



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

#NSCAsCoaches22

CONFLICT OF INTEREST STATEMENT

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

Scaling Elite Performance Goals To The High School & Middle School Levels

Joseph Bergles



My Background

- Current High School S&C Coach – JJ Pearce HS (TX)
- Football S&C Coach – Texas Tech & Utah State Universities (D1)
- Women's Soccer & Softball S&C Coach – Utah State University (D1)
- Baseball, Football, Women's/Men's Soccer, Men's Hockey – Lindenwood University (D2)
- Baseball, Football, Women's Soccer, Beach Volleyball – Webber International Univ. (NAIA)
- Women's Soccer (Undergrad) – Viterbo University (NAIA)
- Playing Career – JUCO & NAIA

Themes

- Time
- Movement
- Quality Over Quantity
- Behavioral Skills
- Short-Term vs. Long-Term
- “The Athlete’s Journey”
- Situation Specific Constraints
- Physical Qualities To Develop



Ideal Situation vs Realistic Situation

How Would You Train a 12 Year Old?

How Would You Train (50) 12 Year Olds?

How Would You Train (50) 12 Year Olds If They'll Be In Your System For 6 Years?

How Would You Program For (50) 12 Year Olds, But Someone Else Runs The Training Sessions?

And You Have 8-10 Racks

And 20-30 Minutes

Key Training Consideration

- Time
- How much of it do I have?
- The longer the training window, the more that can be accomplished
- Short-term vs long-term thinking/planning
 - What's the overall "goal"?
 - Sports specific skill examples
 - Enron/RJR Nabisco example
 - "Those that think long-term, tend to make the best short-term decisions"

Movement

- The “foundation” in my program
- Allows for other physical traits to be more thoroughly developed over the long-term
 - Health & Performance
- The ability to utilize future training methods/modalities will be influenced by what does/doesn’t get addressed in the early phases of “training”
 - Full ROM vs Partial ROM
- If you have “bad” ankles when you’re 15, things aren’t just going to magically get better



“Proprioception can be defined as an individual’s ability to integrate the sensory signals from mechanoreceptors to thereby determine body segment positions and movements in space.” – Jia Han (Schonbrun, 2019 p. 263)



Overarching Goal Throughout The Developmental Process



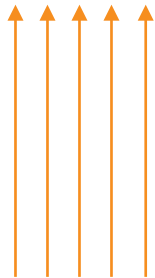
Keep joints functioning really well while simultaneously developing the desired physical qualities and necessary “skills”



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Movement & Sports

Movement helps provide the foundation for skill development, which is based around constraints



“...A critical issue is robustness: how well can a system withstand small jolts. Equally critical in biological systems is flexibility: how well can a system operate over a range of frequencies...Organisms must respond to circumstances that vary rapidly and unpredictably.” – James Gleick (Chaos, 1987 p. 293)

“Success at a young age often allows flaws to persist that will hinder later development.” – Tom Tellez (Tellez et al., 2020 p.110)

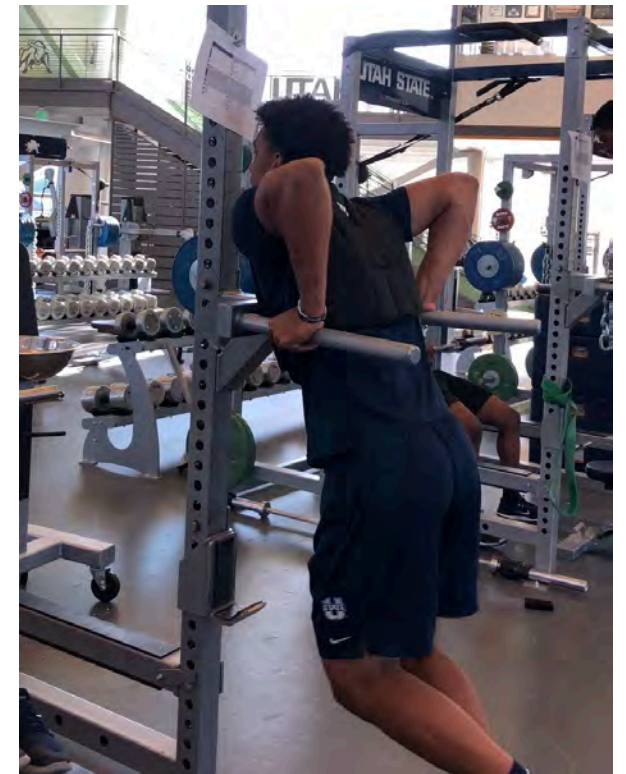
How Much Of a Specific Stimulus Is Needed To Elicit The Desired Adaption?



Leverage that while you can

What Jordan Love Taught Me As a Coach

Physical Development & Movement





Vertical Integration





The Specific Situation Determines a Lot

- My Current Situation
 - 1 High School
 - 2 Junior Highs
- Junior High & High School Schedules
- Summer S&C Importance
- Staffing & Space Constraints

Overarching Training Goals To Develop

- Coordination/Proprioception
- Reactivity
- “Slowly” Develop Strength
- Maintain/Improve Mobility – Control @ End Range
- Rhythm & Timing
- Power Output
- Acceleration & MaxV
- Cognitive Components of COD & Skill Acquisition

Overarching Training Goals To Develop

- Ability To Coach Others
- Understanding Concepts & Subsequent Applications Of Them
- Knowledge & Understanding Of Sleep/Nutrition & Their Roles In Health & Performance
 - Sleep – Cell Phones, Light Exposure, Time To Fall Asleep, Etc.







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The 3 Things You Need To Bring In Everyday

1. Attitude

2. Focus

3. Work Ethic

Why 3 Things?

Most Important Thing

If It's a 6-7 Year Process + 4-5 (Maybe)...

Make It Enjoyable

Track & Celebrate PR's

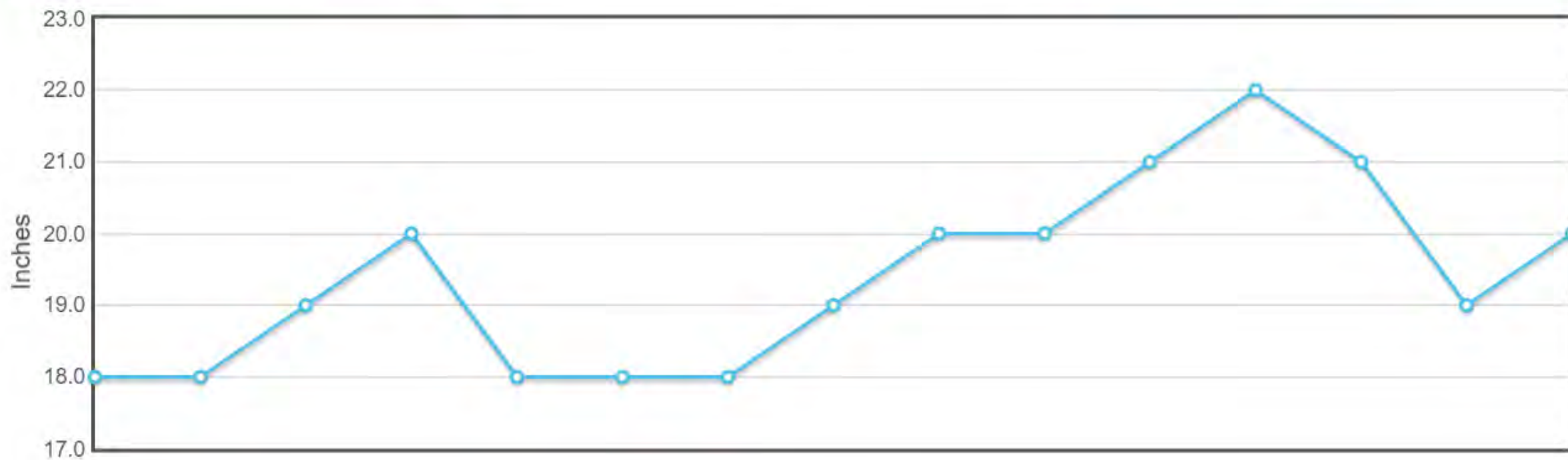
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Evolving Process

- 1 Year Ago – Speed & Reactivity
- Didn't Think Junior High Athletes Could Coach Each Other
- Structure, Structure, Structure
 - Push-Up Example (Efficiency)
- Have To Be Open-Minded & Have Metacognition
 - “Movement To Contact”

References

- Gleick, J. (1988). *Chaos*. Penguin Group USA.
- Schonbrun, Z. (2019). *The Performance Cortex*. Penguin.
- Sinclair, D.A., & LaPlante, M.D. (2019). *Lifespan*. Atria Books.
- Tellez, T., Arellano, C., & Lewis, C. (2020). *The Science of Speed the Art of the Sprint*.

Contact Info:

Twitter/Instagram - @joeybergles

Email – joseph.bergles@riscd.org

Questions?