

Performance Mentorship Phase 2 Course Outline

Day 1:

- + 8:30-9:00 Course Registration
- + 9:00-10:15 **Lecture:** The Art of Coaching: Introducing The TEC Model
- + 10:15-10:30 Break
- + 10:30-12:00 **Practical:** Linear Acceleration
- + 12:00-1:00 Lunch
- + 1:00-1:45 **Lecture:** Applying the TEC Model: Linear Acceleration
- + 1:45-2:00 Break
- + 2:00-2:30 **Lecture:** The Art of Coaching: Practice Design
- + 2:30-2:45 Break
- + 2:45-3:30 **Practical:** FMS Correctives – Active Straight Leg Raise & Shoulder Mobility
- + 3:30-5:00 Extensive Training Session
Afternoon Review/Coach Collaboration Assignments

Day 2:

- + 9:00-10:00 **Lecture:** Applying the TEC Model: Multi-directional Speed
- + 10:00-10:30 Break
- + 10:30-12:00 **Practical:** Multi-directional Speed
- + 12:00-1:00 Lunch
- + 1:00-2:00 **Lecture:** Strength: The Application of a Training System
- + 2:00-2:15 Break
- + 2:15-3:00 **Lecture:** The Art of Coaching: Instruction
- + 3:00-3:15 Break
- + 3:15-3:45 **Practical:** FMS Correctives: Rotary Stability, Trunk Stability Push-up
- + 3:45-5:00 Intensive Training Session
Afternoon Review/Coach Collaboration Review

Day 3:

- + 9:00-10:00 **Lecture:** Applying the TEC Model: Absolute Speed
- + 10:00-10:15 Break
- + 10:15-11:45 **Lecture:** Energy Systems Development
- + 11:45-1:00 Lunch
- + 1:00-1:45 **Practical:** Energy Systems Development: Group Program Design
- + 1:45-2:00 Break
- + 2:00-2:30 **Lecture:** The Art of Coaching: Feedback
- + 2:30-2:45 Break
- + 2:45-3:30 **Practical:** FMS Correctives: In-Line Lunge, Hurdle Step, Deep Squat
- + 3:30-5:00 **Practical:** Absolute Speed
Afternoon Review/Coach Collaboration Review

Day 4:

- + 9:00 – 9:30 **Practical:** Individual FMS Correctives/Pillar Prep
- + 9:30-12:00 **Coach Collaboration:** Participant Lead Sessions
- + 12:00-1:00 Lunch
- + 1:00-2:00 Coach Collaboration Group Discussion
- + 2:00-3:00 **Lecture:** Regeneration
- + 3:00-3:30 Putting it All Together
- + 3:30-4:00 Final Review and Q&A/Group Photo

-schedule subject to change-