

## Sport Skill Execution:

### Applied Programme Management in Power/Speed, Team, and Combat Sport Disciplines

#### Lecture Slide Headings:

- Paul Simon
- Execution Beats Scheme
- Sport Skill
- Team Sport Peaking
- Marcus Aurelius
- Movement Commonality
- Sport Commonalities
- Commonality of Professions and Sub-Divisions
- Programme Management
- Temporal Organization
- Origin of Idea
- Preparation
- Pre-Existing Illustrations
- Programming and Organization of Everything
- Work Backwards from competition Dates
- Load Taxonomy Organization
- Individual
- Load Element Proportionality
- Adaptation Rates
- Order of Method of Execution
- High/Low
- Workload Compatibility
- Technical-Tactical Problem
- Pat Martino
- Unconscious Competence
- Technical Tactical Solution
- Intensity
- Team/ Combat Sport CNS Intensive Day
- Team/ Combat Sport Extensive Day
- Summary
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