



2022 NSCA TACTICAL ANNUAL TRAINING #NSCATactical22

CONFLICT OF INTEREST STATEMENT

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

- Employment

DISCLAIMER

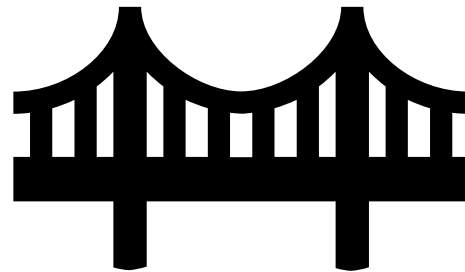
I am not a Strength Coach

I am not an Allied Health Professional

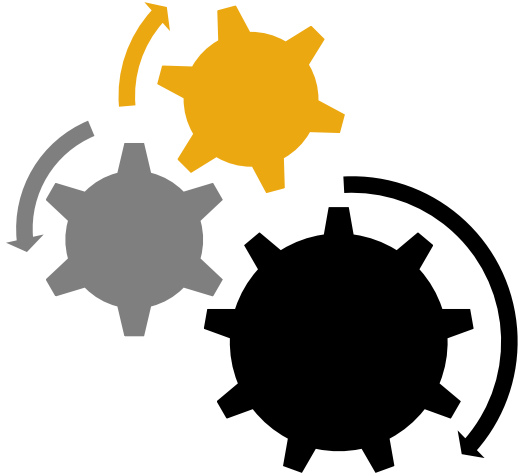
The views expressed in this presentation are my own and do not reflect the official policy or position of the US Army, the Department of Defense, or the US Government

BRIDGING THE GAP

ADAPTING TRADITIONAL S&C TO TACTICAL SETTINGS

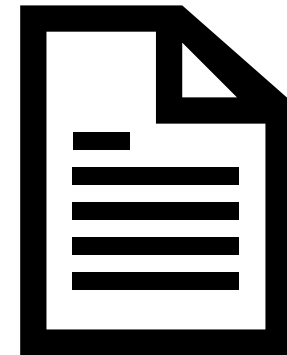


FRAMEWORKS VS TEMPLATES



Frameworks are: “notions, conventions, configuration, collections of functions (methods), control embedded into one tool/structure”

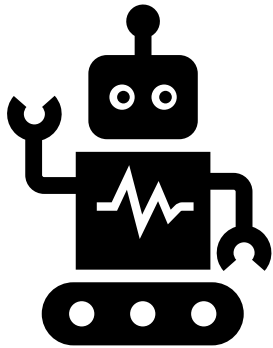
Templates are: “focused on pre-destined functionality or output”



Source: Singh, Nitish. “Understanding the Difference between Framework and Templates.” *TechAltair*, <https://www.techaltair.com/understanding-the-difference-between-template-and-framework/> retrieved 10 April 2022.

IMPLEMENTATION CHALLENGES

Territorialism



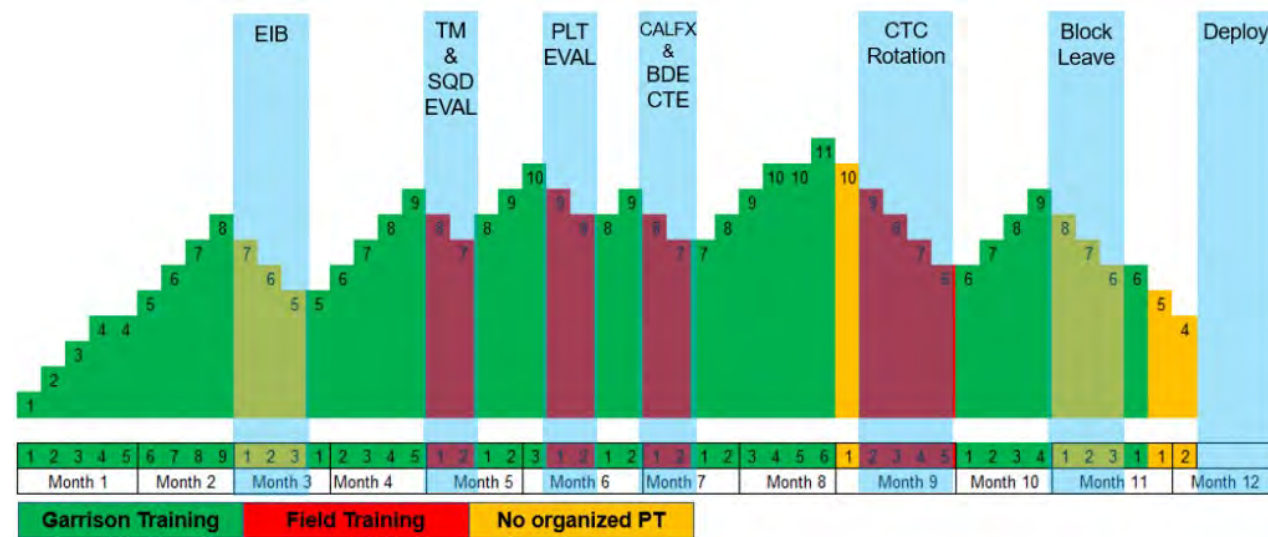
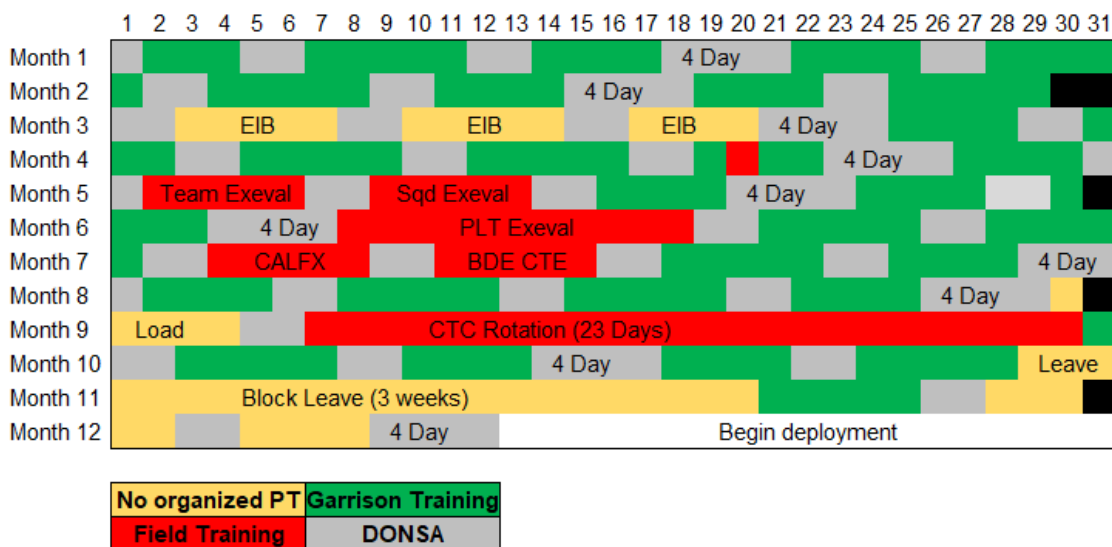
Too much control



Not enough control

Task Saturation

PERIODIZATION IN TACTICAL?



Source: Clark, Matt. "The Army has a Physical Fitness Problem, Part 1: Eight Myths that Weaken Combat Readiness." *Modern War Institute*, <https://mwi.usma.edu/army-physical-fitness-problem-part-1-eight-myths-weaken-combat-readiness/> 25 January 2022.



Alex Morrow, CSCS, TSAC-F
Bridging the Gap: Adapting Traditional S&C Frameworks to the Tactical Environment

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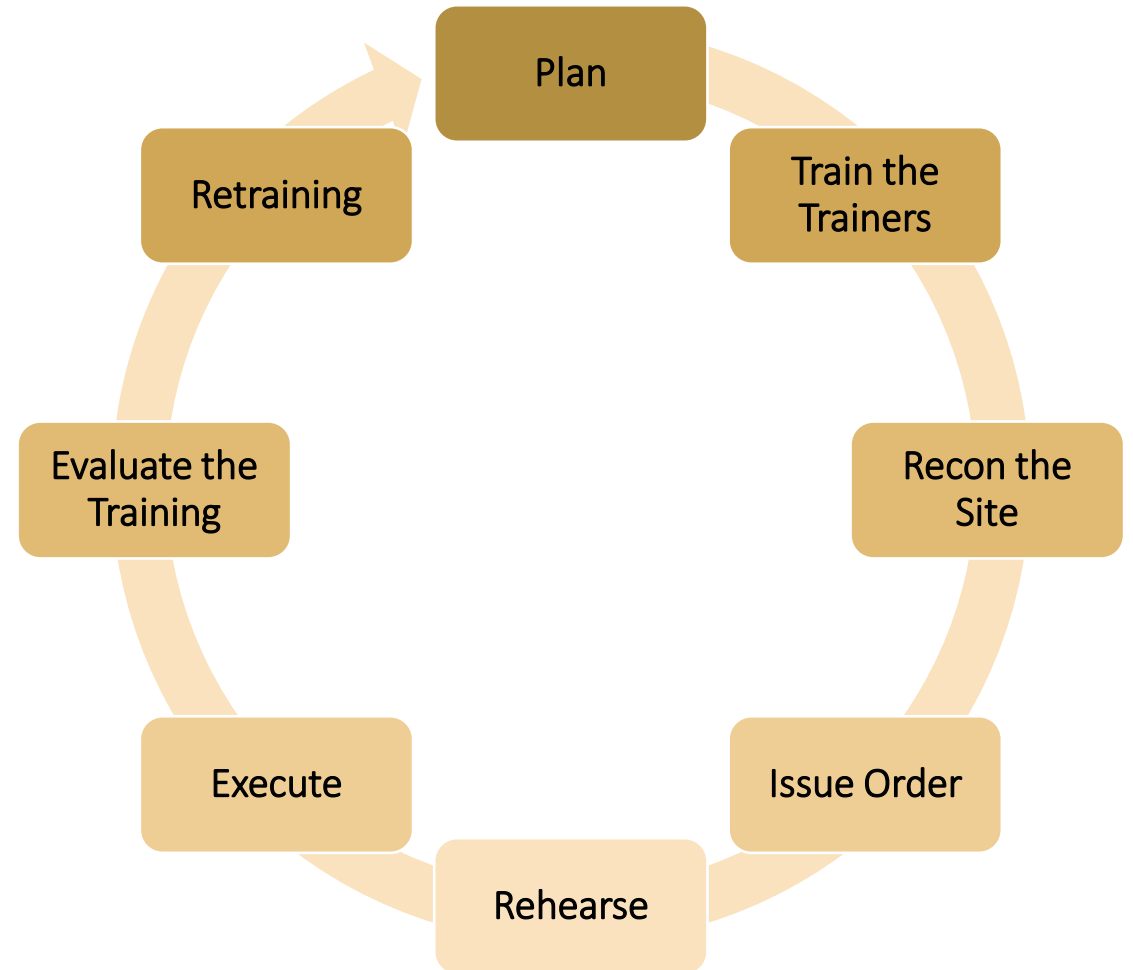
WHICH CONCEPTS DO TRANSLATE?

MOPs & MOEs

Plans are useless,
planning is indispensable

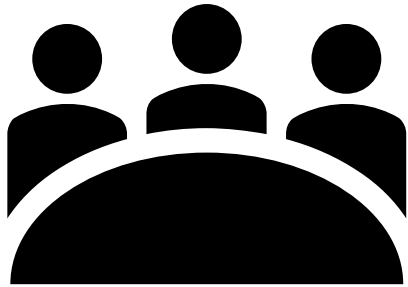
GPP

Your best weight room athletes
are not your best field athletes



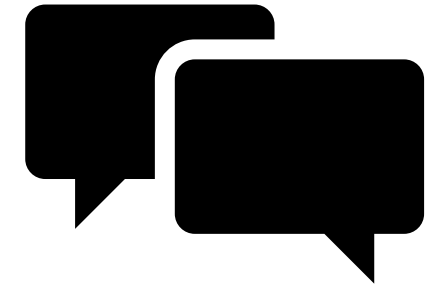
TRAINING NEW TACTICAL HP PROFESSIONALS

Learn the language



Get to know the leaders

Get to know the unit



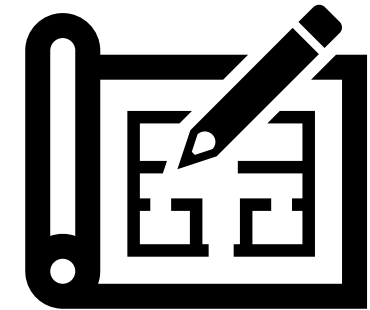
Experience the suffering

TRAINING NEW TACTICAL HP PROFESSIONALS

Identify the resources



Capabilities briefs



Translate your experience

Tradition is not the enemy

*WHETHER THEY LIKE YOU
MATTERS MORE THAN HOW
KNOWLEDGEABLE YOU ARE*



Alex Morrow, CSCS, TSAC-F

Bridging the Gap: Adapting Traditional S&C Frameworks to the Tactical Environment

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ANNUAL TRAINING**

***Goodhart's Law:** when a measure becomes a target it ceases to be a good measure*



Charles Goodhart
British Economist

***McNamara Fallacy:** we have a tendency to make the measurable important rather than the important measurable*



Robert McNamara
SECDEF 1961-1968

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 MOPs & MOEs

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