

NSCA

COACHES

CONFERENCE 2023

JANUARY 4 – 6, 2023

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

MMA Training Hands-On / Career Talk

OUTLINE

USMAN

RUMBLE

- Activity 1 – Film Study
 - Periodization, Understanding “Camp”
- Activity 2 – Warm Up vs Warm UP
 - Movement Prep, Band Activation, Stick Drills
- Activity 3 – Let’s Train *Disclaimer I am NOT a Skill Coach*
- Activity 4 – Isometric Drills
- Activity 5 – Discussion
 - Energy Systems vs. Conditioning vs. Capacity
 - Hips, Grips, Neck