

## **Key Performance Indicators (KPI) Session**

1-4 pm

February 17, 2024

Cougar Dome, 72 North St., Truro, NS

**The Key Performance Indicator session will include testing for speed, power and some technical elements as well as suggestions as to how to monitor the KPI in your own training environment with the tools you have available.**

Tests will include:

- 25m fly: Maximum speed sprinting
- Vertical Jump: General power
- 5 bounds from a run-up: Specific dynamic power
- 4-step long jump or triple jump: Event specific power and technique
- Other exercises will be included to demonstrate the progression from general to specific power

Every event in track and field has a unique set of KPI. The KPI are the important components or predictors of success in an event, things like speed, power, and technique. The KPI are often used to assess progress since performing the event is not always practical or possible. The KPI can also be used to assess an athlete's strengths and weaknesses and then make the appropriate adjustments in training.

For example, in the triple jump, the following KPI are often examined:

- Speed
- Multiple single leg hops for distance
- Multiple bounds (steps) for distance
- Triple jump performance from a short approach

For long jump, there may be additional elements or variations:

- Long jump performance from a short approach
- Speed into the take-off
- Performance from an elevated box

For high jump, speed while running a curve may be evaluated, and scissor jumps

The drills should be relevant, consistent in their application, and develop and reinforce proper movement patterns.

The KPI also provide a framework for physical and technical preparation. Training can be specifically designed to target the key performance indicators. This can extend back to general preparation, which may be three steps removed from the event you are targeting.