

# ***HOW TO MASTER THE ART OF S&C COACHING***

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## **Top Tips for New Coaches:**

Explore our guide for expert advice on becoming a better strength and conditioning coach.

# Start getting **experience**:

Imposter syndrome often holds us back, but the sooner you start working with athletes, the more you'll learn and grow. Offer to assist with warm-ups for local sports teams and gradually expand your reach beyond your comfort zone.



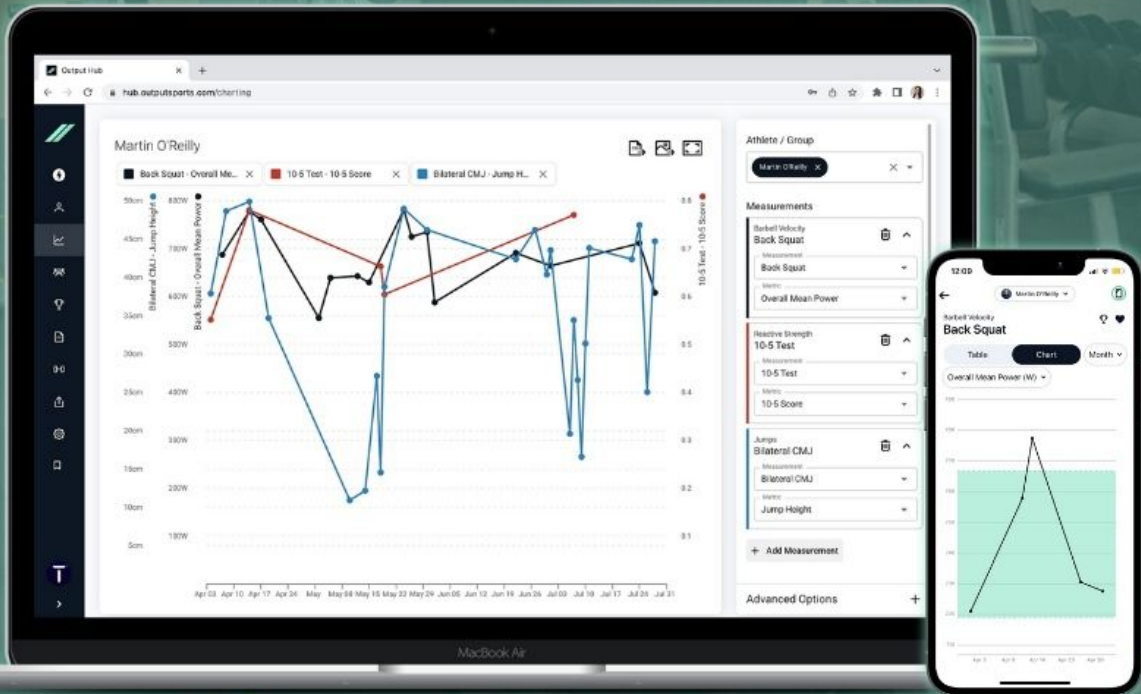
# Principles are few, methods are many:

Understand the **principles** of strength and conditioning before diving into various training methods. **Nail the fundamentals** and experiment with different methods in your own training to accelerate your learning.



# Data is your best friend & worst enemy:

Use data to **identify weaknesses** in your program and quantify improvements. However, be cautious not to drown in irrelevant data. **Filter through the noise** and focus on the information that truly informs your coaching decisions.



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by experienced S&C coach Cian Gormley on our website!

