



## Olivier Goetgeluck: Application of Fighting Monkey Practice in Athletic Development



Olivier Goetgeluck is an instructor of Fighting Monkey Practice who has been working in the domain of youth athletic development, coaching and teaching for 10 years.

Discover how to employ the Fighting Monkey technique to maximize athletic growth by listening to your body within its environment.

**TOP EMBODIMENT TIP:** Learn to listen to Your Body, and Stay Consistent in Making Time to Check In with Yourself.

### How Does One Move Around Obstacles:

- It is imperative to **get creative in developing training sessions**.
- There needs to be **progression and room for learning**; this does not mean being limited to unilateral drills, or drills involving simple one directional movements, taking limited environmental factors into consideration.
- As a coach observe how your athletes **move around obstacles**, how they **observe their surroundings**, how they **respond to distractions**.

### Putting It All Together:

- Performing drills, for any sport, is not just about looking straight ahead, moving forward, stopping, changing direction, then continuing to move along a course.
- It is about looking straight ahead, left, right, while moving left then forward, right then forward, **making adjustments as you recognize a distraction coming from any direction in a 360 degree approach**.
- This is accomplished through **a coordinated effort**, while making decisions on the next move and maintaining the object of your sport; be it a hockey puck, basketball, football, etc.

### What A Drill Looks like:

- A creative drill built on the principals of the Fighting Monkey may require **the athlete's feet to make an adjustment while a distraction is approaching** his upper body or head.
- It may require his arms to act while distractions are simultaneously encroaching the upper and lower body.
- A coach is only limited by their creativity in developing drills as long as they are designed to **sync the athlete's mind and body to the environment** in which they are playing.

### Resources

- ❖ **Website:** [Olivier Goetgeluck](#); [EA Online](#)
- ❖ **Social:** [Olivier Goetgeluck Instagram](#); [Olivier Goetgeluck Facebook](#)



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**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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