

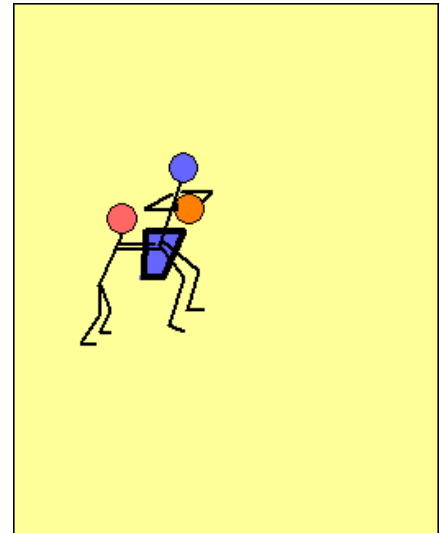
Mike M^{ac}Kay - Manager of Coach Education and Development

Gather Step

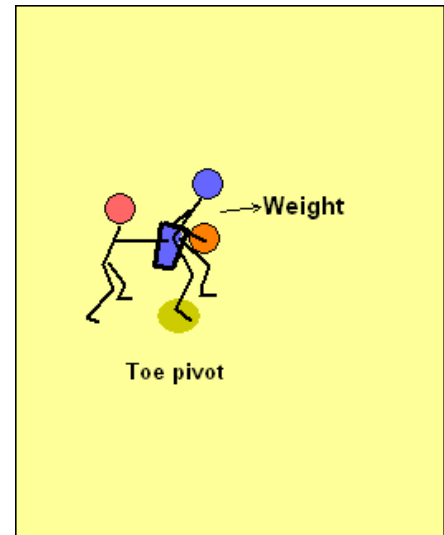
When playing inside players must be able to maintain a strong solid stance. If they cannot control their centre of gravity, an aggressive defender will easily control them. When they lose their stance by bending forward at the waist they can now be pushed off the spot.



When working with one of our players at NEDA I use a football dummy to push on his hips as he is in his stance. He must get low and be balanced. He has feel that he is strong.



One of the problem that occurs is when he pivots on his toe. This automatically pushes him off balance as his weight shifts forward to pivot. He then struggles to get his centre of gravity back underneath himself because he pikes at the waist.



When he heel pivots or uses a gather step he can maintain a low stance and actually push back into me when I am pushing on him. When is now able to stay strong as e moves in his stance.

Having coached high jump and long jumpers for a number of years similar biomechanical principles. If I want to convert my momentum from horizontal to vertical (high jump), it is a heel to toe gather step. If I want to convert momentum to horizontal (long jump) you do ball of the foot plant.

When talking with a coach of martial arts he also agreed. You would never pivot on your toe and put yourself off balance. You gather step.

