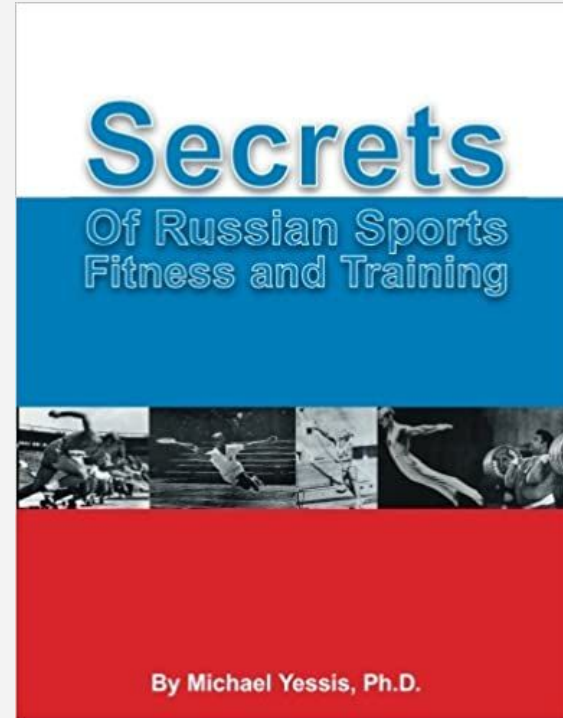


## 4 GPP-SPP

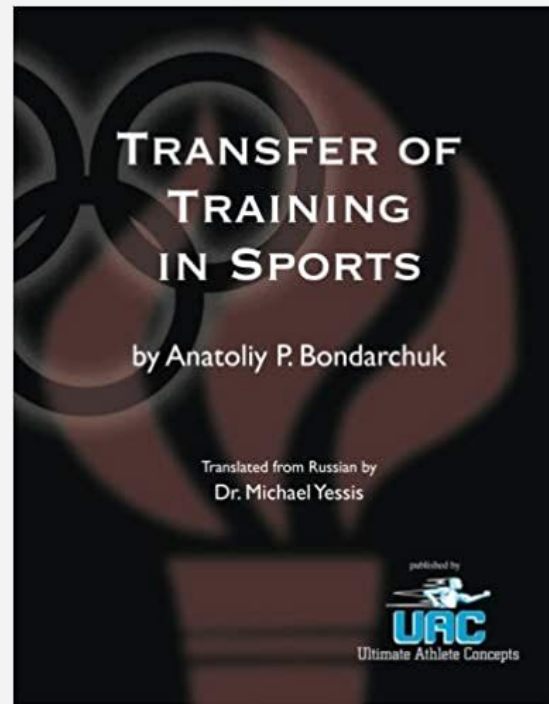
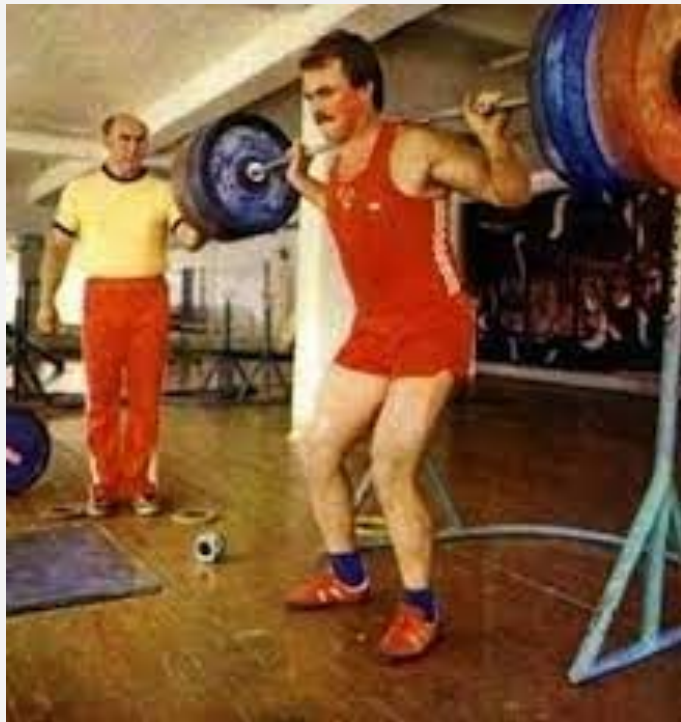
*If you look at world class performers, not one of em' is the strongest man on the team, so how much strength do you need?" "If your strength training is general, which most programs are... it has no effect on performance. You get stronger but your performance does not get better.*

Dr Michael Yessis

# Dr Michael Yessis



# Anatolij Bondarčuk



# General to Specific



# Top-Down/Bottom Up

Russian vs Bulgarian

Learn the movement in parts vs learn the movement and break into parts

Learn in a high constraint environment and progress to low constraint

Learn in low constraint and regress to low constraint

# Motor Learning

Bernstein's Law - No two movements are the same

- Can we really create a movement pattern?
- Are we just limiting variance?

Altering general strength curve to specific strength curve

- Do the strength curve associated with specific movement patterns transfer from general?
- Are we just developing irrelevant aspects?

Overloaded vs Overspeed

- Changing the Velocity based on load has a huge impact on the motor pattern
- Does this create a more robust pattern or specific adaptation to load or speed?

High Constraint vs Low Constraint

- High Constraint environments create specific adaptation to that environment
- Is creating aptitude in controlled environments translate to uncontrolled environments?

# Resources

[Strength Training & Coordination](#)

[Secrets of Russian Sports Fitness Training](#)

[Transfer of Training in Sports](#)