

THE DEMAND OF SPORTS SURFACE

The relationship of wooden sports floors and physiology of athletes
Practical value from angle of field practitioner

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Strength & Conditioning Philosophy

- Even the best athletes can get better
- Training is the the difference between where you are and where you want to be



Basic Block

- physical & psychological requirements,
- competitive skill development,
- game tactics and strategy.



Results

- have more desire to compete,
- to attack and defend with ferocity,
- also can implement better game strategy to influence outcome during fast changing game situation,
- in short, they are more likely to succeed!



Some of Success Stories

Michael Jordon

Scottie Pippen

Andre Iguodala

Kobe Byant

Tim Hardaway

Shawn Marion

Dwyane Wade

Ron Harper

Quentin Richardson

Dwight Howard

Arenas Gilbert

Jemaine O'Neal

Hakeen Olajuwon

Carlos Boozer

Pau Pierce

Charles Barkley

Elton Brand

Antione Walker

Michael Fynley

Jordan Hill

Juwan Howard

Jerry Stackhouse

Luol Deng

Devin Harris

Corey Maggette

Bobby Simmons

Alex Rodriguez

China Badminton Olympic Team 2008 北京奥运会 & 2012伦敦奥运会 8 Gold total 16 medals



竞技运动体能训练

- 即使最好的运动员也能百尺竿头更进一步;
- 同二十世相比，现在运动员身材更高大、身体更强壮、移动也更敏捷。只有心理素质、体能基础、竞技技术和战术意识的全面训练，才能造就超级运动员;
- 运动员的身体素质越强健，场上的攻击欲望与对抗、拼抢能力就越旺盛;
- 拥有强健体魄的运动员，不光有惊人的冲击力和强悍的对抗能力，更能积极、凶狠地防守、贯彻教练的意图、阻击对手的进攻;
- 注重体能训练的运动员，更能适应竞争激烈的高水平比赛，也更容易获得成功!



Performance Demand

- explosive power
- lightening quick speed
- agility
- competitive physical contact



Training Demand

- agility centered modern sports requirement
- abnormal & sometime extreme pressure both intensity and volume during strength and conditioning , specific and conversion, and skill development session, especially for top ranking athletes and elite sports players
- other considerations



Other considerations

- better designed floor structure will reduce lateral and vertical stresses
- better shock absorber and energy reverb system will not only help reduce wear and tear on joints but help athletes being more stabilized and more explosive;
- uniformity of response across the entire surface will help produce dynamic movement at all directions with lightening speed which fits the primary training goal and most game specific requirements
- more time to shine and play the game at optimal level



Safety Demand

- injury rehabilitation
- minor injury treatment
- injury prevention and rehabilitation



Investment Demand

- inadequate floor disrupt game, result unsatisfied performance and more likely cause unnecessary injury
- add cost for future repair and replacement
- image, image, image - success through association!



Maintenance Demand

- fixed
- mobile



Environmental Demand

- local environmental issues
- green conscience



Specific Demand

- badminton sub-flooring considerations
- possible solutions



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