

TRAINING MONITORING WITHOUT TECHNOLOGY: FACTS OR FICTION?

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In this presentation, I address the complexities and practicalities of implementing effective monitoring procedures in athletic training, with a specific focus on basketball, without relying on costly technological solutions.

Based on my extensive experience in high-performance basketball environment, I intend to equip coaches and practitioners with executable insights and methodologies to enhance athlete development and performance.

The presentation begins by acknowledging the common belief among students and practitioners that effective training monitoring requires massive investments in technology, making it out of reach to those with limited resources. I challenge this notion by advocating for a proactive and resourceful approach to training monitoring.

Key themes explored include:

- **The Qualitative and Quantitative Nature of Training:** Emphasizing the importance of recognizing training as both a qualitative and quantitative process, I highlight the need for structured methodologies to improve athletes' ability and performance quality simultaneously.
- **Complexity in Basketball Environments:** Through the lens of basketball, the presentation underscores the inherent complexity of coaching and training in a dynamic sport, emphasizing the importance of error reduction and continual improvement.
- **The Role of Measurement in Improvement:** I am advocating for the adoption of various measurement tools and metrics to quantify athletes' progress, ranging from body weight and body fat percentage to performance indicators like vertical jump ability and sprint scores.
- **The Balance Between Measurable and Immeasurable Factors:** Looking into the nuanced relationship between measurable data and intangible factors contributing to athlete development, I stress out the need

for coaches to strike a balance between quantitative analysis and qualitative understanding.

- **Creating a Culture of Monitoring and Accountability:** Highlighting the importance of consistency and accountability in training monitoring, I urge coaches to create a culture of monitoring among athletes and staff.
- **Leveraging Efficiency and Technology Appropriately:** While I am acknowledging the potential benefits of technology, I caution against overreliance on costly solutions. I am advocating the judicious selection of tools aligned with specific needs and objectives.
- **Throughout the presentation, I will share practical insights, anecdotes, and real-world examples to illustrate the feasibility and effectiveness of training monitoring without extensive technological infrastructure.** By empowering coaches and practitioners to adopt a resourceful and proactive approach to monitoring, the presentation aims to facilitate ongoing improvement and innovation in athletic training practices.

Keywords: training monitoring, performance, technology