



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

#NSCAGoaches22

CONFLICT OF INTEREST STATEMENT

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

A Big Thanks

From Player to Coach : The Journey

The Foundational Years – Live in vision

The Developmental Years – Do simple better

The Performance Years – Be a blessing

From Player to Coach : The Journey

The Foundational Years – Live in Vision

From Player to Coach : The Journey

The Foundational Years – Live in vision



Source – Topps

*“Every father should
remember one day his
son will follow his
example, not his advice”*

Charles Kettering



From Player to Coach : The Journey

The Foundational Years – Live in vision



University of Tennessee
BS in Kinesiology

University of Pittsburgh
MS in Exercise Physiology

National Football League
PhD in Football



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Story Time



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NEEDS ANALYSIS OF THE ATHLETE'S POSITION

FITNESS, SPEED, and STRENGTH SPECIFICITY



NEEDS ANALYSIS OF THE INDIVIDUAL ATHLETE

ATHLETES STRENGTHS & WEAKNESSES

From Player to Coach : The Journey

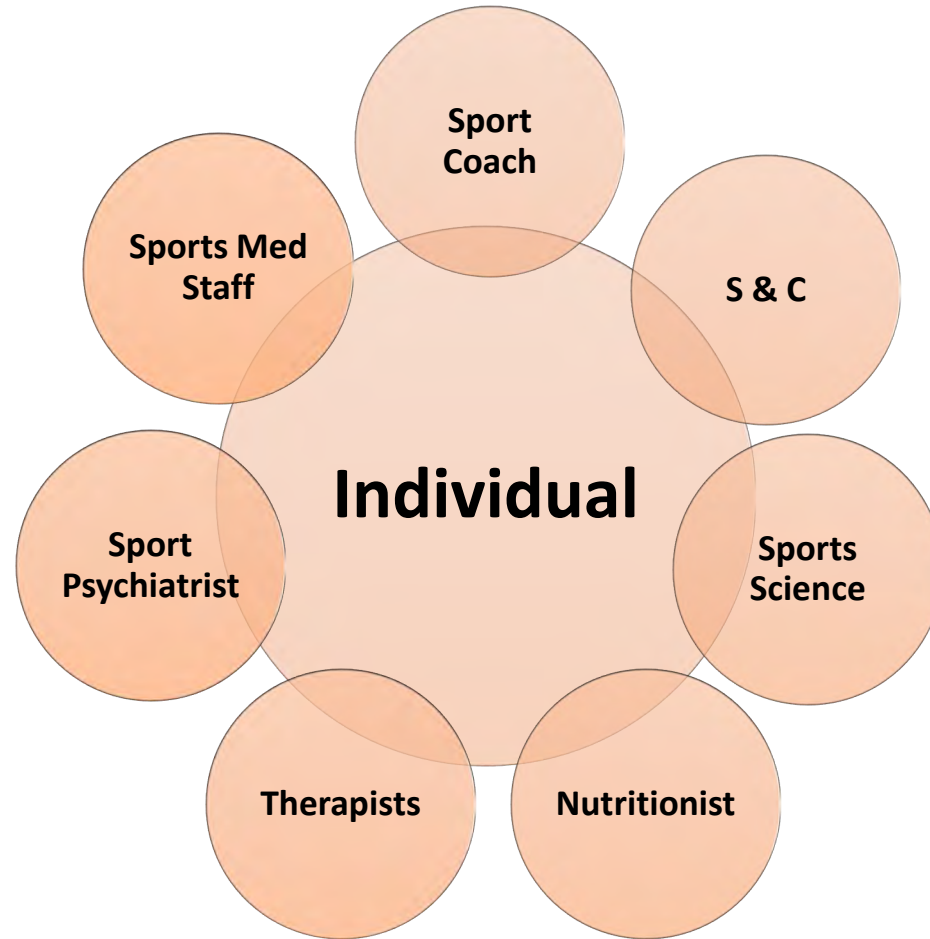
The Foundational Years – Live in vision

“The mechanical power of a biological system is supported by physiology. This is the power of the living organism. To increase mechanical power is to increase the mechanism of energy through the development of the energy systems.”

SOURCE: Paraphrased from Verkhoshansky on 2/12/2005

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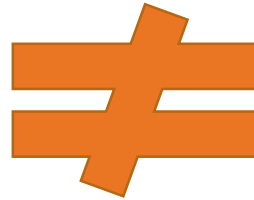
MEDICALLY CLEARED

Pain

ROM

Base strength

Objective testing



PERFORMANCE CLEARED

KPI's of position

KPI's of individual

SOURCE: Draovitch et al. (Jan 2022). Sport clearance continuum. Return to performance – The hip. *Arthroscopy*

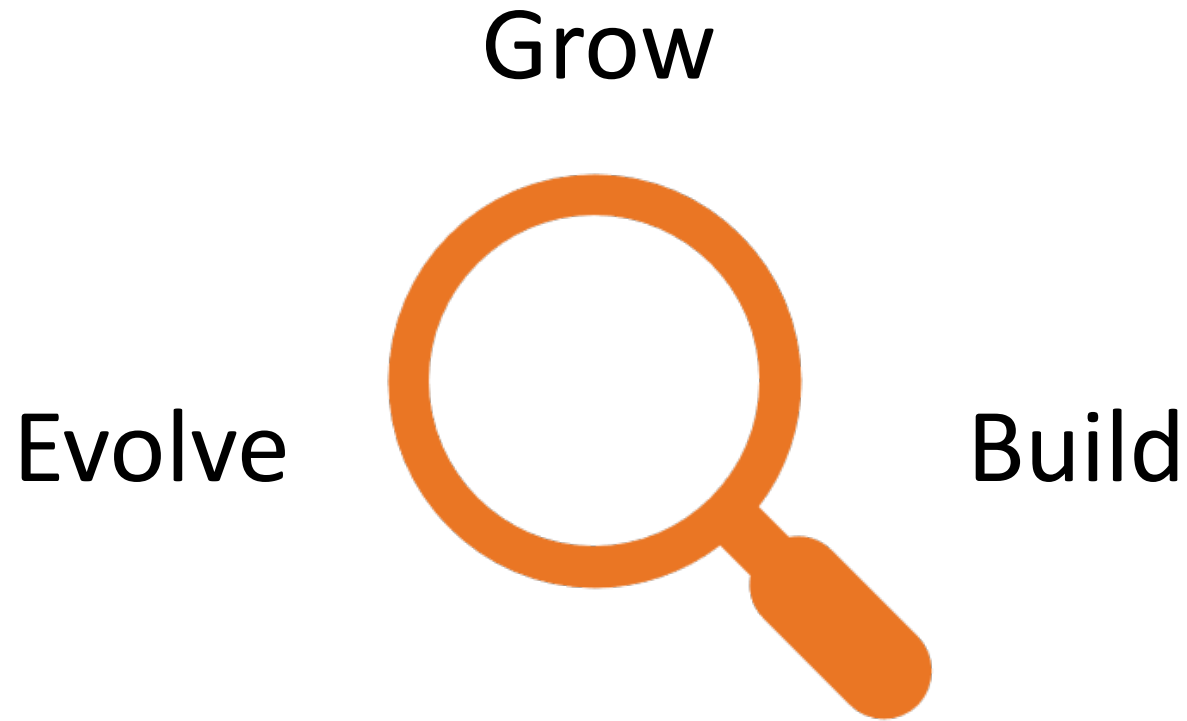
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The Developmental Years – Do simple better



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CONTINUED LEARNING AND GROWTH

“The mind is just like a muscle - the more you exercise it, the stronger it gets and the more it can expand.”

Idowu Koyenikan

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The Developmental Years – Do simple better

THE EVOLVING ROLE OF THE S&C COACH



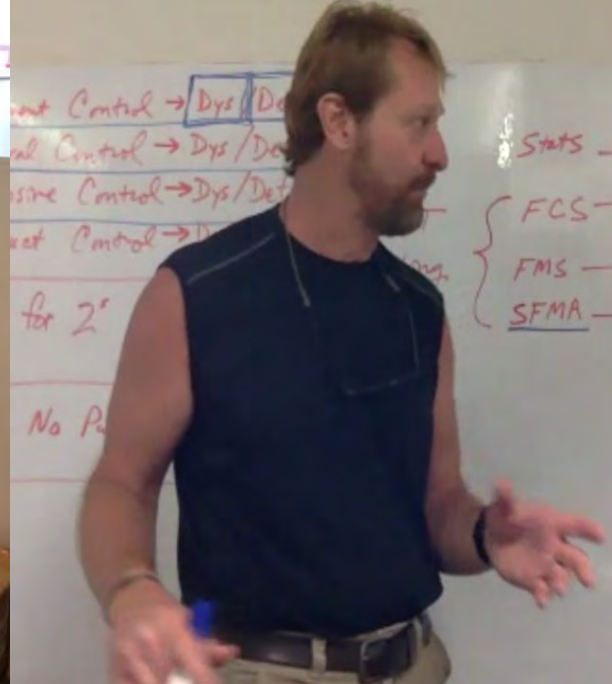
From Player to Coach : The Journey

The Developmental Years – Do simple better

BUILDING CONNECTIONS & NETWORKS



- Get out of your comfort zone - meet & greet
- Listen, share and respect others' ideas
- Determine like mindedness - lineage matters
- Establish authentic relationships & collaborate
- Relationships build connections



From Player to Coach : The Journey

The Performance Years – Be a blessing



From Player to Coach : The Journey

The Performance Years – Be a blessing

Communication

Video Review

Player Safety

Data Analysis

Workload Monitoring

Relationships



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HOW'S TECH BENEFITTING US?

Verbal & Non-verbal Communication



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HOW'S TECH BENEFITTING US?

Player safety

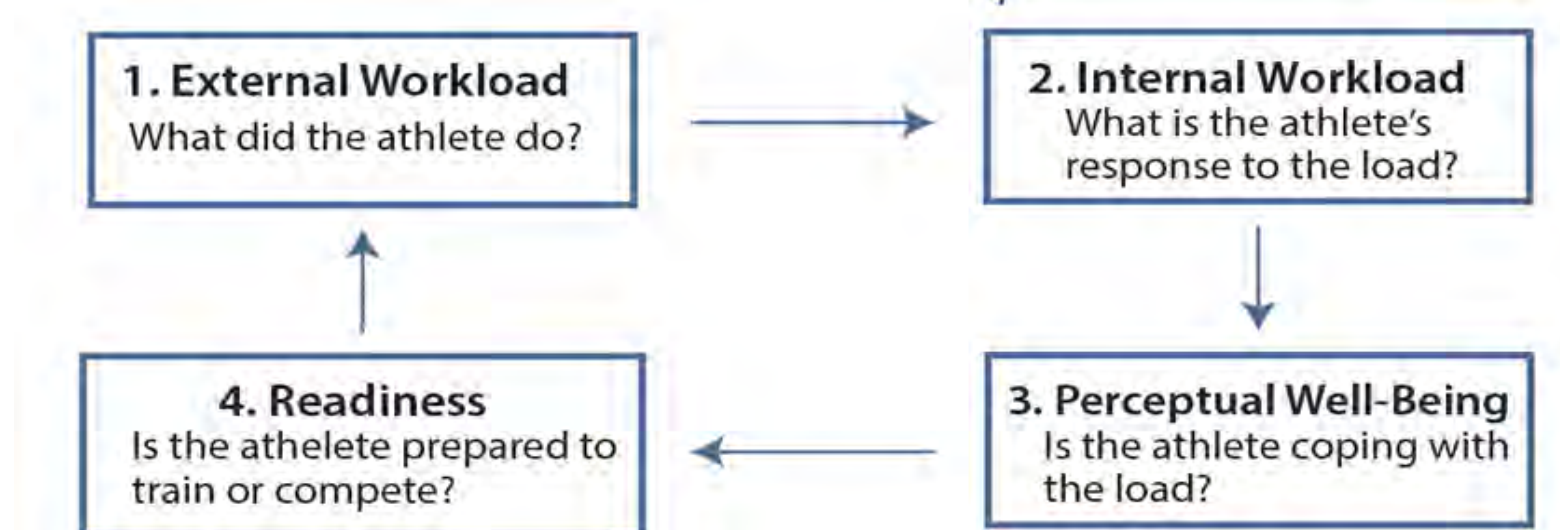


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HOW'S TECH BENEFITTING US?

Workload monitoring



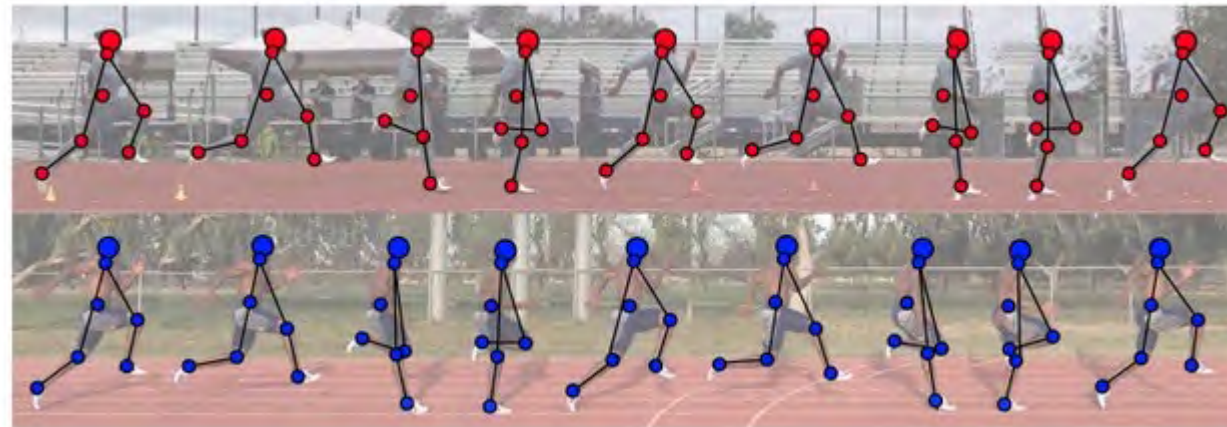
Gabbett et al 2017

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HOW'S TECH BENEFITTING US?

Instantaneous video review



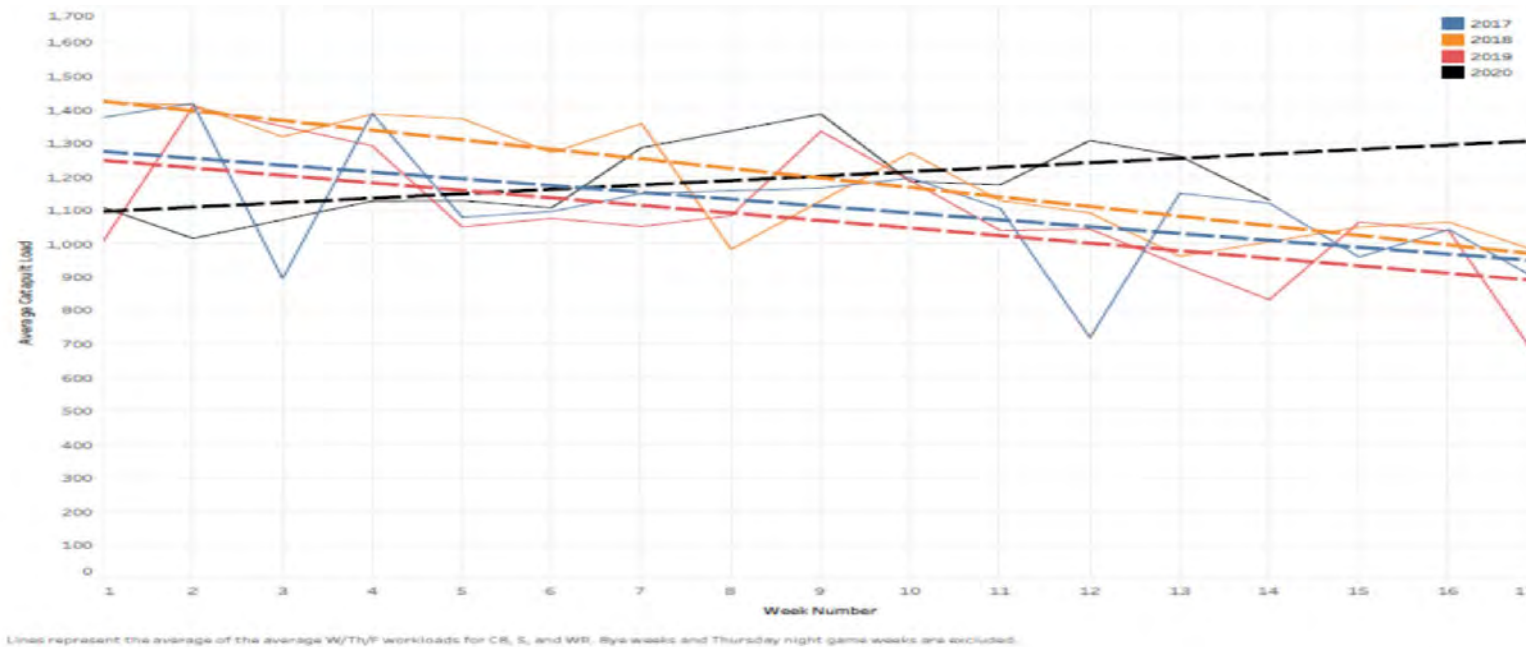
Used with permission - Dan Pfaff

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The Performance Years – Be a blessing

HOW'S TECH BENEFITTING US?

Data analysis



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RELATIONSHIPS



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RELATIONSHIP RULES

Be you

Be honest

Be a blessing

Be a role model

Be concise & consistent

Be organized & prepared

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LIVE FULL - DIE EMPTY



Questions