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Sezione Elementi tecnici

Strategia Didattica

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**COACHES CONFERENCE
LAS VEGAS DECEMBER 12 / 15**

**TEACHING UPGRADING OF PROPAEDEUTICAL
EXERCISES FOR A BETTER COMPREHENSION OF THE
TOP- LEVEL
TECHNIQUE**

Speaker Mr. Paolo Marcelloni

Director of the Italian School of in-line
roller skating racing

PROFILE

Paolo Marcelloni

- 3rd level coach
- National instructor of the Italian Federation of Hockey and Skating (F.I.H.P.)
- 23 years as trainer
- For 15 years professional trainer
- Technical expertise given to 10 clubs
- For 5 years director of the Italian School of in-line roller skating racing
- Author of technical pamphlets and videotape material

The subject matter of this conference is the first part of a study which will be fully treated at: **THE 2nd INTERNATIONAL COACHES CONFERENCE** which will be held in **RICCIONE on JANUARY 24-25-26 1997.**

Many other subjects dealt with in the conference in Riccione, among which:

**KINEMATIC AND BIOMECHANIC STUDY AND ANALYSIS
OF THE FORWARD PUSH (tridimensional analysis)**

Material made at the World Championships in Scaltenigo and Padova

**COACHES CONFERENCE
LAS VEGAS DECEMBER 12 / 15**

Before beginning my talk, I would like to briefly illustrate how the Italian Federation of Hockey and Skating has tried to fill the technical gap using the in-line skater.

- ITALY** **1992** During these Championships Italy realized that the in-line skater "exists"; the Dutch athletes, from the ice-skating and their results in the long-distance race, suggested that the ice-skating experts of the long and short track should be invited to the national refresher course. At that time the Italian School had already prepared a study on the technical differences between the traditional roller skates and the roller blades with instruments such as the **ELITE** and the **PIEZOELECTRIC BOARD**. At the end of the session, besides a wide range of drills without roller skates, the new element that was included in our technique was **BALANCE**, which we now call:
“THE SHIFT OF THE BARYCENTRE”.
- AMERICA** **1993** When the American Championships took place, the F.I.H.P.(Italian Hockey and Skating Federation) thought that it was necessary to send a technician to film them. The film was then analyzed, elaborated again and shown at our trainers' refresher course. The type of analysis chosen was determined: the use of the **COMPUTERIZED COMPARISON**.
The first point of analysis was to evaluate the technical differences between the American athletes and ours.
After that we started to describe the technical model and to produce technical documents.
EDUCATIONAL VIDEO 1 was made.
No Italian athlete using the roller blades got into the finals in USA.
- FRANCE** **1994** Thanks to the first results obtained using the comparative images, we also arranged to film all the games of these Championships, using two video cameras provided the best overall view for the study.
Study of both various technical interpretations and tactics concerning several athletes (our attention was still focused on the American ones).

**COACHES CONFERENCE
LAS VEGAS DECEMBER 12 / 15**

GOAL: the COMPARISON of both the FREQUENCY and with of the step TRAJECTORIES. When we came back to Italy, we were

compelled to take an interest in a further question which cropped up on us: CHAD PROBLEM.

I would like to remind you that there is the following commentary in our **EDUCATIONAL VIDEOTAPE 2: A NEW STAR WAS BORN IN THE WORLD SKATING PANORAMA; WE WILL HEAR ABOUT HIM SHORTLY.**

While we were making the videotape, Mr. Chad's exasperation and technical differences were observed, so we started to evaluate this new technique.

Our analysis was shown in the **EDUCATIONAL VIDEOTAPE 2** at the trainers' refresher course. Technical document which describe that analysis are available from our Federation. Thanks to the agreement with the American Federation, Mr. DANTE MUSE, who has won more than one world Championship, was invited as speaker and as demonstrator.

We declare that his participating was appreciated by everyone.

An Italian delegation took part in a STAGE in Las Vegas , where we learned the new term "DOUBLE PUSH". An educational videotape was made exploiting the video images which had been collected; it was very useful to coaches attending courses, regional and national meetings.

Italy won only two medals (silver and bronze) in the women's sector in those Championships.

AUSTRALIA 1995

In 1995 the technical commissioner Mr. Cruciani was replaced by Mr. Giovanni Martignon. The new commissioner asked and got the medical-scientific advice for the National team and his staff and the use of the structures of the Italian School of CONI Federation.

Throughout the year the national athletes were examined several times to take the results of the hemetic lactate, the functional capacity of their heart and their breathing organs.

S.I.P.a R. also made use of the structures of the School above mentioned.

COACHES CONFERENCE LAS VEGAS DECEMBER 12 / 15

The School made the document "Some thoughts on the acceleration, on the frequency and on the double push", exploiting the video material of the World Championships in France in 1994. It gave wide space to digitized images, with sequences of four hundredth of a second.

The President Mr. Sabatino Aracu undertook to start a very important event which was to be repeated during the following years: **the coaches' refresher course which is held in Italy every year has to reach an international level.**

The Italian School of in-line roller skating racing tried to make a new study in Perth: Bidimensional Analysis of the forward push in the fast trials, double push description and codification. The **EDUCATIONAL VIDEOTAPE 3** was made.

Italy spoke about the **DOUBLE PUSH** with appropriate documents at the first International Conference. The technical pamphlet and the relating videotape "**THE BASIC RULES OF THE IN-LINE SKATING**" were made.

We were at the first International Coaches' Conference Speed, where **Fifteen Countries** were represented.

Italy modified her results positively and in an exponential way, five gold medals, more than ten silver and bronze medals.

ITALY

1996

The National team has a great responsibility: it must confirm and verify its "good state of health" shown the year before in Australia.

The work of all the staff goes on efficiently, always supported by the medical team of the School of Sport.

Last October the Italian School of in-line skating finished elaborating a new study which updates the one made last year:

Educational Progression of Preliminary Drills of the Basic Technique. A related videotape was made; the topic of

the new document will be: **Educational Progression of preliminary drills for both the improvement and the stabilization of the basic technique, and new proposals to acquire the double push.** The complete work will be

shown in Riccione 97. The main topic of the next International Conference will be the new study of **Biomechanics in tridimension** made with the co-operation of the Institute

**COACHES CONFERENCE
LAS VEGAS DECEMBER 12 / 15**

of Scientific Research of the School of Sport.
The **EDUCATIONAL VIDEOTAPE 4** will of course be shown.
The detailed program will be distributed in Las Vegas.
The Italian National team confirms, or better it improves
its performance as a whole: eight gold medals, more than
ten silver and bronze medals.

Maybe Italy has taken the right track, but we have not yet reached all the goals; it would be a big mistake if we no longer engaged in the research and in the improvement of the techniques, of the methodologies and of the training means of the skater. The Italian Federation is working on these and will be prepared to divulge anything which will be produced. The American and Italian initiatives should be stimulated by everyone.

**FEDERAZIONE ITALIANA HOCKEY E PATTINAGGIO
SCUOLA ITALIANA PATTINAGGIO A ROTELLE CORSA**

TEACHING UPGRADING OF PROPAEDEUTICAL EXERCISES FOR A BETTER COMPREHENSION OF THE TOP- LEVEL TECHNIQUE

“Sequences and cadences”

“The shift of the barycentre” onto the frontal plane is the technical element which characterizes the new technique of the in-line skates. Using simple words, this lateral shift of the pelvis, helped by the extension-push of a limb, must be the first stage of a sequence of cyclical moves which make up the technical gesture: “the push”.

The move above described is not found in any basic motory scheme (walking, running, jumping), therefore the technique on the in line skates is really far from a “natural move”.

During the race the different leaning moves are more forward than the pelvis and they precede it. Only subsequently the contact with the heel and the following rolling take the pelvis forward again with the strong action of the push in flexion-extension of the heel. Besides all the moves of the lower and upper limbs are oriented onto the sagittal plane.

If this occurred on a skate, one would be compelled to push from the back for almost all the time of the limb extension with the first front wheel.

In order that the execution of the preliminary drills, already known and those we are going to propose in this pamphlet, be correct, one must first pay attention to the shift of the barycentre which is the only element warranting a push with all the wheels in contact with the ground to the complete extension of the pushing limb.

We will not list again the stages of the PUSH and the CROSS-STEP, with the terminology already codified, but we will try to simplify the language as learning is addressed to people of various ages.

This choice, made thanks to the experiences acquired, awakens and helps learning in students, making them aware of the motory sequence which is indispensable for succeeding in a good technical execution.

Let us observe the table :

**COACHES CONFERENCE
LAS VEGAS DECEMBER 12 / 15**

10 SEQUENCES TO SKATE CORRECTLY

	Technical Element	Difficulty Level	Sequence	From still position	In movement
1	Shift of the barycentre	easy	1) right fall 2) right push 3) left contact	X	
2	Shift of the barycentre	average	1) right push 2) right fall 3) left contact 4) right push again		X
3	Forward push	easy	1) right approach 2) right contact 3) left push	X	X
4	Forward push	average	1) right slide 2) left approach 3) left contact 4) right push		X
5	Forward push	average-difficult	1) right slide 2) approach-left approach 3) left contact 4) right push		X
6	Forward push	difficult	1) right slide 2) left approach 3) right push 4) right fall 5) left contact 6) right push again		X
7	Forward push	difficult	1) right slide 2) right approach 3) right push 4) right fall 5) large left contact 6) right push again		X
8	Cross-step	easy	1) left fall out 2) right cross 3) right contact	X	
9	Cross-step	average -difficult	1) right push 2) left fall out 3) right cross 4) large right contact	X	X
10	Cross-step	difficult	1) right push 2) left fall out 3) left push 4) right cross 5) large right contact		X

COACHES CONFERENCE LAS VEGAS DECEMBER 12 / 15

TECHNICAL GLOSSARY

1) APPROACH	The final part of the recovery, moment in which the two roller skates are side by side.
2) APPROACH-APPROACH	Above mentioned, but the position is kept longer.
3) CONTACT	Sequence of landing.
4) LARGE CONTACT	Sequence of landing to execute at a distance of at least 20 centimetres, the other roller skate in the push position, with a difference of about half blade on the sagittal plane.
5) SLIDE	Stage of slide on either vertical blade or slightly on outer line.
6) FALL	Unbalance of the bodily axis and/or the shift of the barycentre during the forward sequence.
7) FALL OUT	Unbalance of the bodily axis towards the interior of the bend, with the weight of the body on the inner leg and the blade on outer line.
8) PUSH	Push with either complete or incomplete extension of the lower limb.
9) PUSH AGAIN	The final part of the push to look for the complete extension of the limb only after the landing of the other limb.
10) CROSS	Set of pushes of the lower limbs. The outer leg pushes and moves in front of the inner leg, which pushes and moves to the back to the outer leg.

The **sequences** of the movements, just described, are very important to execute the technique perfectly.

They are the fruit of a deep analysis of the movement, of the technique on the whole, in spite of the use of simplified terminology.

More simply, I will give you an example: sequence No.3 : “forward push”.

The sequence which has been explained is: 1) right approach 2) right contact 3) left push

Now we are changing the sequence into: 1) right approach 2) left push 3) right contact.

This new sequence gives rise to very bad mistakes, that is to say: to make contact with the roller skate in a more forward position than the vertical of the iliac bone towards the ground, we do not move the weight, we are not therefore fully loaded on it, we open the tip of the roller blade externally. When the sequence which forms a technical element is memorized, we can fit

**COACHES CONFERENCE
LAS VEGAS DECEMBER 12 / 15**

the cadence chosen for that sequence. For example: sequence No. 4: “forward push”.
The sequence indicated is: 1) right slide “)left approach 3)left contact 4) right push.
The **cadence** suggested will be: SLIDE- APPROACH, slow move improving the ability to slide on a skate, CONTACT-PUSH, quick and simultaneous move.
N.B.: musical rhythms are helpful to reach the object.

Trasparencies prepared for the speech:

**SEQUENCES OF THE MOTORY LEARNING PROCESS
“MEINEL”**

1 st sequence	ROUGH CO-ORDINATION
2 nd sequence	DEVELOPMENT OF THE PERFECT CO-ORDINATION
3 rd sequence	STABILIZATION OF THE PERFECT CO-ORDINATION AND DEVELOPMENT OF THE VARIABLE AVAILABILITY

SEQUENCES OF THE FORWARD PUSH

SPEED 7 SEQUENCES	LONG - DISTANCE 8 SEQUENCES
1 - shift of the barycentre	1 - shift of the barycentre
2 - landing	2 - landing
3 - glide	3 - double simultaneous push
	4 - double push
4 - push on outer line	5 - push on outer line
5 - push on inner line	6 - push on inner line
6 - take-off	7 - take-off
7 - approach	8 - approach

During the speech further material not herewith enclosed will be used.

by Mr. Paolo Marcelloni