



2022 NSCA *NATIONAL* CONFERENCE

July 6-9, 2022 | New Orleans & Online
#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

PERFORMANCE INTEGRATION

Forrest Griffin - UFC PERFORMANCE INSTITUTE



CONFLICT OF INTEREST STATEMENT

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

WHAT WE ARE COVERING :

Considerations & Offerings

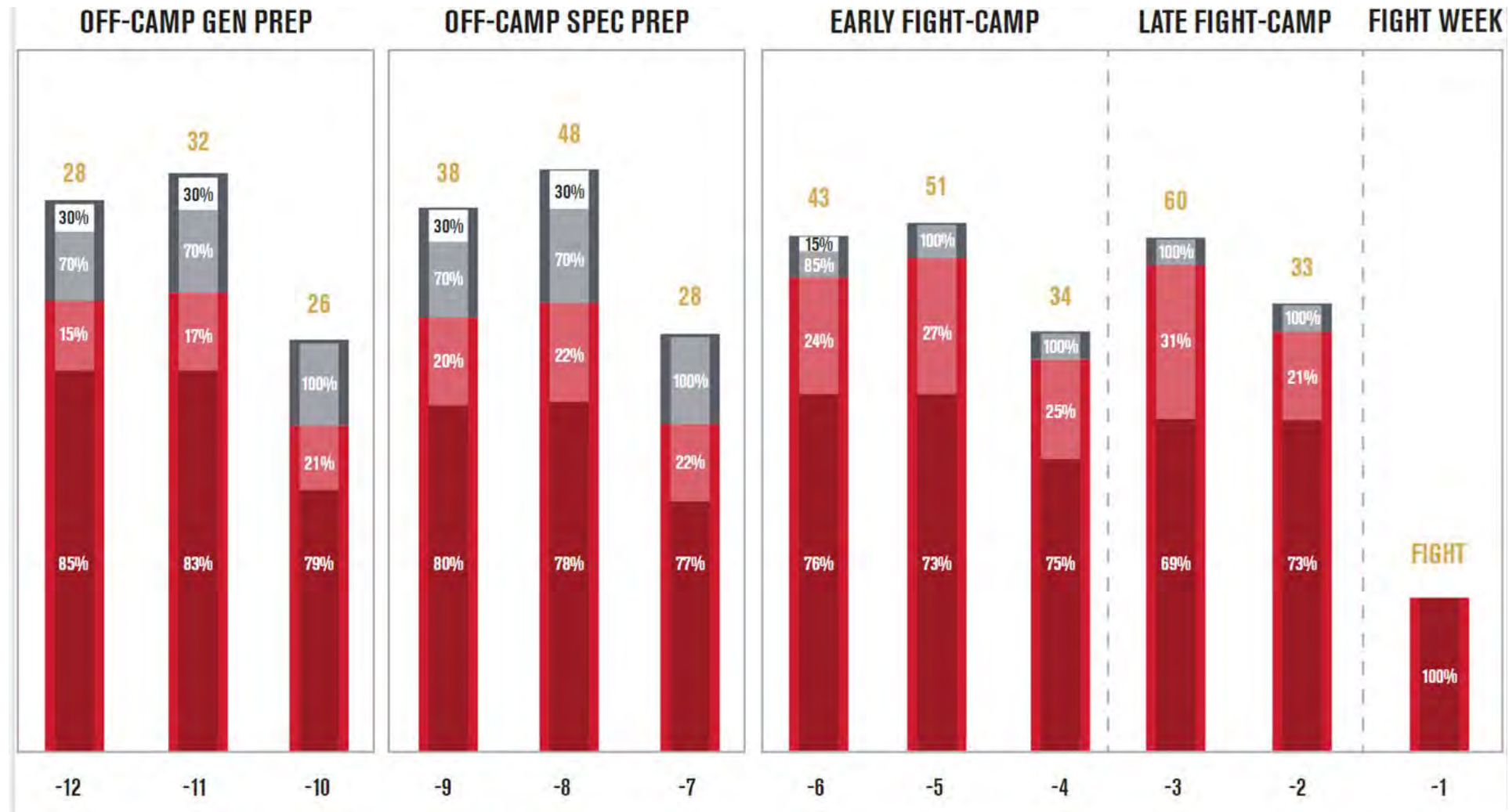
Service Pillars & Roles

Performance Models

- Season (Fight Cycle)
- Performance standards / Benchmarking
- Physical demands of the sport
- Skills needed for success
- Competition performance data
- Mental demands of the sport

SPORT CONSIDERATIONS

PERIODIZATION FOR MMA



- Individualization
- Training history (how much time in each martial art)
- Training age (in sport and S&C)
- Injuries vs injuries common in the sport
- Physiological characteristics
(Anthropometrics and how that can influence fight style)
- Weight class
- Gender
- Culture

ATHLETE CONSIDERATIONS

The mission statement or overarching goals of the facility will determine the services offered

PI goals :

- Athlete specific; allow athletes to compete more often at a higher level. Make them more resistant to injury and when they are injured expedite their recovery. Meaningfully extend athlete careers. Minimize the effects of the weight descent for competition process while maximizing body composition for competition.
- Overarching: develop and disseminate best practices for training and competing in the sport of MMA.
- #Accelerate the evolution of MMA

CONSIDERATIONS AND DETERMINANTS OF SERVICE OFFERINGS

Head Coach

- Striking
- Boxing, kickboxing, Muay Thai, karate, etc.
- Wrestling / Grappling
- Freestyle, Roman Greco, jujitsu, judo
- Martial arts that include striking and grappling: Sambo, Sanda, JKD, that stuff that Steven Seagal does, etc.

SERVICE
CATEGORIES
TECHNICAL

(SPORT SPECIFIC)

Head of Performance

- Strength and conditioning
- Sports science – sport physiology and data analytics
- Physical therapy – includes massage therapy and athletic training
- Medical – everything from illness to orthopedic surgery
- Nutrition or sport dietetics
- Sports psychology
- Lifestyle
- Overall athlete development

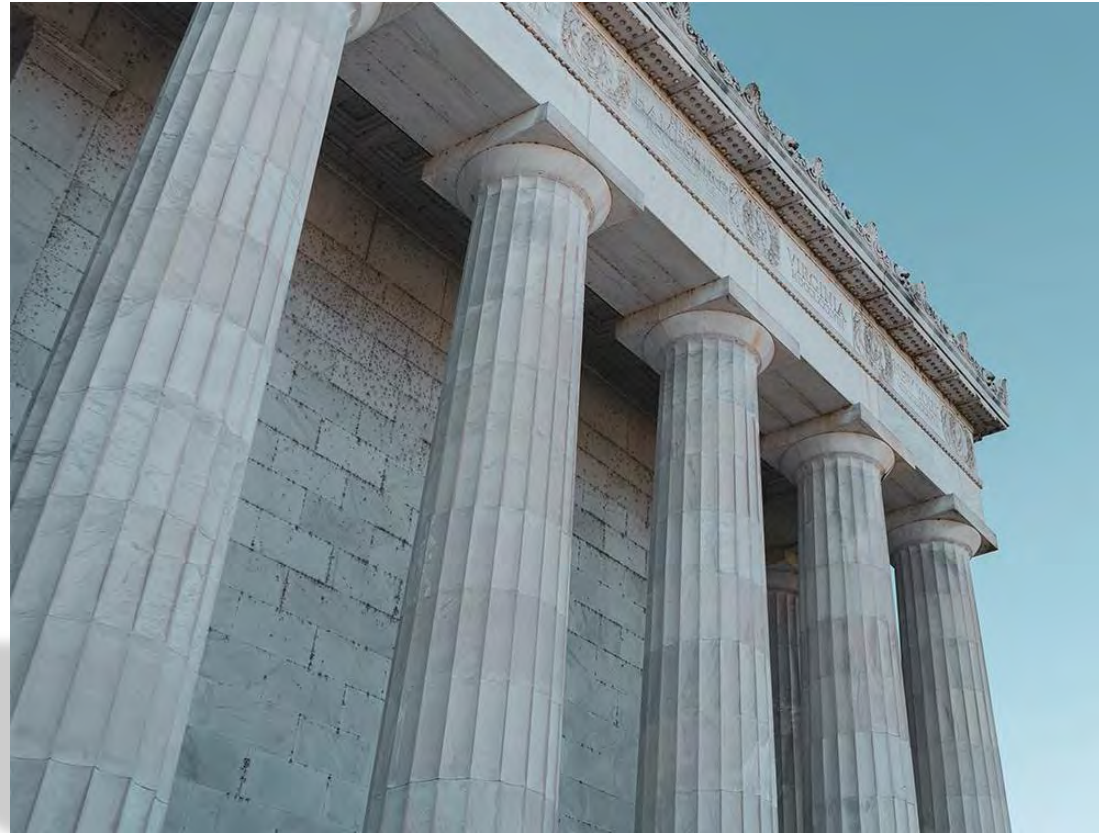
SERVICE
CATEGORIES

NON-TECHNICAL
SUPPLEMENTARY

SUPPORT
SERVICES

SERVICE PILLARS

ROLES AND RESPONSIBILITIES BY DEPARTMENT



Picture from [Mayer Tawfik](#)

Sports Medicine

Physical therapy – two use cases acute rehab vs injury resilience

Massage therapy

Athletic training

Illness prevention and mitigation

Health and Wellness

Naturopathic practitioners

Chiropractic's

Orthopedist

Neurologist

Sports Dietetics

Optimize fueling for the demands of specific training sessions

Optimize body composition for competition

Performance nutrition (food prep)

Vitamin and mineral profiling

Strategies for optimizing sleep

Sports Science

Define the demands of the sport for a physical & Technical needs standpoint

Monitor training load and distribution across training sessions

Identify standards for performance

Data analytics - defining KPI's most associated with winning performances

Identify when recovery is needed and optimal recovery strategies

Physiological monitoring – HRV, sleep, readiness, etc

Strength & Conditioning

Diagnostic testing that leads to comparisons between where an athlete currently is in relation to performance norms

Identify strengths and weaknesses and work to make improvements based on the athlete needs and wants

Align periodization with technical training and competition

Sports Psychology

Maximize Performance in practice and competition

Keep a rational and positive mindset

Optimize mental preparedness

Identify coping mechanisms for performance anxiety

Prevent burnout

Build confidence and increase self-efficacy

Appropriate arousal for training recovery and competition

Sport Coaching

Identify technical demands of the sport

Identify where an athlete is in relation to their technical skill compared to their cohorts

Skill acquisition

Technical competency

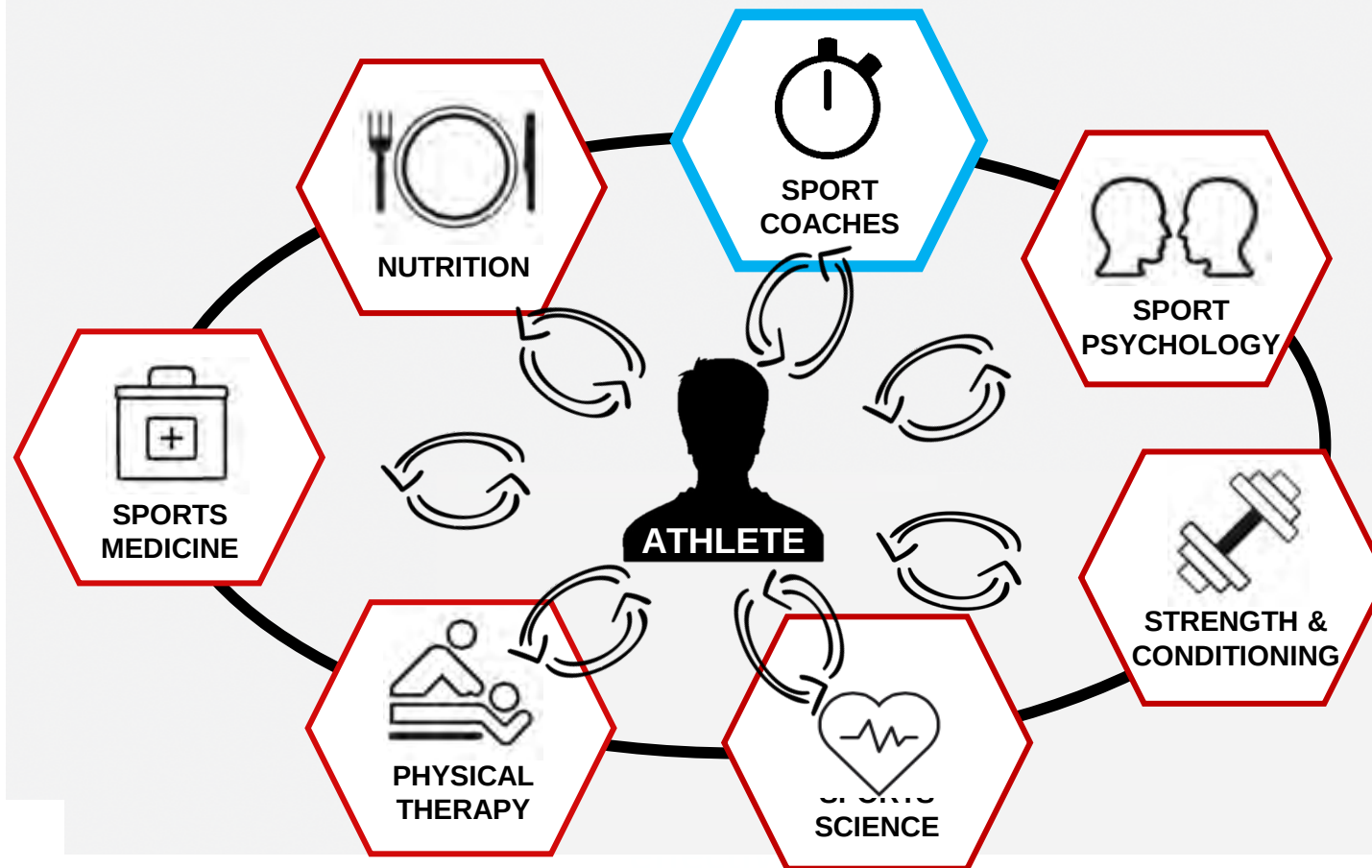
Tactical game planning

Improve slow or poor decision making

Performance Communication Models

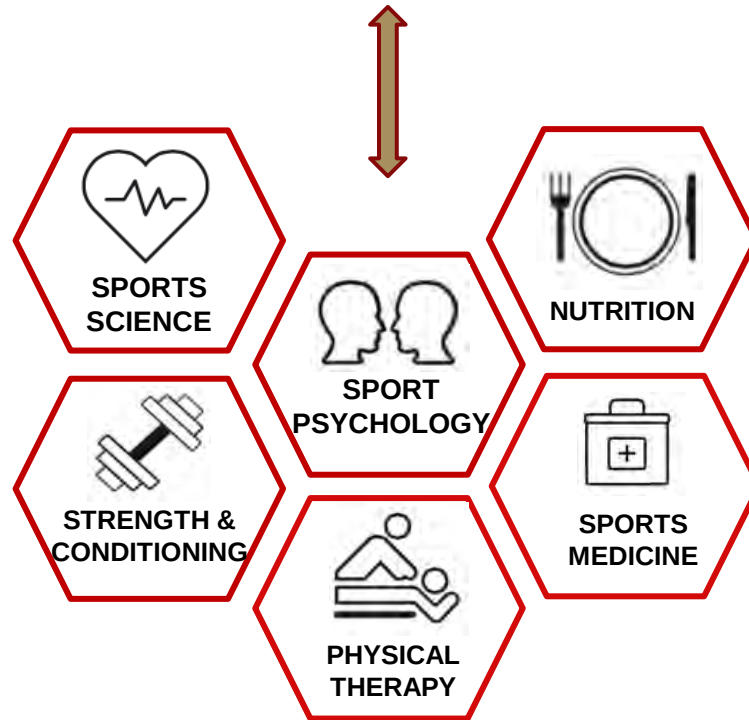
FLEX MODEL

Athlete Led Model



Head of Performance Led Model

ATHLETE ↔ HEAD OF PERFORMANCE ↔ HEAD SPORT COACH

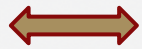


SUPPLEMENTAL
SPORT COACHES

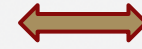


Head Sport Coach Led Model

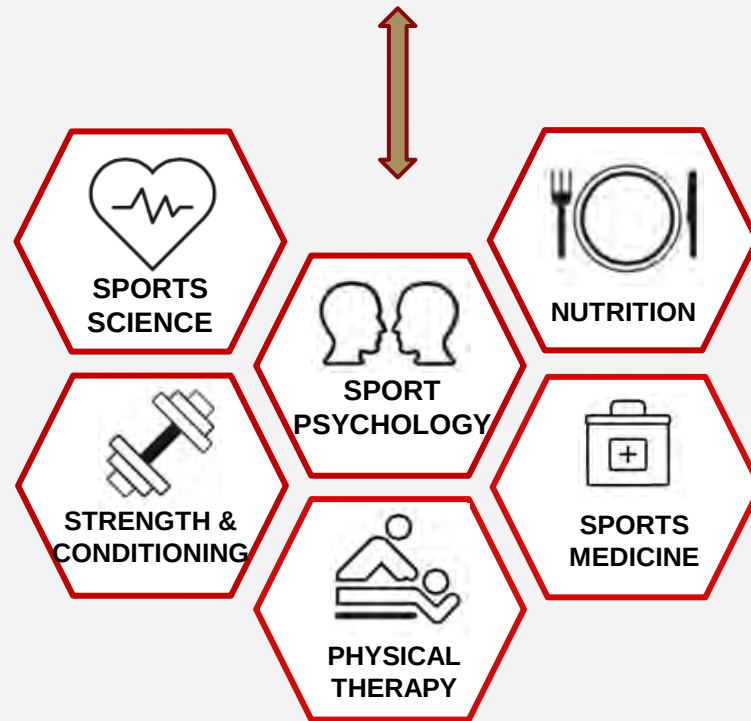
ATHLETE



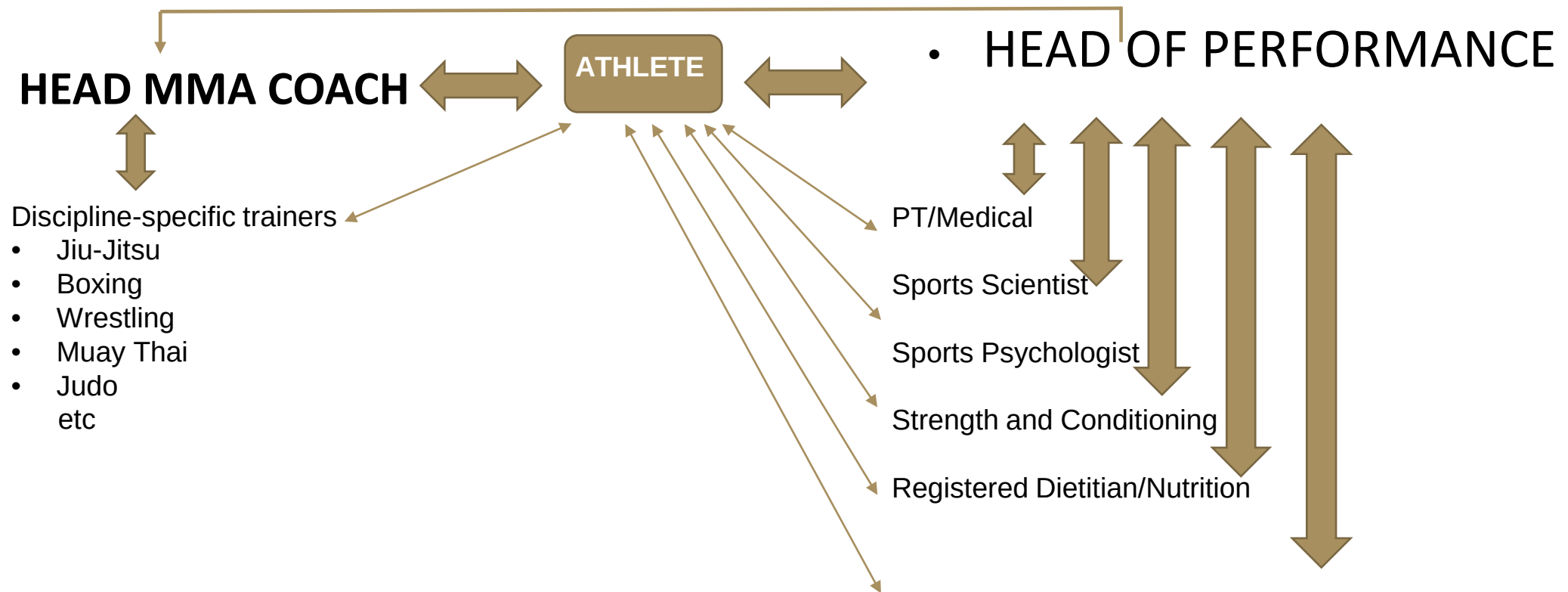
HEAD SPORT COACH



SECONDARY COACHES



ATHLETE-CENTRIC TRAINING MODEL



Challenges and Pitfalls



- Multiple coaches
- Multiple lines of communication

Model Determination Methods



- Athlete intake and screening
- Athlete needs
- Comparison to Performance Standards



THANK YOU FOR
YOUR TIME

ANY QUESTIONS?