



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

#NSCAsCoaches22

CONFLICT OF INTEREST STATEMENT

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

Creating Your Coaching & Training Philosophy

AND

Putting it into ACTION!

Scott Caulfield, MA, CSCS,*D, RSCC*D

Doug Lentz, MS, CSCS,*D, RSCC*E



"Insanity is doing the
same thing over and
over again and expecting
different results"

Albert Einstein



National Standards for Sport Coaches

3rd Edition, 2014

- Domain 1 – Philosophy and Ethics
- Standard 1 – Develop and implement an athlete-centered coaching philosophy.



What do you think of when I say...

- Philosophy
- Coaching Philosophy
- Training Philosophy

1. Teaching
2. Training intensively by explanation, demonstration, and practice
3. Developing, changing, maintaining behaviors



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Scientific Foundations Summary

The Scientific Foundations section, which is 1.5 hours in length, is designed to assess a candidate's knowledge in the areas of exercise sciences (anatomy, exercise physiology, biomechanics, etc.) and nutrition.

Domain	Percent of Exam	Number of Questions
Exercise Science	74%	59
Nutrition	26%	21
Non-scored Questions *	-	15
Total	100%	95
Length of section		1.5 hours

Exercise Science

Anatomy and physiology (muscular, neuromuscular, bone and connective tissue, cardiopulmonary); Biomechanics; Bioenergetics and metabolism, Neuroendocrine physiology; Physiological adaptations; Anatomical, physiological and biomechanical differences of athletes; Psychological techniques.

“Philosophy” in S&C literature

- System of Training
- Specific Method of Training
- Attitude/Belief
- Theory of Training
- Aim of Training

Gearity, SCJ, 32(6), 110-117, Dec 2010

How are these defined in your philosophy?

- Fun
- Competition
- Winning vs Losing
- Success
- Teamwork
- Attitude
- Positive reinforcement
- Negative reinforcement

Things that could / may test your philosophy

- Parents
- Administrators
- Coaches
- Job security
- Tradition
- Time of season
- Team morale
- Problem athletes
- Boosters
- Outside distractions

Core Values

- Teamwork
- Integrity
- Grit
- Attention to Details
- Mental Toughness
- Physical Toughness
- Effort
- Discipline
- Dedication
- Respect
- Sacrifice
- Honesty
- Family

Core Values in Training

- Education
- Periodization
- Individualization
- Progressive Overload
- Specialization
- Testing & Evaluation
- Monitoring
- Safety
- Recovery
- Nutrition

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14 PHILOSOPHY IN STRENGTH AND CONDITIONING— CLARIFYING COACHING AND TRAINING PHILOSOPHY

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TABLE 1. COACHING PHILOSOPHY VS. TRAINING PHILOSOPHY

COACHING PHILOSOPHY (THE WHY)	TRAINING PHILOSOPHY (THE HOW)
Values	System of training
Beliefs	Specific method of training
Tradition	Aim of training
Ideology	Theory of training
Personal preferences	Attitude/belief toward training

TABLE 2. EXAMPLES OF MISALIGNMENT IN VALUES WITHIN A COACHING PHILOSOPHY

VALUE	MISALIGNMENT IN PRACTICE
Timeliness	Allow athletes to show up late frequently
Attention to details	Allows equipment left out of place
Safety	Does not teach proper spotting/missing
Empowering leaders	Never give athletes a chance to lead

My Personal Mission Statement:

To educate, motivate, and inspire student-athletes to enhance their physical & mental well-being through strength and conditioning.

My coaching philosophy is to educate, motivate, and inspire Colorado College student-athletes to improve their physical and mental well-being through strength and conditioning.

- My coaching and training style is not focused solely on winning; **it is about striving to be the best version of yourself**, as both an athlete and an human being.
- **Intentional coaching can teach life lessons** through sport, which can help build character.
- I prioritize **teaching core values over winning**. Core values are values or principles that guide our everyday lives.
- **Leadership is a critical skill** for athletes and also a lifelong skill that will serve us positively throughout our lifetime.
- **Communication is another lifelong skill**. The ability to communicate with teammates and coaches helps everyone understand expectations and allows us to get to know each other.
- **Everyone should strive to achieve mastery in their craft**. The path to mastery will be something that both athletes and coach alike can follow to improve themselves on a daily basis.
- All of the values and expectations mentioned above **are expected to be held in the highest regard** by athletes and coach and improved upon as time goes on.

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“Wenning” Warm-ups – Scott Caulfield

- Assignment: Create 2-3 different warmups per sport/athlete
- Discuss and give examples
- Q&A wrap up

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Speed Training – Doug Lentz

- Assignment: Create 2-3 different drills per sport/athlete
- Discuss and give examples
- Q&A wrap up