

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.

PRIVATE



NCAA DIVISION 1



OLYMPIC



**PREMIER
BOXING
CHAMPIONS**

PRO



TACTICAL



**SPECIAL
WARFARE**

Absorb what is useful,
discard what is useless,
and **add** what is
specifically **your own.**

- *Bruce Lee*

Active Engagement > Buy-In

Create the Compelled

- Purpose: Goals that are Important to the Athlete
- Control: Athlete Feedback shapes Program
- Competence: Teach the Training Process
- Progress: Active Tracking – ME/DE/RE, Jump Data, Nordboard, Sprint Times, Heart Rates
- Earned Autonomy: Athlete commits to Sports Med, Dietitian, Psych, Social Conduct, Academics, Tactical, Leadership

Individualization Within Large Groups

Assessments: Quality and Impact

- SPECWAR HQ deemed us ***The Innovation Cell for TACP Career Field***
 - Omegawave, Oura, GymAware
- \$880K Grant for sEMG & Biofeedback
 - Primarily impacted Individualized Warm-up and Extra Work
 - 52% decrease in Bi-Lateral Group
 - Any discrepancy between Nordboard and sEMG – we deferred to Nordboard due to Force Measurements
 - 37% increase across Performance Metrics: SL Hop, Trap Bar est. 1RM & Nordboard Peak/Avg Force

Sample of an Indy Warm-up

Hamstring Imbalance – Right Side Dominant

A-Skip Backwards 2 x 20yds

Groin Skip Backwards 2 x 20yds

Long Strider Backwards 2 x 20yds

Single Leg Frog 10 x :03ea

Back Bridge Walkouts with Left Side Iso 6 x :03ea

Birddogs 5 x :05ea

A1. Inverted Toe Touch: Lt Side 3 x 8ea, Rt Side 2 x 8ea

A2. Hip Airplanes: Rt Side 3 x 5ea, Lt Side 2 x 5ea

Hip Complex x 4ea (crawling variation)

*Elbow to In-Step + T-Rotation, Hamstring, 3X Hip

Flexor

Core Stability & Core Strength

Similar but different

Core Stability Training

Goal: Hold Position

- Transfer Force
- Protect Spine

Components:

- Max Tension
- Motor Control
- Endurance

Basic Templates

- Core 4 (McGill inspired)
- Paloﬀ
- Chop & Lift

Core Strength Training

Goal: Manhandle Opponent or Object

- Create Force thru T-Spine & Hips
- Elastic Force Production

Components:

- Coordinate Movement: Different body segments
- Create movement against resistance

Basic Templates

- Bands
- Overhead Torso Extended
- Strongman/Carry Variations

Core Stability & Core Strength Menu

Similar but different

Core 4 - 5 x :05 each

- Birddogs
- Lateral Bridge Abd
- Lateral Bridge Add
- McGill Crunch
 - Breathe behind the Shield
 - Incorporate the Lats
 - Solid Lumbar



Upper Strength Day

- Band Standing Crunch
- Band Side Bends
- GHR Abs
- SA DB Eccentric Push Press
- Sled Drag & High Rows
- Sled Overhead Drag
- Stir the Pot – ballistic
- Crawling

Lower Strength Day

- Farmers, Suitcase, Waiters
- Sled Drag: Grip Chains
- Hanging Pelvic Tilt
- L-Rows
- Suspension Superman
- Landmine Rotations
- Tornado Ball



A - Circuits

Prime the Main Lifts and Strengthen Weaknesses

- 2-4 Exercises with 2-3 rounds
 - High Quality Movement – Avoiding Fatigue – 7-8RPE

Categories

- Posterior Chain
 - Back Bridge Variations, SB Leg Curls, Back Ext, Band Pull-Thru, Reverse Hypers
- Mobility
 - Bulgarian Split Squat Mobs, KB Windmill, 4 Way Leg Swings, Hurdle Seat Change, Rocker w/ V-Sit, Ankle Mobs, OH Squat
- Tracking
 - Nordboard, Vertical Jumps, 10-20yd Sprints
- Uni-Lateral Component – often Barefoot
 - Suitcase Carries, Wt Suspended Split Squat/Step-ups, SL Box Squat, Sled March/Drags

Max (and Sub-Max) Effort: 1-5RM's

Percentage or VBT based

Strength & Power Based Programs

Example using 5RM & %'s of 5RM

Week 1: 5RM

Week 2: 90% of 5RM x 3-4 x 5

Week 3: 90% x 5, 90 -100% x 2 x 5

Week 4: Repeat Cycle

Energy System Based Programs

Heavy = most likely able to do another rep

Week 1: Heavy 3

Week 2: Heavy 1

Week 3: Change Exercise – Heavy 3

Week 4: Week 3 Exercise – Heavy 1

Week 5: Change Exercise – Heavy 3

Week 6: Week 3 Exercise – Heavy 1

Week 7: Repeat Cycle with Week 1 Exercise

Max Effort: Selection of Cycles

Individualized based on Need

Technical Mastery

Typically used by Novice or Return to Play Athletes

-Example of building Trap Bar Deadlift using Strength & Power %/Vol Cycles

Weeks 1-6 TBDL

Weeks 7-9 Front Squat

Weeks 10-12 TBDL

Weeks 13-15 Safety Bar Bulgarian Split Squat/Lunge or Step-up

***Repeat Cycle:** TBDL, FSq, TBDL, Safety Bar Single Leg Variation

Max Effort: Selection of Cycles

Individualized based on Need

Hip/Hamstring Strength

Cycle 1: Safety Bar Depth Lunges

Cycle 2: Box Squat

Cycle 3: Sumo RDL

- **Cycles Depend on Type of Program**
 - **Strength/Power or ESD**

Max Effort: Selection of Cycles

Individualized based on Need

Back/Core Strength

Cycle 1: Bulgarian Safety Split Squat

Cycle 2: Band Front Squat

- Band angled to pull forward

Cycle 3: Band Snatch Grip Deadlift

- Cycles Depend on Type of Program
 - Strength/Power or ESD

Rep Effort

Address Weaknesses while Prioritizing Single Leg & Posterior Chain

- **Everyday Assessments find Weaknesses**
 - **Slow** – Static & Dynamic Balance
 - **Fast** – producing and absorbing forces
 - Countermovement Jump/Land, Split Switches aka Drop Lunges, COD Drills
 - **Heavy** – where and when breakdown occurs
 - Is Movement Pattern altered?



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Enhancing Lower Body Performance through Individualization

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Programming Rep Effort

Address Weaknesses while Prioritizing Single Leg & Posterior Chain

- **Common Exercises**

- Sleds, Back Ext, Rev Hyper, GHR, SB Leg Curl, Belt Squat, SL/Split/Lunge/Step-up
 - Barefoot in Low Impact Drills: Sled Drag/March, Carries, SL Box Squat, SL/Split/Lunge...

- **Advanced Exercises**

- **Train in All 3 Planes:** Find the Mobility first
- **Off-Set Loading:** Find the Stability first
- **Off-Set in All 3:** Huge ROI and Time Efficient

- **Deceleration**
- **Landings**
- **Dynamic Effort**
- **Olympic Weightlifting**
- **Linear Acceleration**
- **Lateral Movement**
- **Agility**
- **Plyos**

Thank You!

I love to talk shop and learn, please reach me at:

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