

DOWN!

Paul Goodman, MS, CSCS

What this *is*

1

Manifestation of years of practical and applied *experience*

2

Educational foundation and *progression*

3

Representation of *mistakes*

4

Understanding and appreciation

5

Accepting of *shortfalls* in memory

6

COLLAGE

What this is *not*

1

Perfect

2

Definitive
expression

3

Training
manual

4

“Soap box”
mentality

5

The ***right***
way

6

ISLAND

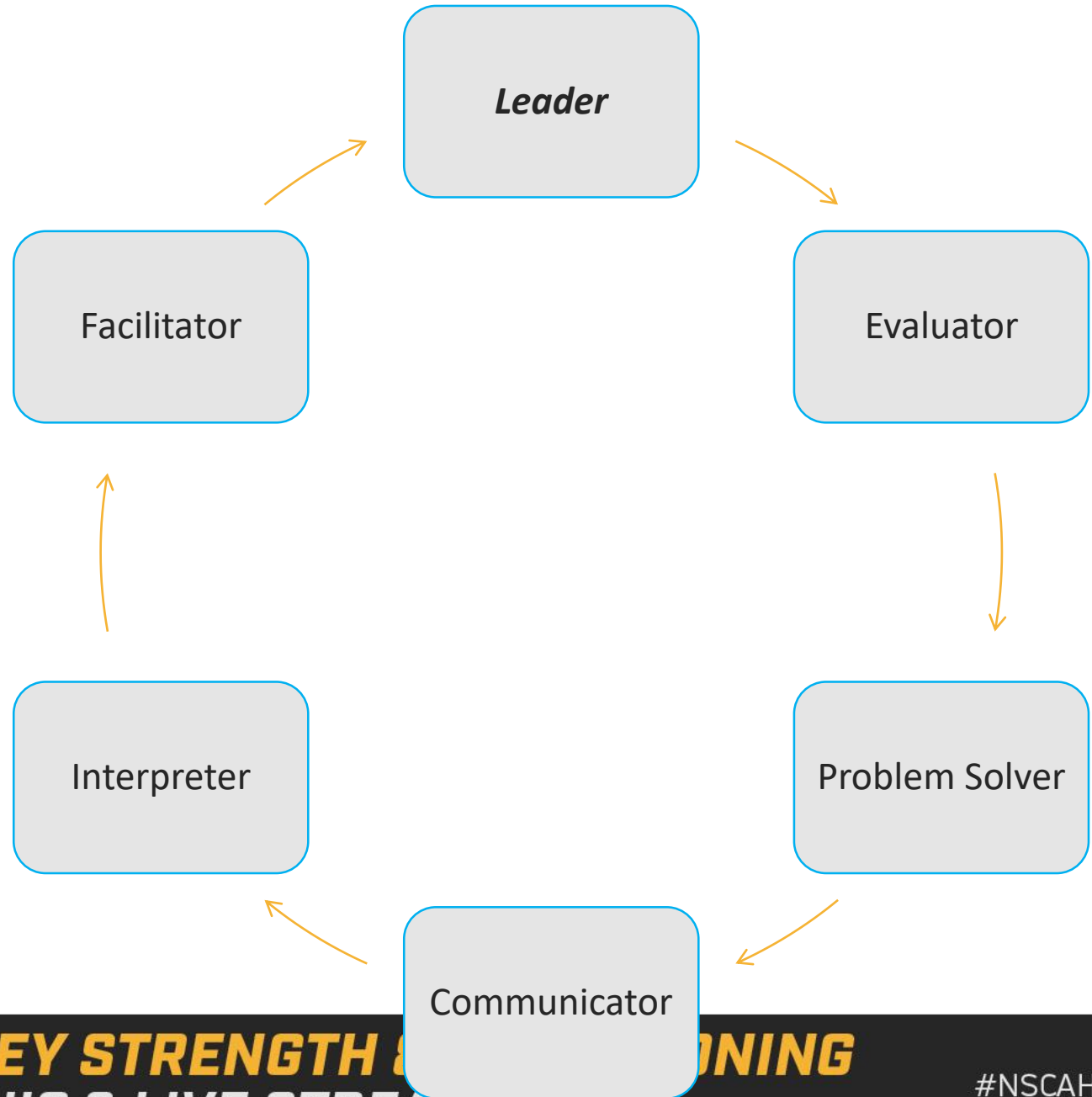
What / am

Climb a ladder on **1** Foot

- Can't go to the top based solely on knowledge through study.
- Can't go to the top based solely on knowledge through action.
- The two work together.



Coach +



“*Character* is what you are....

Reputation is what people *think* you are.”

- JW

“Energy can excite.
but only charisma can
inspire.”

Charisma commands
loyalty. Energy does
not.”

“Authorities act with themselves in mind. *Leaders* act with others in mind.

Authorities take. *Leaders* give.

Authorities die.
Leaders live on.”

- SS

“Leaders *are* the assistants of
the assistants to become leaders”

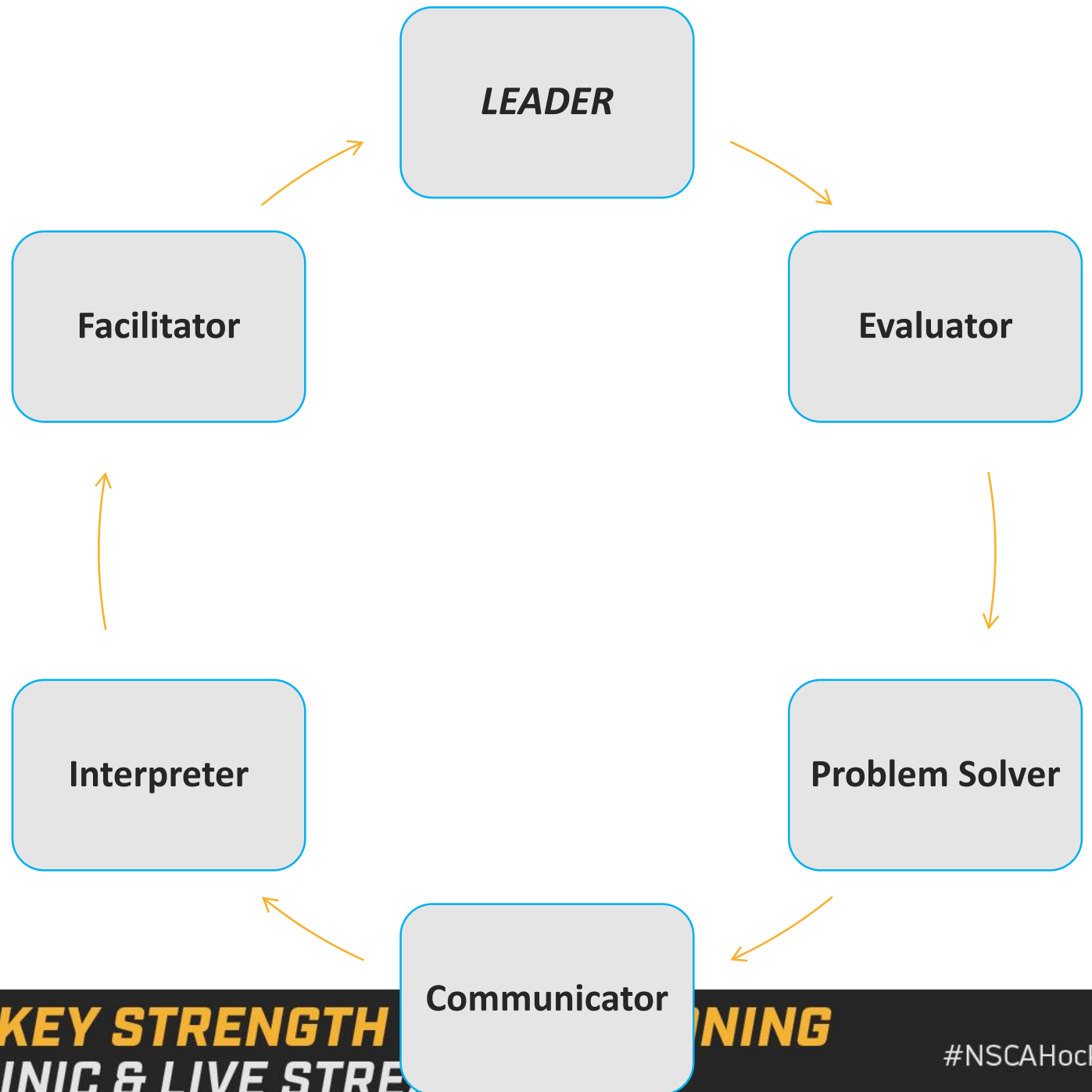
- pg



“The strength of the pack is
the wolf,
and the strength of the wolf
is the pack”

- RK

Coach +



“Be a *voice*, not an echo.”



Who / am

- /nquisition
- /nvestigation
- /dentification



“LIFE ISN'T ABOUT FINDING YOURSELF, IT'S
ABOUT **CREATING** YOURSELF”



2019 NSCA HOCKEY STRENGTH & CONDITIONING **GBS**
CLINIC & LIVE STREAM

Paul J. Goodman - OWNER

#NSCAHockey



A²R²C²

- ADAGE *MY MINDSET AND FOCUS*
- RATIONALE *MY BIGGER PERSPECTIVE FOR LIFE*

- CODES *MY CORE BELIEFS THAT ARE THE MAP*

- ATTITUDE *MY WHY I WANT TO ACCOMPLISH*

- ROUTE *MY WHAT TO ACCOMPLISH FOR LONG TERM RESULTS*

- CONCEPTS *MY HOW TO ACCOMPLISH THE VISION*

“TOR = TION”

Motivator - Motivation

- STOIC
- DISTANT
- DISCIPLINARIAN
- TRANSPARENT
- ENGAGING
- TEACHER



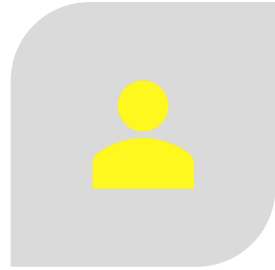
I Know my “/”

**2019 NSCA HOCKEY STRENGTH & CONDITIONING
CLINIC & LIVE STREAM**

Paul J. Goodman - OWNER

I am “WHERE” I am

- Be where my feet are
- Execute my role but never accept my role
- “Perform the job you want to have”
- MC
- Inspect what I expect
 - Circumstances
 - Facility
 - Money



ASSESS



STRATEGIZE



IMPLEMENT



EVALUATE

< CHANGE >



INDEPENDENTLY WEALTHY COLLECTIVELY
BROKE

Players

Coaches

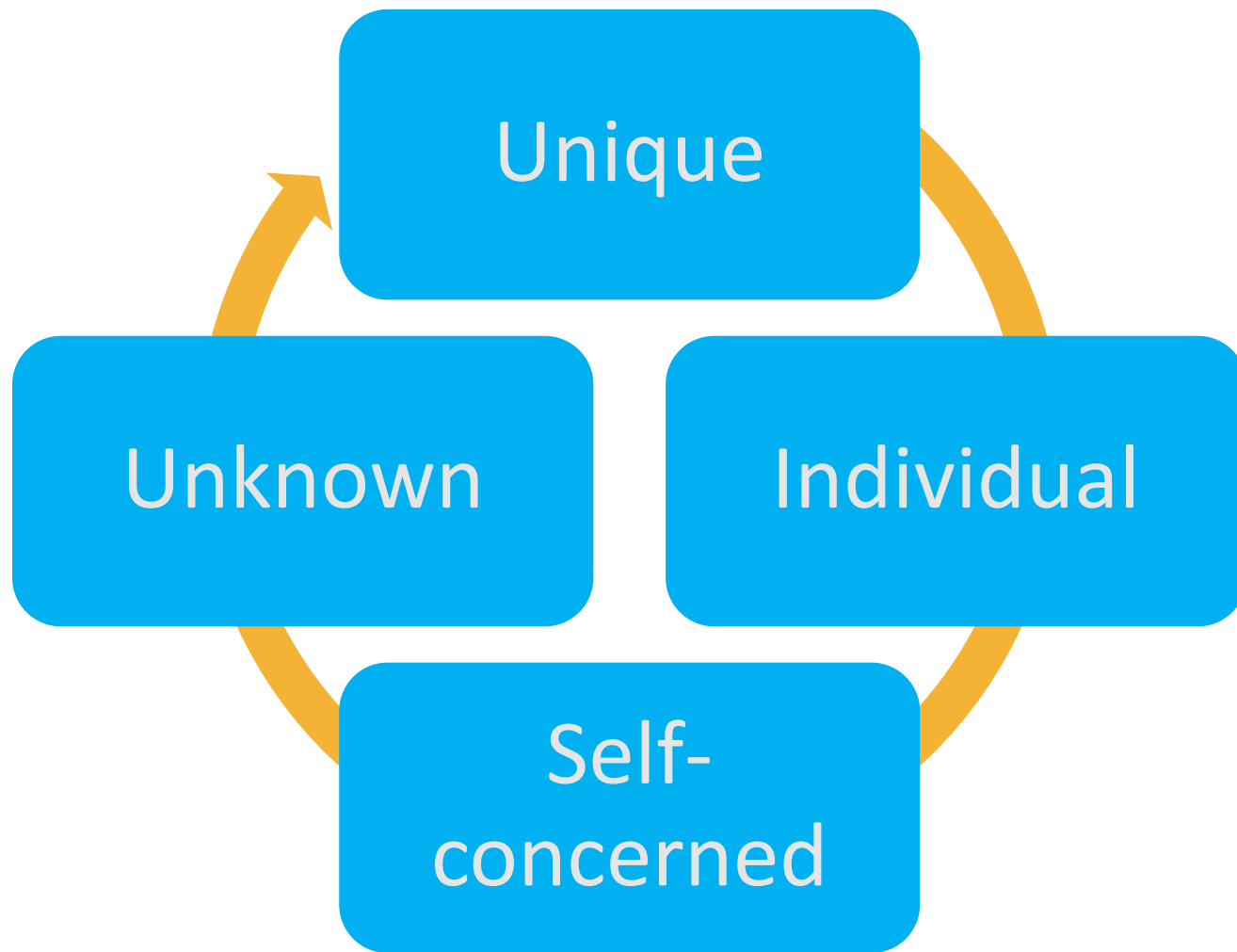
Management/ administration

Medical

Maintenance

Other support staff

Knowing my *“them”*



Every one of
“*them*” is a
“*me*”

What Weighs “*me*” down



- Infringing performance capacity
 - physical: efforts
 - motor: movements
 - tactical: tasks
 - technical: skills
 - *mental

The weights on “me”

Take its

- Sleep: ineffective or inefficient
- Nutrition: good or bad
- Training: prepared or ill-prepared
- Social: extracurricular
- Injuries: bumps and bruises

Leave its

- Coaches: playing time/ personalities
- Social: school / home life/ contracts
- Injuries
- Travel

How do “I” help the “me”

Get back to zero

Cut off a chain of weight

Control what can be controlled

Bigger than "ME"

Process oriented

Collective and collaborative

Every "*me*" is
part of "*we*"

MORE TO “*OUR*” POINT

AM “*I*” HELPING THE “*WE*”

EXAMPLE:



*DON'T
KNOW
WHAT IS
NOT
KNOWN*

- The CREVASSE

ROPE MENTALITY

1.0

- The WIND

- ***THE LINE***

Rope mentality 2.0

- At the same time that spiral is going forward it is returning
- Connection to MY past MY present and MY future.
- **ALWAYS REVISIT & REEVALUATE**

What / am part of

Performance
focused
(*winning)

Athlete centered
but *not* athlete-
centric

Coach driven

Services
supported

Elite team sport

UNDERSTAND “MY” DEFINITION

- *ME* - the player(s)
- *ME* - the coach
- *ME* - the management
- *ME – MY OWN*

What IS a
**win*

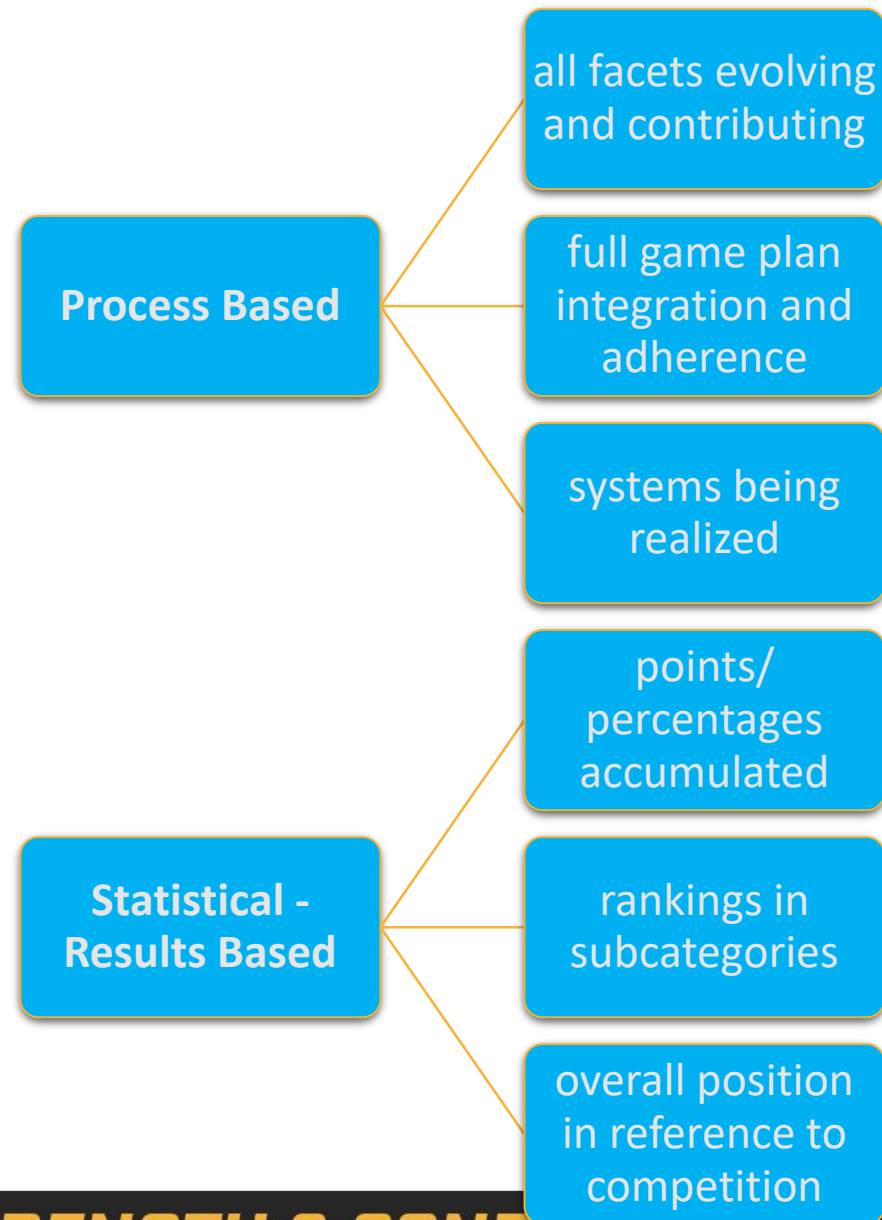


*A*win is a win*



A*win is what *IT* is all about

it
=
this



“/” AM IN every “IT”

HOLISTIC APPROACH

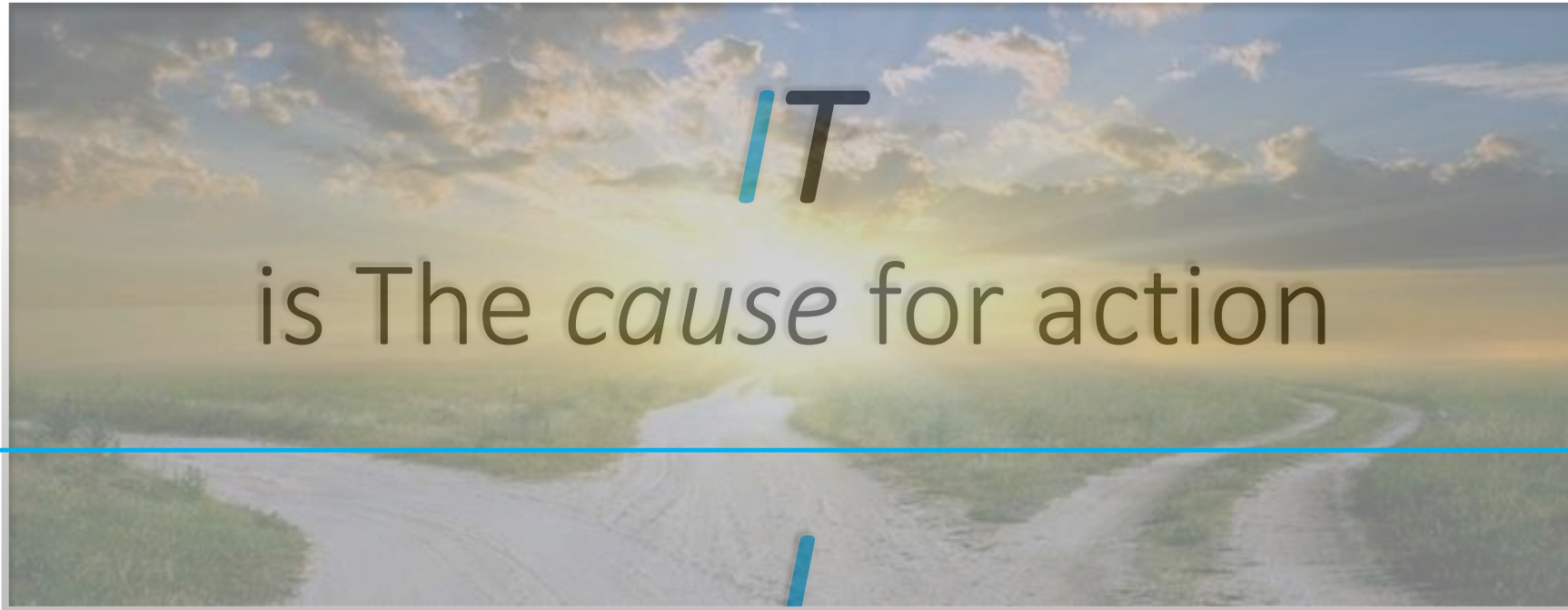
ORGANIC EVOLUTION

DIRECTED PRESCRIPTION

FOUNDATION BASED

CULTURE CULTIVATION

BACKBONE OF THE “WE”



am the *course* for action

/ CREATE WHAT / WISH TO
MANIFEST

/ MANIFEST THAT WHICH /
CREATE

OWN THE “/” OF “/T”

Own the *I*, but Success is *not* the *I*...

- of *them*
- Thank you kindly to:
 - NSCA
 - Hockey
 - Scott Caufield and...

is because of all

ALL of *you* for taking the time

“money is transient, time is the investment
with no return.

Better be worth it.”

- PG