



NSCA®
NATIONAL STRENGTH AND
CONDITIONING ASSOCIATION



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

#NSCACoaches22

CONFLICT OF INTEREST STATEMENT

I currently have, or I have had in the past 2 years an affiliation or financial interest with Power Athlete around this presentation, including:

- Employment



POWER ATHLETE – CHRIS MCQUILKIN, MS, CSCS

WEIGHT ROOM TRIAGE FOR STRENGTH COACHES

EMPOWERMENT PROMISE. EVALUATE TRAIN COACH



TRIAGE

TRIAGE? REALLY? DON'T BE SO DRAMATIC

Triage - noun [trē-äzh]

1. A process for sorting [athletes] into groups based on their need for or likely benefit from immediate [coaching].
2. The determination of priorities for action!

Expectation:

- Mission Focused
- Reproducible
- Adaptable

Reality:

- Overwhelmed
- Constrained
- High Stress

PURPOSEFUL



PRACTICAL





PRUDENT



PRUDENT



EVALUATE

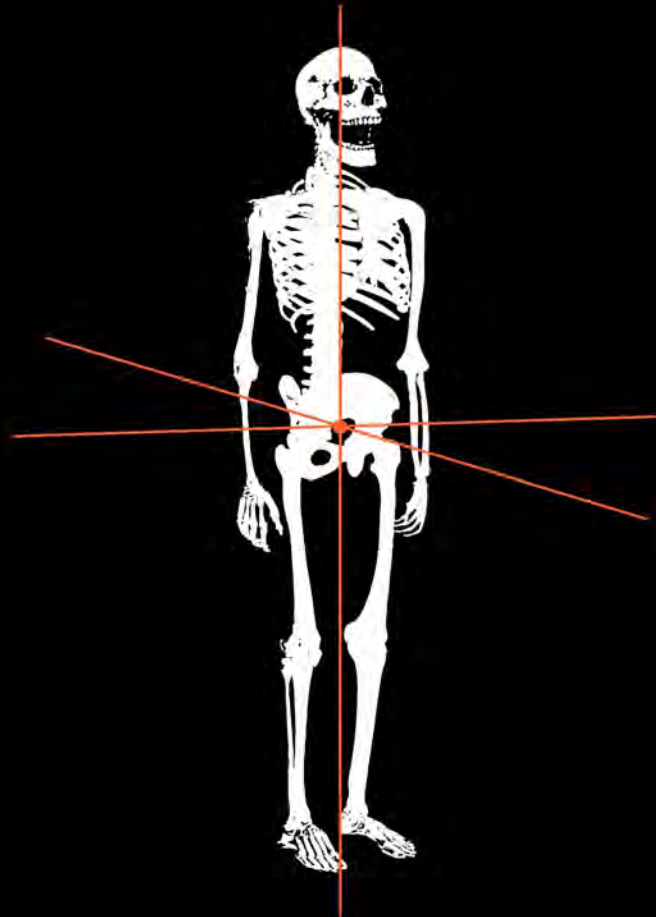
MOVEMENT

LOWER

1. Bi-lateral Hip Hinge (X)
2. Lunging on the Horizontal Plane (Y)
3. Iliac Crest Travels Along the Front Plane (Z)

UPPER

4. Vertical Push
5. Vertical Pull
6. Horizontal Push
7. Horizontal Pull



MOVEMENT BLUEPRINT



Set Up:



- Head
- Grip
- Trunk
- Hips
- Feet

- Head
- Grip
- Trunk
- Hips
- Feet



Execution:

MOVEMENT EVALUATION



Set Up:



- Head
- Grip
- Trunk
- Hips
- Feet

- Head
- Grip
- Trunk
- Hips
- Feet



Execution:

Coach's Eye:

- Posture
- Position
- Proficiency

Triage:

- Immediate
- Delayed
- Minor



TRAIN

GET YOUR MIND RIGHT



MAKE A PLAN

**~~DON'T BE A~~
~~DON'T BE A~~
~~DON'TER.~~
DO BE A DOER**

MOVE THE DIRT



WEIGHT ROOM ETIQUETTE

1. GET YOUR MIND RIGHT
2. HAVE A PLAN
3. MOVE THE DIRT
4. STRONGEST PERSON PICKS PLAYLIST
5. WEAKEST PERSON LOADS & RACKS THE WEIGHTS
6. SIZE MATTERS
7. BAR ETIQUETTE
8. CLEAN UP AFTER YOURSELF



ATHLETE ETIQUETTE

1. GET YOUR MIND RIGHT
2. HAVE A PLAN
3. MOVE THE DIRT
4. WARM UP
5. NEVER LEAVE A PROTEIN SHAKER MORE THAN A DAY WITHOUT WASHING
6. DON'T FALL PREY TO SECRET SQUIRREL PROGRAMS
7. BEWARE FALSE PROPHETS
8. EAT THE WEAK





WARM UP

WARM UP



Why do we warm up?

- Biomechanical Efficiency
- Neurological Efficiency
- Primal Proficiency
- Psychological Factors

MOVEMENT EVALUATES

STRENGTH



PRIMAL X



Strength: Barbell Back Squat

- Squat 5RM, 3x5 @ 80%
 - Fault: Knee Cave
 - Movement Solution: sLeg RDL
 - Fault: Short Depth
 - Movement Solution: Spider-Man
 - Fault: Lose Head Position
 - Movement Solution: Dead Bug
 - Fault: Elbows Flare
 - Movement Solution: Strict Pull Up

PRIMAL Y



Strength: sArm OVH Walking Lunge

- Walking Lunge x 25 yards @ 50lbs
 - Fault: Heel Reach
 - Movement Solution: Up Tall & Fall Step
 - Fault: Breaking at Hip
 - Movement Solution: Spider-Man
 - Fault: Lose Trunk Position
 - Movement Solution: Dead Bug
 - Fault: Elbows Bent
 - Movement Solution: Child's Pose

VERTICAL PULL



Strength: Strict Pull Up

- Pull Ups 3x Max
 - Fault: Elevation & Int-rot
 - Movement Solution: Scap Depression
 - Fault: Loss Head Position
 - Movement Solution: Dead Bug
 - Fault: Elbows Collapse In
 - Movement Solution:
 - Fault: Just Can't Do One
 - Movement Solution: Pull. Up.

MOVEMENT COACHES

CONDITIONING-ING-ING

A group of men in athletic wear are captured in a dynamic starting position on a green artificial turf field. They are leaning forward, with hands on the ground and feet in a wide stance, ready to explode forward. The men are wearing various athletic gear, including t-shirts, shorts, and track pants. The background shows a gymnasium setting with other people and equipment.

WHY DO WE CONDITION IN THE WEIGHT ROOM?



MOVEMENT CHALLENGES

EMPOWERMENT PROMISE. EVALUATE TRAIN COACH



THANKS

