



NSCA
COACHES
CONFERENCE 2022

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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.

Sandbag Training - Alternative Methods to Build Hip Extension Strength

Objectives

1. Identify how to incorporate sandbag training into a functional strength training program.
2. Identify the correct method to pick up a sandbag, walk with a sandbag, and squat with a sandbag.
3. Obtain information from peers regarding sandbag training.
4. Hands on sandbag training will be incorporated.

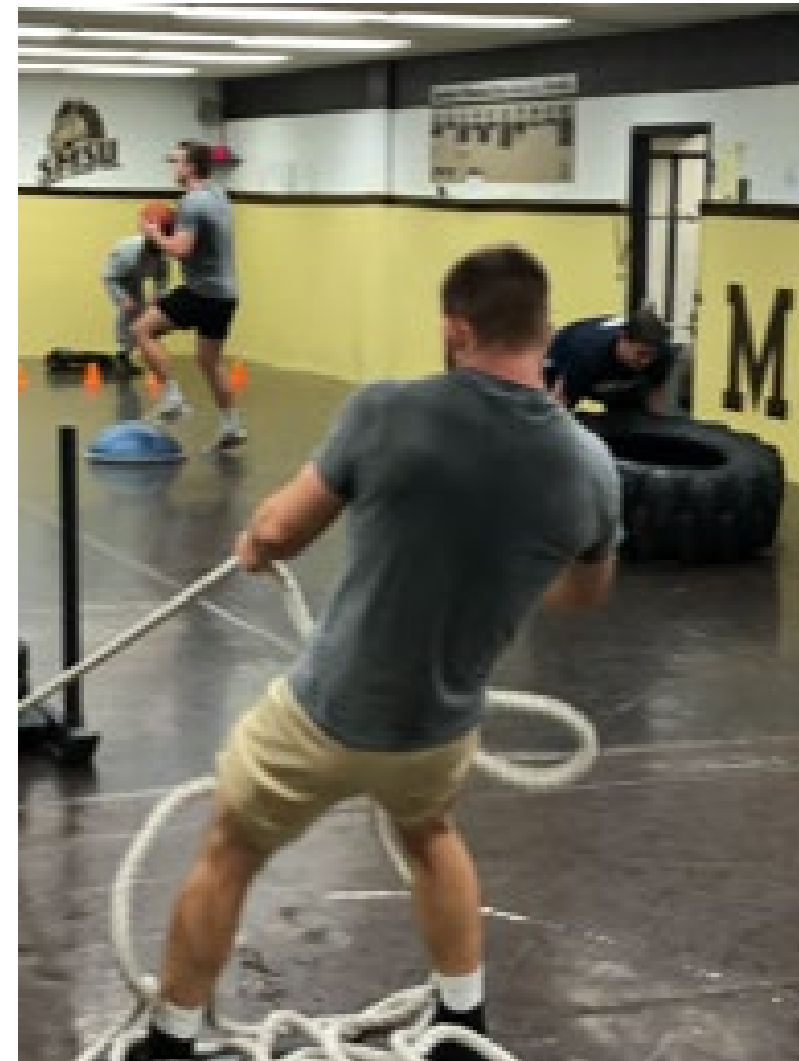
Functional Strength Training

1. Strongman implement training or functional strength training utilizes a variety of objects to provide strength-training resistance.
2. According to a study by Winwood et al., (2015), 81% of 220 strength and conditioning coaches believed that they had achieved good to excellent results from strongman implement training. Research indicates that strongman training could improve core, strength, power, sprint start, acceleration, and anaerobic conditioning.
3. Strongman competitors use to have to find creative ways to manufacture various implements prior to competitions. The popularity of strongman training has greatly increased in recent years. Training implements are now accessible from several manufacturers.
4. Athletes enjoy training these movements and they offer another tool for strength development.



Winwood, P. W., Cronin, J. B., Posthumus, L. R., Finlayson, S. J., Gill, N. D., & Keogh, J. W. (2015). Strongman vs. Traditional Resistance Training Effects on Muscular Function and Performance. *Journal of Strength and Conditioning Research*, 29(2), 429-439.









Hip Extension Motor Skill

1. Hip extension is a motor skill that is necessary for normal everyday activities like walking, running, jumping, swimming, and getting up from a seated position.
2. Biomechanically, hip extension depends primarily on the gluteus maximus, adductor magnus, and the hamstring muscles. The hip extensors provide the torque necessary to accelerate the body upward and forward from the hip flexion position (Neumann, 2010).
3. The development of hip extension strength and power is important for athletes that are looking to improve in strength, speed and power.
4. Strength sports like powerlifting rely on building hip extension to increase absolute strength in the deadlift and back squat.
5. Volleyball and basketball players rely on powerful hip extension to jump.
6. Football athletes use hip extension to block and tackle opponents when coming out of a stance.
7. Track athletes rely on powerful hip extension to get out of the blocks and to accelerate down the track.

Neumann, D. A. (2010). Kinesiology of the hip: A focus on muscular actions. *Journal of Orthopaedic & Sports Physical Therapy*, 40(2), 82–94. <https://doi.org/10.2519/jospt.2010.3025>







