Dec	1-Jan	8-Jan	15-Jan	22-Jan	30-Jan	5-Feb	12-Feb	19-Feb	26-Feb	5-Mar	12-Mar	19-Mar	26-Mar	4-Apr	9-Apr									
TRAINING DAYS		73																																																		
# of Practice Days		4	4	4	4	4	4	4	4	0	0	4	4	4	4	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6				
Hours of Practice		4	4	4	4	4	4	4	4	0	0	3	3	3	3	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20								
Conditioning (Type)						Tempo and optimal recovery				1:1 and negative recovery work				Practice; supplemental interval conditioning												Active Recovery																										
Yards per Conditioning						Low volume				High Volume; high intensity																																										
Strength		High Volume and work Capacity; Moderate/high Intensity				Mod-High Intensity & Volume, Major Strength Movements				Olympic Lifts & Strength Phase; High Intensity				Low Volume High Intensity; Olympic & Strength and pre-hab mobility												Low Volume Low Intensity; Olympic & Strength and pre-hab mobility																										
Plyometrics		BW Jumps/Box Jumps/single leg/ landings				Resisted Jumps/ Reactive Jumps																																														
Agility						Agility Stations: Ladders, 5/10/5, 4 Cone, Cube, Dot Drill, T-Drill																																														
WEEKS TILL CHAMPIONSHIP		41	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0									
CLASS BREAKS																																																				
TOURNAMENTS																																																				
CONFERENCE PLAY																																																				
COMPETITIONS		8 hour Training Begins														Full Practice Begins (20 hour)																												SEC Women's Championships								Women's NCAA FINAL 4



ACHIEVING GOALS THROUGH SPORTS MED

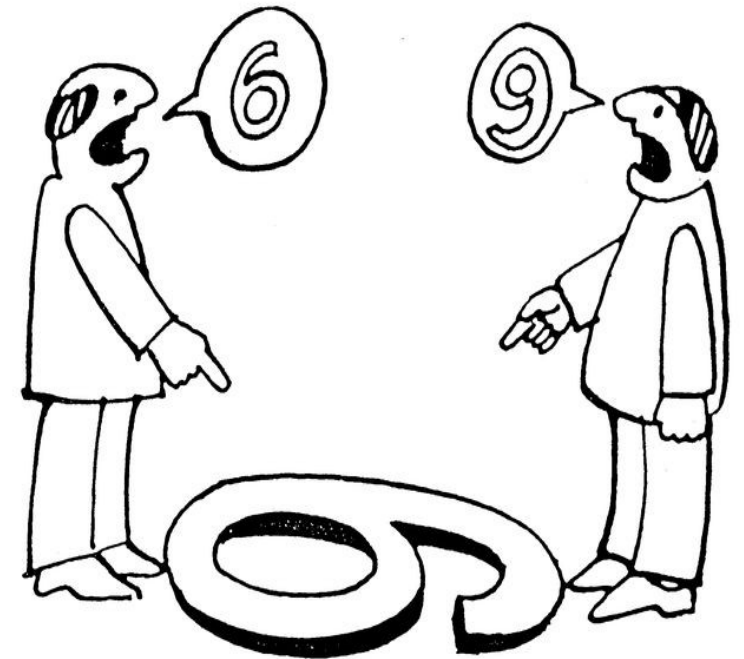


- Consistency
- Collaboration
- Presence
- Whole Body Approach



COMMON ISSUES BETWEEN S&C AND AT

- Aggressive Programming
 - Weight room injuries
 - Periodization
- Injury Modifications
 - Trust and communication
 - Overly cautious
 - Broad restrictions
- Technique/Teaching Cue Differences
 - Different terminology



HOW WE WORK TOGETHER

- Baseline testing
 - Movement Screening
 - Workout Movement Prep
 - Based on screening results
 - Collaborative effort
 - Warm ups-Pre-Practice/Post-Practice



PIC AND VIDEO OF SCREENING



PICS AND VIDEO OF MOVEMENT PREP





MOBILITY & FLEXIBILITY

- Bands
- Foam Rollers
- IASTM
- Lacrosse Balls
- Stretching
- Theragun/Hypervolt





RECOVERY

- Cryotherapy
- Hydration Testing
- Nutrition
- Recovery Boots
- Whirlpools





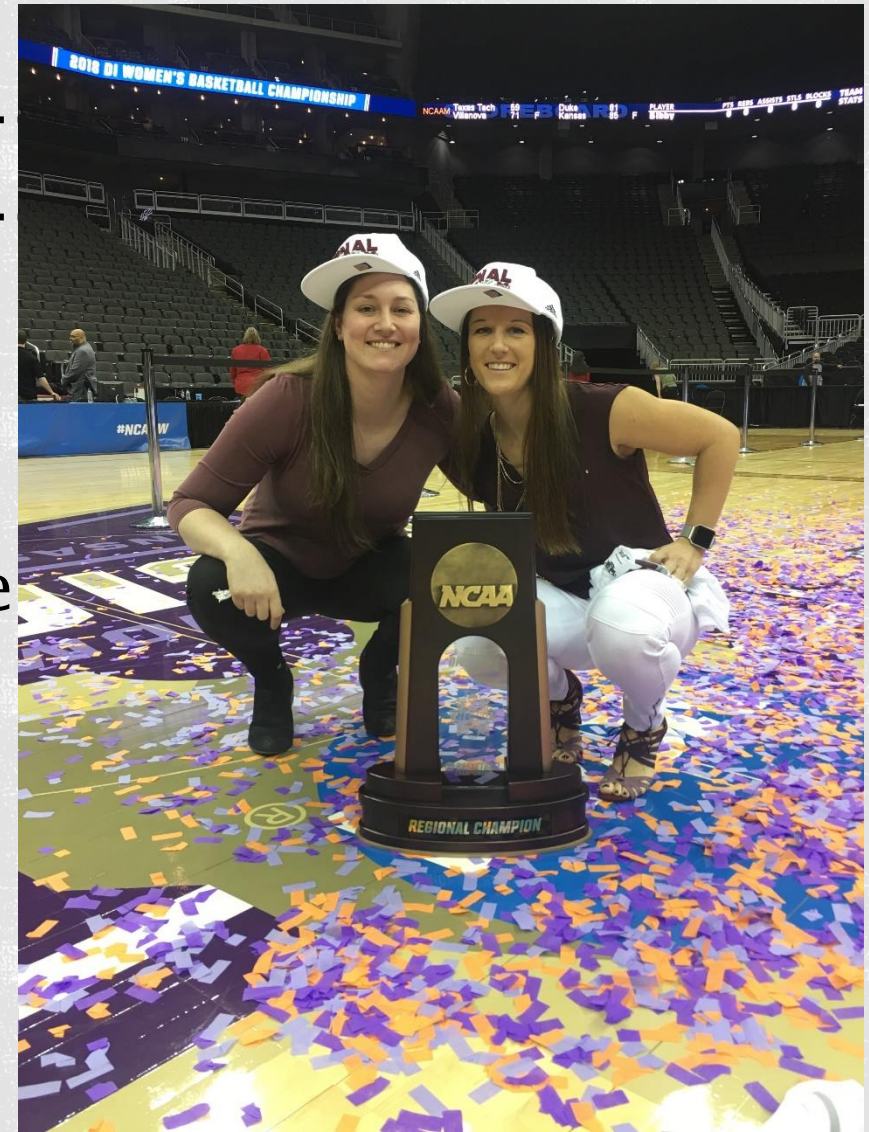
RETURN TO PLAY POST-INJURY

- Rehab
- Practice Activities
- Preparing for Sports Drills
- Return to Play



IDEAL RELATIONSHIPS

- Open and Honest Communication
- Equals working toward the same goals
- Appreciation of each other's strengths/weaknesses
- Understanding each other's roles
- Performance Team-Collaboration
- Discuss issues and implement solutions



QUESTIONS?

Marci Hoppa- mhoppa@athletics.msstate.edu

Julie Martin- jmartin@athletics.msstate.edu

