

2021

MSHSCA

Xc Clinic



14 plus TidBits

Matt Gabrielson
Edina HS
Girls XC Coach

My own experiences and beliefs

Basic Needs

Ethos (some use culture)

Practices or values that distinguish one person, organization, or society from others.

Learned Behavior

Psychological, Emotional, Physical

100 100 100

Influences

Traditions

Summer Running



Setting Goals

Strength Training

Strength Training	After Run Strength	Plyos
Weight Room Training	Plank Routine	Sprint Drills
Friday Strength	Boring Routine	Safe Plyometrics
	Core X Routine	

Captains

Summer Camp

Pre Practice

Before Running
RPR
Foot Drills
Leg Swings Video
Lunge Matrix Video

Post Practice

After Running
Hurdle Walkovers
Calf Raises
Push Ups
Wickets
Strides
World's Greatest Stretch

Mindset

Self-Talk

Do you talk to yourself positively in the 2nd person? (You are great...You can do this...You are swift...etc.)

Be Process Oriented

Are you striving to improve you and those around you in the present moment?

Realize Your Why

What is your purpose? Why are you doing this?

Visualization

Do you spend 2 minutes visualizing your goal(s)?

Grit

Do you persevere through the challenges and difficulties?

Ownership

Do you take responsibility for you?

Post Season

Skillset AKA Training

Big Word - Progression

