



Various Coaching Cues for Different Movements

Movement	Internal Cue	External Cue					
		Distance		Direction		Description	
		Close	Far	Away	Toward	Action Verb	Analogy
Jump Squat	“keep a neutral spine whilst you extend the hips, knees and ankles as quickly as possible”	“Drive into the ground as explosively as possible”	“Explode towards the sky”	“Explode away from the floor”	“Jump towards the ceiling”	“Blast away from the floor as quickly as possible”	“Explode as if you’re breaking out of a box – like a jack in the box”
Romanian Deadlift (descend)	“Keep the knees stiff and the spine neutral whilst you push the hips back and lean over”	“Stay long as you push your bum back”	“Stay long as you push your bum back towards the wall”	“Stay long as you move your back/torso away from the wall”	“Push your bum back as you lean your chest/torso towards the floor”	“Stay tall as you allow your chest/torso to fall towards the floor”	“Lower your chest/torso towards the floor like a falling tree”
Kicking a ball (swing leg)	“Rapidly flex at the hip whilst simultaneously extending the knee”	“Focus on your foot contact with the ball”	“Focus on kicking the ball as far as possible”	“Kick the ball away from the line”	“Kick the ball towards the goal”	“Strike the ball towards the goal”	“Strike the ball like you want it to explode”
Top Speed Running	“Keep your chest up tall as you forcefully extend the hip and knees towards the floor”	“Stay tall as you drive your foot downwards”	“Stay tall as you drive your foot towards the floor”	“Stay tall and explode away from the floor”	“Stay tall as you drive your foot towards the floor”	“Stay tall as you smash the ground”	“Stay tall and try smash the ground as if it were glass”

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