



BRENDAN **CHAPLIN**

STRENGTH & CONDITIONING EDUCATION

“Triple E Coaching- Movement Games To
Bring The Best From Your Athletes”

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ACCELERATING YOUR DEVELOPMENT
INSPIRING YOUR SUCCESS


Triple E Coaching
Movement Games to get the best from your athletes

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My Journey...
From martial artist to S&C Coach

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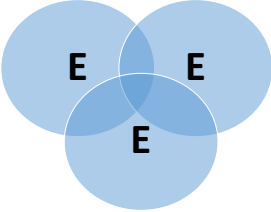
How do we get the most from our time with our athletes?

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How do we get long term results?

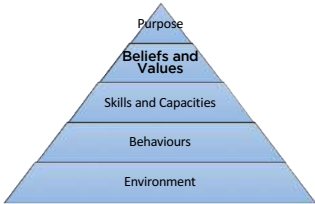
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The Triple E Coaching Method




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Neurological Levels



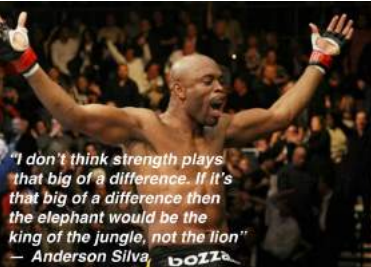
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"Conditioning is my best weapon."
Frank Shamrock

FRANK SHAMROCK FLEXING HIS MUSCLES AT A WEIGH-IN. THE BACKGROUND SHOWS POSTERS FOR 'THE ROCKY HORROR SHOW' and 'THE ROCKY HORROR PICTURE SHOW'.


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"I don't think strength plays that big of a difference. If it's that big of a difference then the elephant would be the king of the jungle, not the lion"
— Anderson Silva **BOZZA**

ANDERSON SILVA CELEBRATING WITH HIS ARMS RAISED IN A BOXING RING.

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"No one ever finishes a round in the cage and says how FIT someone is, they ALWAYS come back and say how STRONG he is"
Martin Rooney

MARTIN ROONEY IN A CROUCHED POSITION, WEARING A BLACK TRACK SUIT.

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Programme Design- Meet them where they need to be met



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Short or Long term

What you see

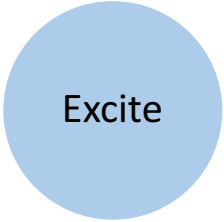
- Words
- Toneality
- Body Language
- Gestures


Deep Structure is

- Beliefs
- Values
- Biases
- Expectations
- Experiences
- Fears
- Dreams
- Feelings

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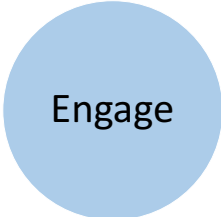
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What types of session, programme, exercises will excite your athletes the most?


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Engage

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How can we offer more purpose, value and rationale as to why we are doing what we are doing?

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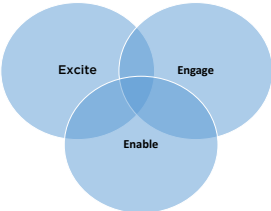
Enable

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Where is the low hanging fruit, the quick wins, that lead to greater buy-in and longer term success?

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Excite Engage Enable





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The Triple E Challenge

Think back to a time when things didn't go too well...
Which one of the three E's could have been better?



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Triple E- Movement Games



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Team sport and multi directional athletes tend to enjoy a varied training experience



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**The goal is to get people moving,
thinking, and having FUN**



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**Warm-Ups, Speed and agility,
strength, endurance and team
building- they cover a wide variety
of session outcomes**



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**They also allow you to incorporate
the need to do critical movements
with a greater buy in**



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Enough Talking...let's get moving!



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Thank you, let's keep in touch

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