

League Training Structures

Setting Up Training Programs to Achieve Your League & Team Goals



About Me & this Session:

Ivanna S. Pankin

- **Began playing roller derby in 2003 in Arizona when I was 35**
- **SoCal Derby Captain / Skater / Trainer**
- **Trainer / Skater / Rules rep for banked track derby**
- **Former WFTDA Rules Rep / WFTDA HotBOD founding Board member**
- **Current WFTDA Training Chair**
- **RollerCon Training Manager**

AND NOW: An overview league training ideas from new skater training to charter teams and as much between as we can fit in an hour. We'll talk about basic goal-setting and benchmark measurement at several skill levels and take a look at ways to structure practices and season-length training plans, all with an eye towards achieving specific types of training goals.



BASICS

1. Figure out STAKEHOLDERS
2. Determine GOALS
3. Figure out TACTICS for MEETING THEM
4. Measure PROGRESS
5. Review & revise often

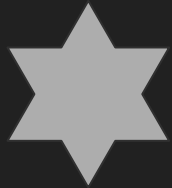
KEEP EYES on the PRIZE

Great training plans aren't something you create and implement. They're always evolving, because your team(s) and league are, too.



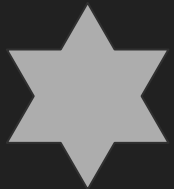
Identifying Stakeholders & Goals

- Stakeholders
 - Usually Team Captains & Coaches
 - Start with a SMALL GROUP, CASUAL CONVO... work towards more formal “meetings”
 - Simplify initial conversations by starting with a VERY SMALL GROUP of committed stakeholders (not every reluctant co-captain, substitute boot camp coaches, etc.)
 - Consider an after-scrimmage or otherwise casual setting for initial convos, figuring out who the best stakeholders are
 - “Hey, got a minute to talk about training?”
 - if they never do, they’re not good candidates for serious convos.



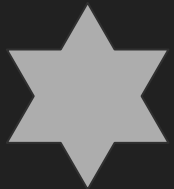
Initial Goal-Setting

- FIRST TIME:
 - Casual, low-stress setting <SoCal “meetings”>
 - If you’re doing this right, there’s lots of overlap
 - Brainstorm big picture
 - List everything big, small & otherwise sort it later
 - Don’t discount any ideas - no matter how unlikely (ie: #1 RANK!)
 - This is when to share dreams and inspire each other to think bigger
- Ask Stakeholders to ponder, then reconnect
 - Ask them to turn the brainstorming into a big-picture list of goals
 - Move to email?
 - Another meeting?



League Wide Standards

- **ALL COACHES / CAPTAINS ON BOARD WITH STANDARD POLICIES**
 - Attendance overall
 - Team Captain ability to require additional attendance
 - Late arrivals / early departures
 - Minor injuries during practice
 - Expectations for injured players (probably depends on team status)
 - Return to play from larger injuries
 - Appropriate behavior for skaters that can't hang
 - WHAT ELSE?



Specific Single Practice Goals

- Structuring x-hour practices
- Coaches on the same page with general structure?
 - All Coaches agree that league practices will include (just an example!):
 - Warmup
 - Active stretch
 - Skills x minutes
 - Scenarios x minutes
 - Contests / progress measurement (does not need to be tracked)
 - Fitness / cardio / laps x minutes
 - Cool down / Stretch



Short Term Goals

Make sure coaches agree on things like:

- Weekly themes, ex:
 - This week: all DEFENSE
 - Week two: Jamming skills
 - Week three: whatever!
 - Rules sections to determine each week topics
 - Game results?
- Tactics
 - Everyone working on particular types of strategy, no scabs



Skill Goals: Using CONTESTS & GAMES

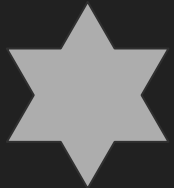
- Coaches / Captains can make practices FUN but also use contests to encourage competition and measure skills in their team goal set, examples:
 - Faster skaters
 - RACES!
 - In Groups / Pairs, narrowing it down to “winner heats”
 - More tools in the box, like apex jumping, spinning
 - Catch the spinner contest
 - Incorporating skills into other races, like panty pass game
 - Using time counts to measure progress
 - 4 on 1, count how long it takes jammer to get out or push to pivot line
 - Compare that count to the next jammer
 - Using Cones to measure progress
 - Races that include stopping between cones, obstacle courses
 - WHAT ELSE?



Long Term Goals

New Skater Training

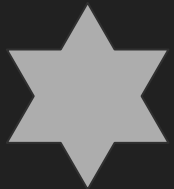
- **New Skater Training / Bootcamp / Fresh Meat Programs**
 - Attracting / retaining skaters
 - Safety!
 - Skills
 - Entertainment, friendship, etc
 - Path to league citizenship
 - Connection to the rest of the league / teams
 - Boot camp coaching... testing & administration... coach training...
 - What else?



Long Term Goals

B / Home Team Training

- B Teams & Home Teams Training
 - Fun!
 - A path to more competitive teams
 - Intro to A team tactics / strategies
 - LOTS OF opportunities to play
 - Matinees / formal scrimmages (call them games!)
 - During-practice games with nearby rivals?
 - What else?



Long Term Goals

A Team / Interleague / Charter Team Goals

- Including Season Goals & (to a lesser degree) Next-Game Goals
- Expectations - Setting, Communicating & Measuring
- ASK team players for goals
- Competition / Ranking
 - Involving players in the PATH to ranking higher
 - What is current rank?
 - Who else is in that vicinity?
 - What games could help?
- Beating Specific Rivals - WHICH ONES?
 - Studying rivals to inspire players to work harder
- Intra-team competition
 - Inspiring players to compete against each other
 - Measuring achievements; races & contests
- WHAT ELSE?



Measuring Achievements

Goals are WORTHLESS without regularly measuring achievements.

- Measure team progress with game performance, ranks, etc
 - Explain predictions (FTS, etc) before, break down results after
 - Celebrate victories!! Keep it positive, esp in group settings.
 - Discuss stats with the team and individuals. Tie playtime to concrete performance measures.
- Get players interested in their own progress
 - at practice with games & contests
 - After games with stats (stats contests? Penalty contest)
 - Ask for their goals, review their progress with stats
- Training Team progress
 - Check in with coaches individually / as a group regularly.
 - LET THEM DISAGREE WITH YOU. Listen to them!
 - Revise training plans to keep them relevant.
 - Keep coaches talking to each other about training; inspiring each other
- HOW ELSE?



Most Important: **EYES ON THE PRIZE.**

Questions?

Comments?

ivannaspankin@gmail.com

training@wftda.com

