



MARK **UYEYAMA**

NFL STRENGTH COACH

“An Idea Whose Time Has Come”

AN IDEA WHOSE TIME HAS COME

Lessons from a career in sport
Mark Uyeyama





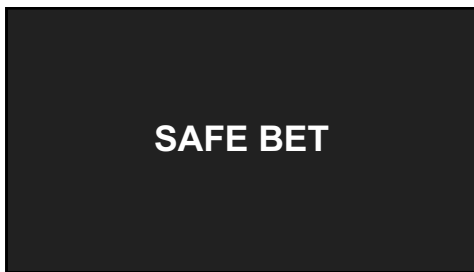


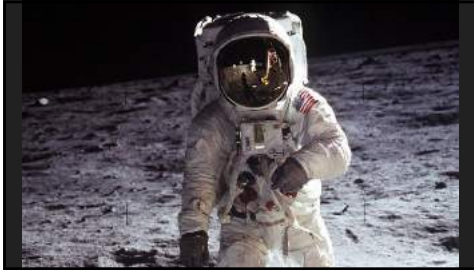


**“COME ON UYE...YOU KNOW
ME BETTER THAN THAT”**

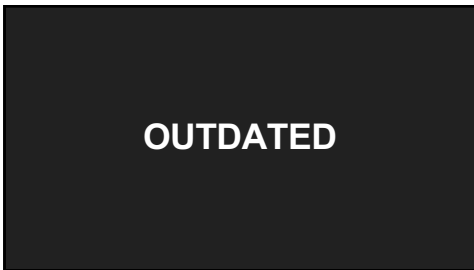














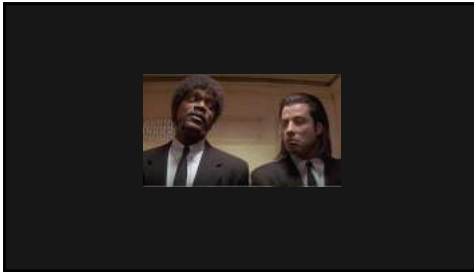






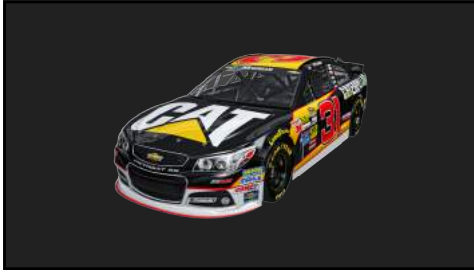


















CREATIVITY

PROBLEM SOLVING

THE BEDROCK

KNOWLEDGE

BEHAVIORS

GOVERNING DYNAMIC OF COACHING
BY JAMES SMITH

- Culture
- Psychological
- Analytical / Intellectual
- Technical / Tactical / Sensorimotor
- Biomotor / Biodynamic / Bioenergetic
- Medical / Physiotherapeutic





