

ASSISTANT COACH SYLLABUS

Week 1

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| <ul style="list-style-type: none"> • 33 pages (MBSC) <ul style="list-style-type: none"> ◦ Advances in functional training ◦ Mobility and flexibility ◦ Injuries • 1:36 lecture (MBSC) <ul style="list-style-type: none"> ◦ CFSC training philosophy | <ul style="list-style-type: none"> • The Foot (GI/FVD) • T4TG Blueprint to a great Essentials session • Blueprint to a great Customized session • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions |
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Week 2

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| <ul style="list-style-type: none"> • 33 pages (MBSC) <ul style="list-style-type: none"> ◦ Advances in functional training ◦ Mobility and flexibility ◦ Injuries • 0:59 lecture (MBSC) <ul style="list-style-type: none"> ◦ MBSC Philosophy • 1:37 lecture (MBSC) <ul style="list-style-type: none"> ◦ Start with WHY | <ul style="list-style-type: none"> • Exercise Influencers lecture (T4TG) • Essentials exercise explanations <ul style="list-style-type: none"> ◦ Perform at least 1x/day • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions • MBSC assessment (T4TG) • The Foot (GI/FVD) exam (video) |
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Week 3

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| <ul style="list-style-type: none"> • 34 pages (MBSC) <ul style="list-style-type: none"> ◦ The core ◦ The hips ◦ Cardiovascular training • 0:30 lecture <ul style="list-style-type: none"> ◦ Building an adaptable training model • 1:59 lecture (MBSC) <ul style="list-style-type: none"> ◦ MB program design | <ul style="list-style-type: none"> • Exercise Influencers test • Essentials warm up <ul style="list-style-type: none"> ◦ Necessary components/formats • The Hip (GI/FVD) • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions |
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Week 4

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| <ul style="list-style-type: none"> • 34 pages (MBSC) <ul style="list-style-type: none"> ◦ The core ◦ The hips ◦ Cardiovascular training • 1:45 lecture (MBSC) <ul style="list-style-type: none"> ◦ Transformational group coaching | <ul style="list-style-type: none"> • Essentials warm up (basic) evaluation <ul style="list-style-type: none"> ◦ Exam ◦ Practical (video) • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions • MBSC assessment (T4TG) • The Hip (GI/FVD) exam (video) |
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Week 5

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| <ul style="list-style-type: none"> • 35 pages (MBSC) <ul style="list-style-type: none"> ◦ Developing athleticism ◦ Equipment choices ◦ Exercise choices- the basics and single leg training • 1:10 lectures (MBSC) <ul style="list-style-type: none"> ◦ Mobility drills ◦ Motor control drills ◦ Active warm up ◦ Ladder drills ◦ Medball drills ◦ Plyometrics | <ul style="list-style-type: none"> • The Knee (GI/FVD) • Warm up (specific) evaluation <ul style="list-style-type: none"> ◦ Exam ◦ Practical (video) • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions |
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Week 6

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| <ul style="list-style-type: none"> • 36 pages (MBSC) <ul style="list-style-type: none"> ◦ Developing athleticism ◦ Equipment choices ◦ Exercise choices- the basics and single leg training • 1:09 lecture (MBSC) <ul style="list-style-type: none"> ◦ Strength training | <ul style="list-style-type: none"> • Essentials exercise explanation test (PAF) <ul style="list-style-type: none"> ◦ Practical • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions • MBSC assessment (T4TG) • The Knee (GI/FVD) exam (video) |
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Week 7

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| <ul style="list-style-type: none"> • 15 pages (MBSC) <ul style="list-style-type: none"> ◦ Program design • 1:28 lecture (MBSC) <ul style="list-style-type: none"> ◦ Conditioning | <ul style="list-style-type: none"> • The Thoracic Spine (GI/FVD) • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions |
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Week 8

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| <ul style="list-style-type: none"> • 16 pages (MBSC) <ul style="list-style-type: none"> ◦ Program Design • 3:36 lecture <ul style="list-style-type: none"> ◦ Online CFSC final module | <ul style="list-style-type: none"> • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions • MBSC assessment (T4TG) • The Thoracic Spine (GI/FVD) exam (video) |
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Week 9

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| <ul style="list-style-type: none"> • 20 pages (MBSC) <ul style="list-style-type: none"> ◦ Sample programs • 2:15 lecture (MBSC) <ul style="list-style-type: none"> ◦ Live CFSC course (movement prep) | <ul style="list-style-type: none"> • Scapula (GI/FVD) • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions |
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Week 10	
<ul style="list-style-type: none"> • 19 pages (MBSC) <ul style="list-style-type: none"> ◦ Sample programs • 1:21 lecture (MBSC) <ul style="list-style-type: none"> ◦ Live CFSC course (strength training) • Knee layers (T4TG) 	<ul style="list-style-type: none"> • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions • MBSC assessment (T4TG) • The Scapula (GI/FVD) exam (video)
Week 11	
<ul style="list-style-type: none"> • Test (written) (MBSC) • Groin (GI/FVD) • Shoulder layers (T4TG) 	<ul style="list-style-type: none"> • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions
Week 12	
<ul style="list-style-type: none"> • Test (practical) (MBSC) • Low Back layers (T4TG) 	<ul style="list-style-type: none"> • Train in 1 essentials and 1 customized <ul style="list-style-type: none"> ◦ Complete training journal after each • Assist in 8-10 customized sessions
Week 13	
<p>T4TG Final Exams</p> <ul style="list-style-type: none"> • Written <ul style="list-style-type: none"> ◦ GI/FVD questions ◦ Movement Influencers questions ◦ Anatomy questions 	<ul style="list-style-type: none"> • Practical <ul style="list-style-type: none"> ◦ Teach/Coach an Essentials class ◦ Coach a "client" (current T4TG coach) through knee/shoulder/low back layers ◦ Coach a 3 person Customized session
Week 14-19	
<ul style="list-style-type: none"> • GI/FVD <ul style="list-style-type: none"> ◦ The Calf ◦ The Hamstring ◦ The Abdominals ◦ The Mostability Shoulder 	

Please contact Chris Braden with further questions or interest at:

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