



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 [O2X Human Performance] around this presentation, including:

- Consulting
- Employment

The Coach's Tool Box

How to expand, organize and sharpen your program

Coach Dave Terry

NSCA-CSCS NSCA-RSCC*D CSCCa-SCCC USAW-2
Human Performance Program Manager

What are we talking about?

Strength in Simplicity

- **Motor Patterns-** What's important?
- **Basic to Complex-** Establishing needs analysis, movement selection and why?
- **Sport Specificity-** in my opinion
- **Movement Continuum-** How to set up and organize your movements

“Be coaches that can think and thinkers that can coach”

- Jason Kelly

(quote adapted for this application)

What are we talking about?

Questions before Answers

Why train movement patterns?

To challenge/reinforce posture and positions.

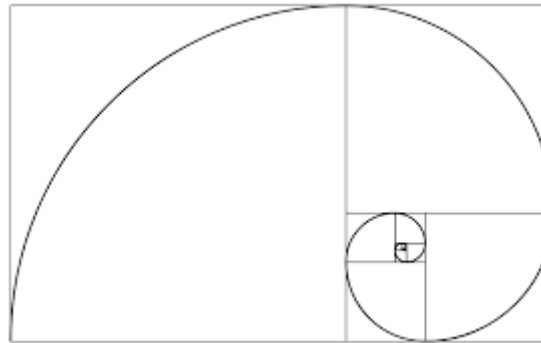
Why load movement?

To increase force production at given joint angles, increase intensity, and to challenge/reinforce posture and positions, and it's fun.

Movement Continuum

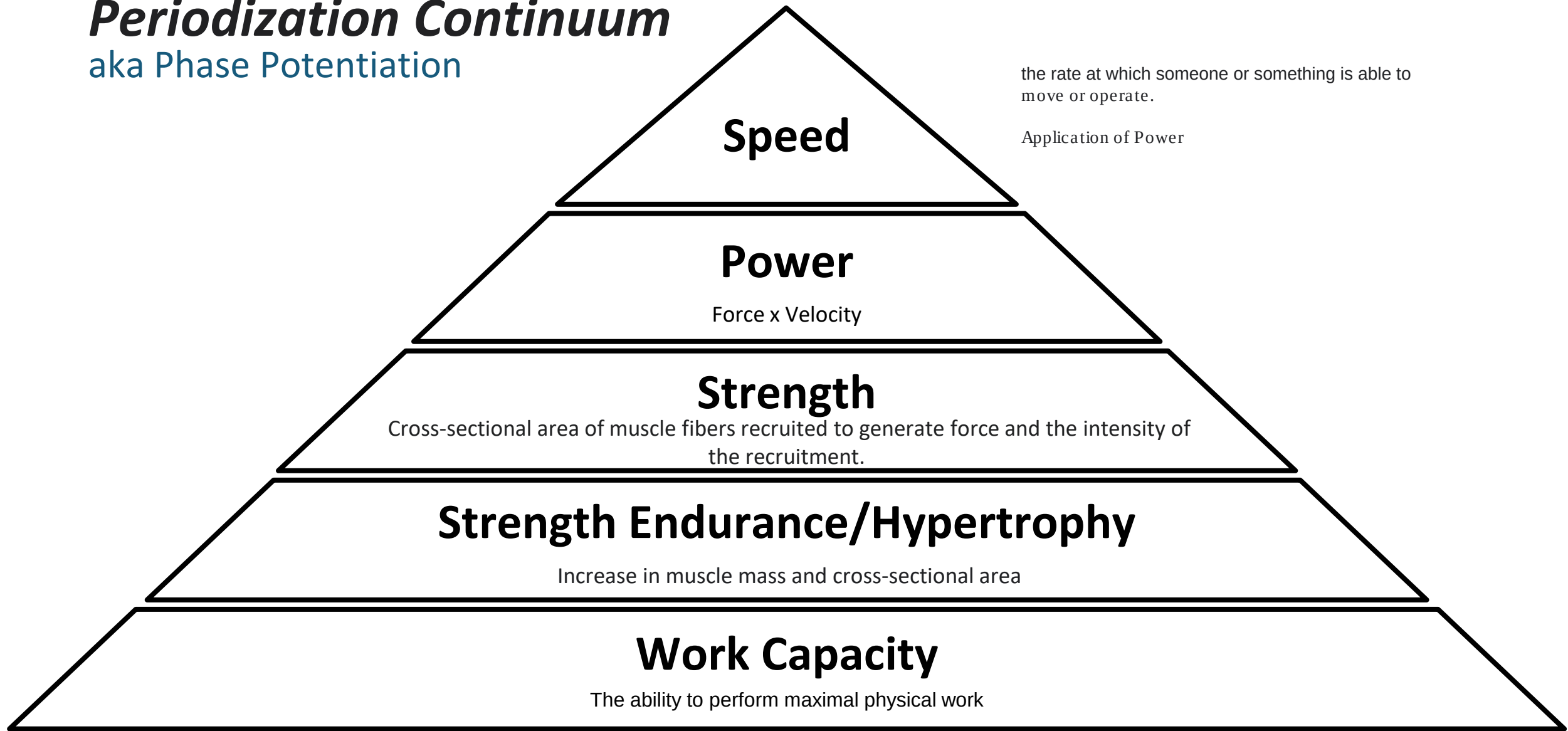
Strength in simplicity

- What is a continuum?
 - a continuous sequence in which adjacent elements are not perceptibly different from each other, although the extremes are quite distinct.
- How do I define Periodization?
 - “Run, Jump, Olympic Lift, Squat, Hinge, Press, at different sets and reps and intensities at different times of the year... for the rest of your life” - **Todd Hamer**



Periodization Continuum

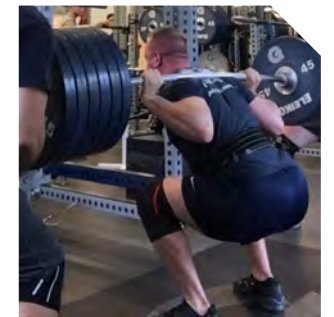
aka Phase Potentiation

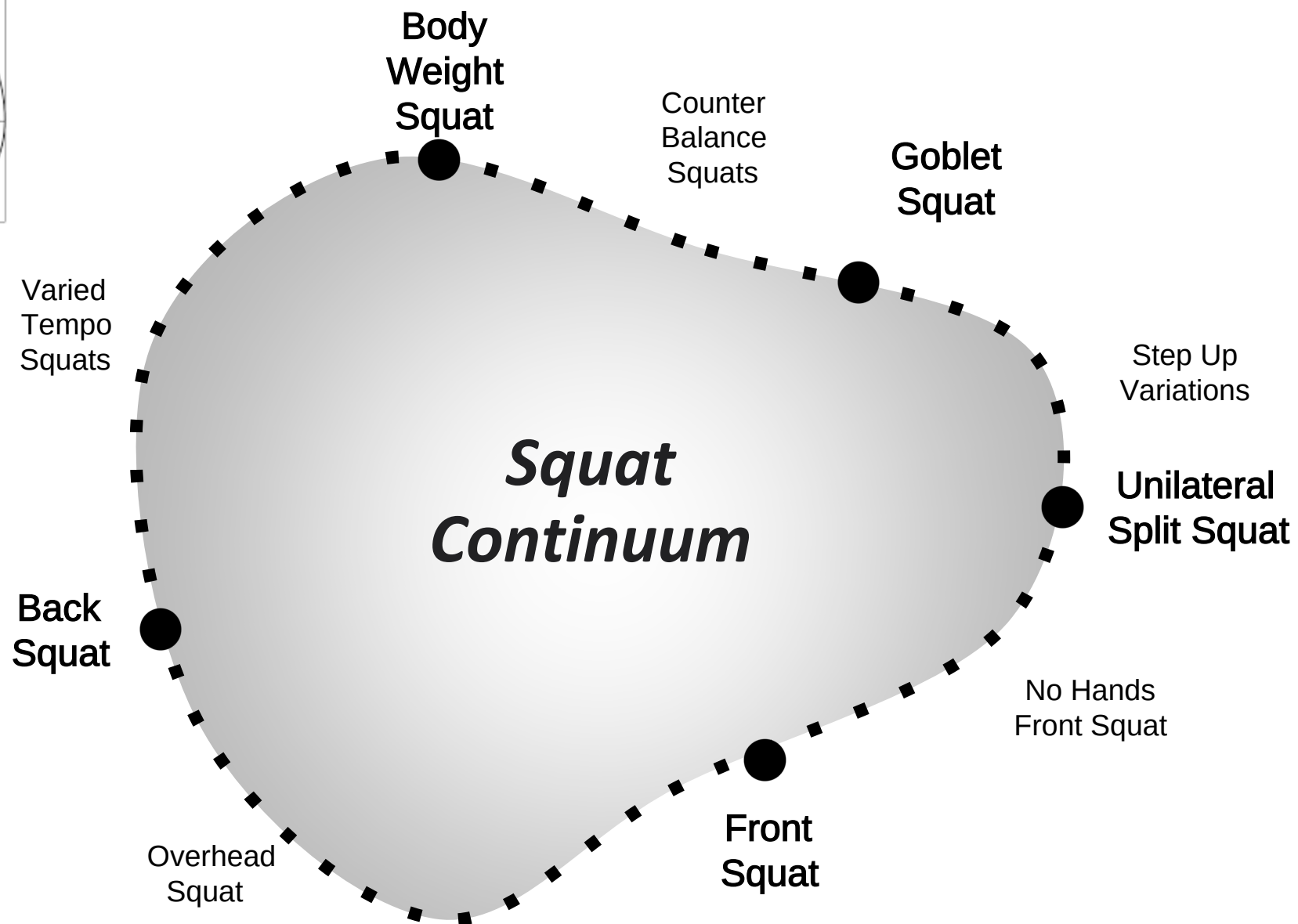
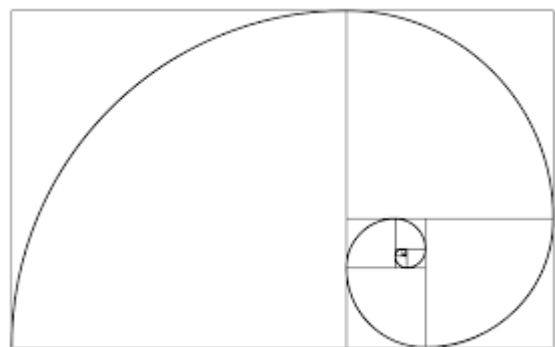


Squat Pattern

Foundation of all life?

- What is a continuum?
 - a continuous sequence in which adjacent elements are not perceptibly different from each other, although the extremes are quite distinct.
- What are the needs?
- Where is the Athlete at?
- What are the demands?
- What are the justifications
- Absorption of Force



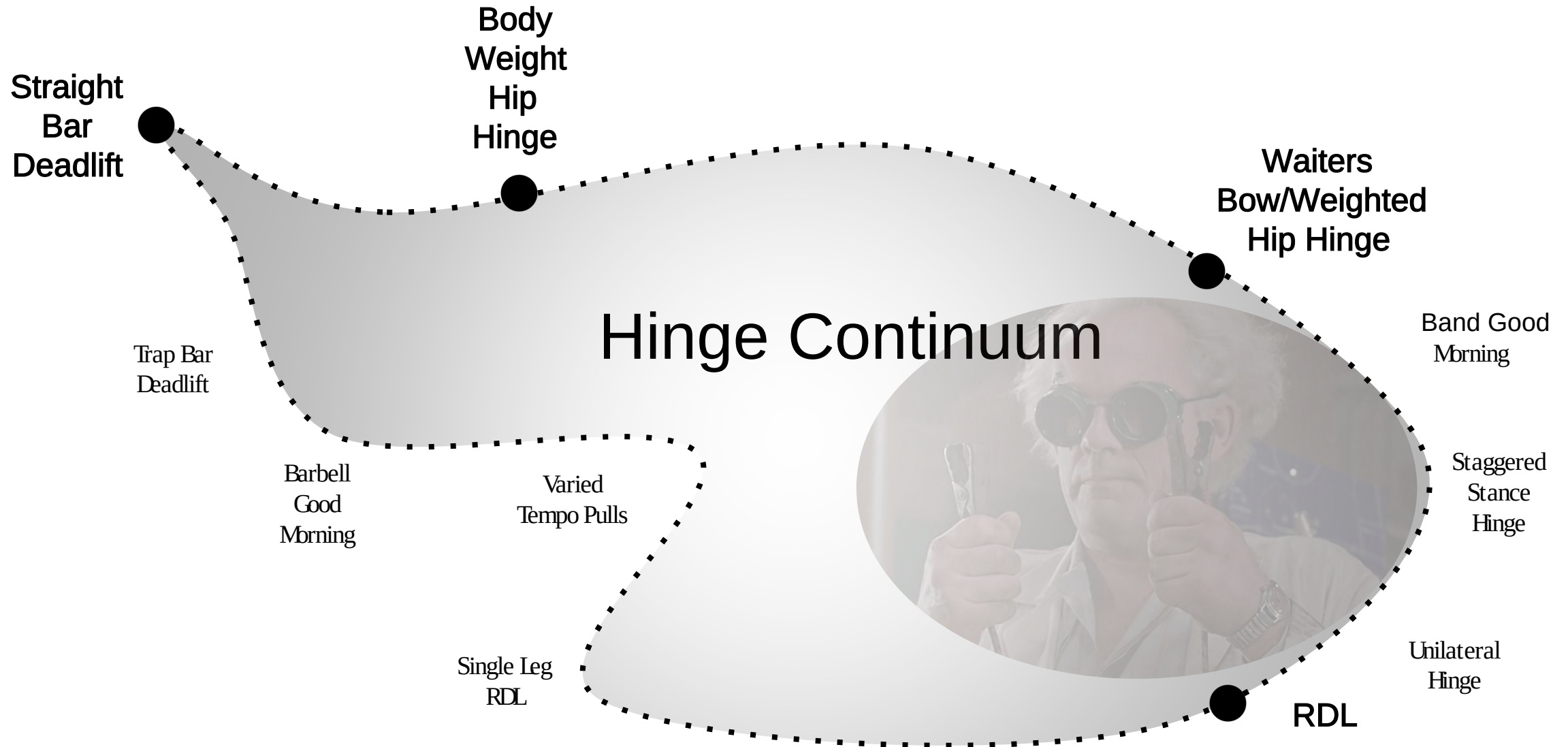


Hinge Pattern

Foundational for production of force/triple extension

- Production of Force
- Strong Positioning
- Firing Pattern
 - Glutes
 - Hamstrings
 - Contralateral low back (QL)
- Bracing=Proper Pelvic Positioning





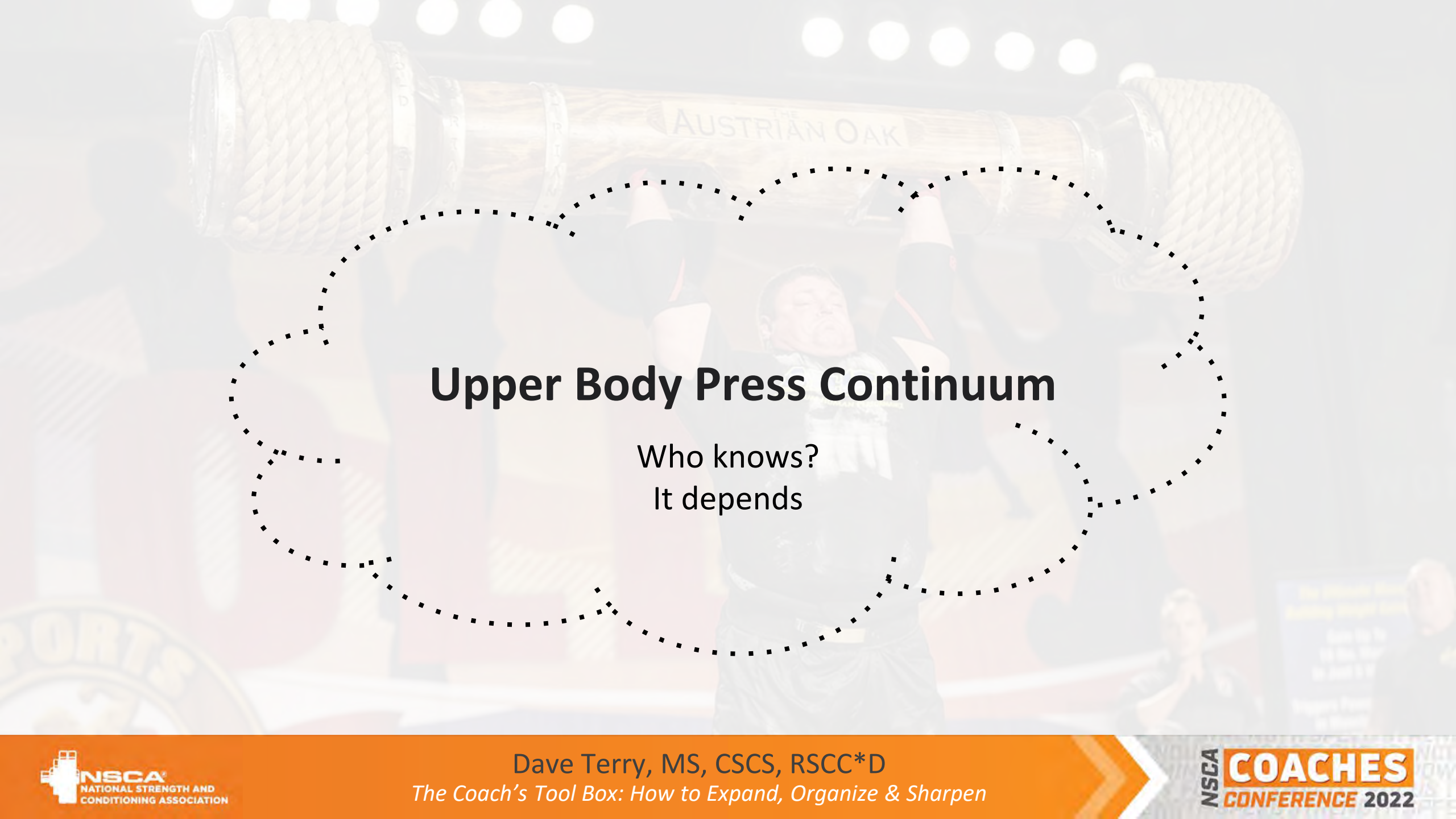
Upper Body Press

Do we really need it? Why?

- What are the needs?
- What is the athlete's training age?
- What are the demands?
- What are the justifications?

“The OVH position will make whatever is already wrong, more wronger”

-Coach Trevor Sheasley (Arlington County Fire Department)

A man in a black shirt is performing a deadlift with a large wooden log. The log has "AUSTRIAN OAK" written on it. The background is a blurred gym setting with other people and equipment.

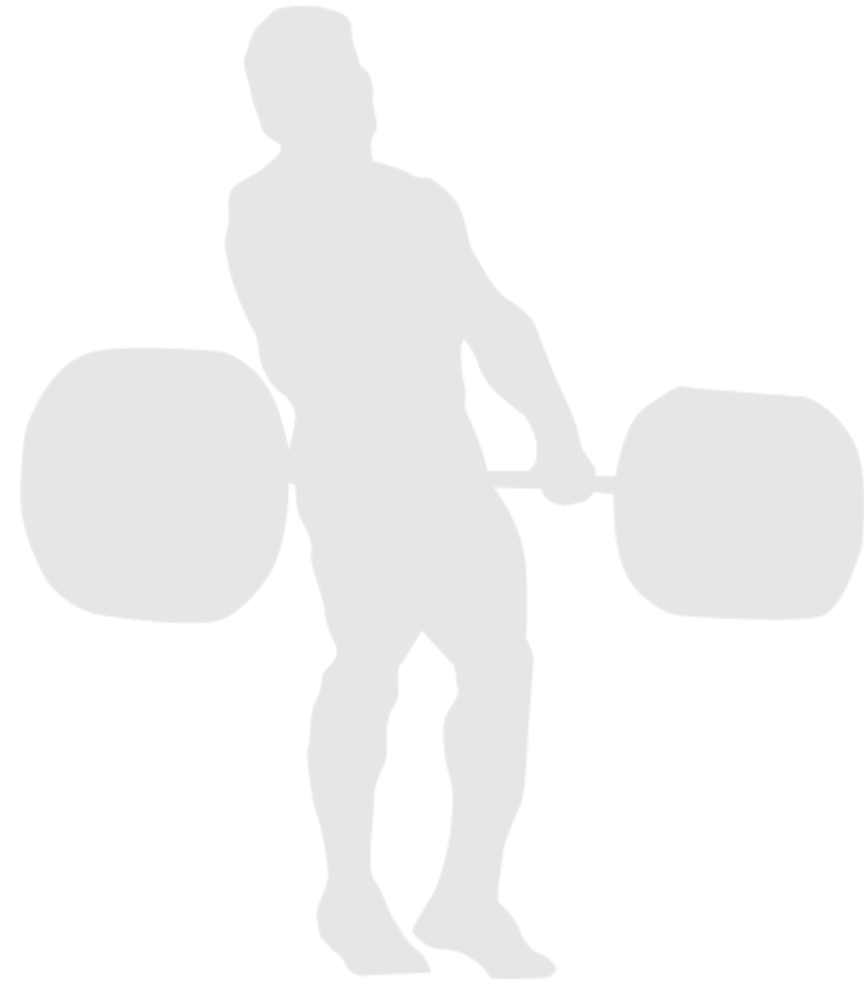
Upper Body Press Continuum

Who knows?
It depends

Triple Extension

Do we ALWAYS have to Snatch and Clean and Jerk?

- What are the needs?
- Can it be trained consistently?
- What are the demands?
- What are the justifications



Application Planning

- Find out what the best are doing and regress/progress to meet my specific population



GEORGETOWN WOMEN'S BASKETBALL PERFORMANCE



	Strength-Endurance				Strength				Strength-Endurance			
Day		Tuesday	Thursday	Friday		Tuesday	Thursday	Friday		Tuesday	Thursday	Friday
Notes	PAL (Push to move, Athletic Base, Low center of gravity)				Force Application, PAL				Force Application, PAL, Repeated Effort, Lactate Buffering			
Emphasis		Speed	Lateral Speed	Agility		Speed	Lateral Speed	Agility		Speed	Lateral Speed	Agility
Movement/Skills	Plyo	Box Jump Broad Jump	Lateral Stick Jumps <i>Mechanics</i>	x	Plyo	Vertical Jump Trip Broad	Lateral Jumps Reactive Jumps		Plyo	Rptd Vert Triple Brd	Lateral Jumps 5-10-5	x
	Med Ball	Sag. Throws	x	Rotational Work	Med Ball	Sag. Throws	x	Moment. Rot. Throws	Med Ball	Sag. Throws	x	Counter Rot Throws
	Skills	10yd Sprints	Accel-Decel Matrix	Close Out Drills Cone Drills	Skills	20yd Sprints	Accel-Decel	Close Out/COD Cone Drills	Skills	HC Sprints	Accel-Decel Matrix	Close Out/COD Cone Drills
	Exp Str	Clean Complex <i>Pull, Clean Squat</i>	Snatch Complex <i>Pull, Clean Squat</i>	OH Complex Press,PP, Jerk	Exp Str	3 Pos Clin 2s	3 Pos Str 2s	Push Press/Jerk 2s	Exp Str	Clean Complex <i>Pull, Clean, Squat</i>	Snatch Complex <i>Pull,Snatch, Squat</i>	OH Complex Press,PP, Jerk
	Lower Str	Back Squat 10s	Trap Bar Deadlift 10s	Speed Squat 10s	Lower Str	Back Squat 5s	Trap Bar Dead 5s	Speed Squat 5s	Lower Str	Back Squat 10s	Front Squat 5s	Speed Squat 10s
	Upper Str	Pull Ups 10s	OH Alt Press 10e	Push Ups 10s	Upper Str	Pull Ups Tri-Ph	DB OH Press 5s	CG Bench Press 5s	Upper Str	Pull Ups 10s	OH DB Press 8s	CG Bench Press 10s
	PC	RDL 10s	GHR 15s	Good Morning 8s	PC	PBK DL 5s	GHR 5s	Good Morning 5s	PC	RDL 10s	GHR 8s	Good Morning 8s
	Uni	Lateral Sled 8s	Split Squat 8s	Reverse Sled 8s	Uni	Lateral Sled 5s	RFE S/S 5s	ECC Reverse Sled 5s	Uni	Lateral Sled 10s	Walking Lunge 10s	Reverse Sled 10s
	Cond	Rptd Effort 16-18-20	Capacity 18-20-22	<i>Challenge</i>	Cond	Anaero Shuttle 3-4-5-6	Capacity 20-22-24-26	Power Endurance 10-12-14-16	Cond	Anaero Shuttle 4-5-6-6	Capacity 24-26-28-30	Challenge/Power Endurance Variable

Final Thoughts

The most important tool in your toolbox is your peers

Plan to progress and regress everything

“Don’t outsource your thinking”

Be a practitioner, not a theorist

Once you put “tools” in your “tool box” don’t forget to sharpen them

Application changes, so can movements

Once you plan, training becomes simple and effective

Find the FUN in training, always remind athletes, this is FUN

“You will never learn more at a conference than you will in a gym training with people or over a few pints of beer”

- Coach Trevor Williams

References

Every idea is basically stolen and recreated in a coaches mind.

Merriam-Webster. (n.d.). *Continuum definition & meaning*. Merriam-Webster. Retrieved December 11, 2021, from <https://www.merriam-webster.com/dictionary/continuum>.