We have developed a standard method of coaching. It is based on four pillars. When delivered correctly we will 1-consistently and safely be able to introduce an exercise, 2-identify the common fault in each exercise, 3-adjust the common fault, and 4-use a progression or regression strategy to ensure our team member's maximum results.

1. Introduction of an Exercise

When demonstrating each new exercise, we present it the following way:

a.   Introduce the name of the exercise i.e. *"The Body Squat."*
b.   Demonstrate 3 to 4 repetitions of the exercise i.e. *"This is what it looks like..."*
c.   Break it down into:
- The benefit i.e. *"Total body integration, high metabolic demand."*
- The start position i.e. *"The TRIBE Ready Stance."*
- The motion i.e. *"Sit down and back with the hips and return to standing leading with hips."*
- The repetition count i.e. *"Start position to start position equals one repetition."*
- The common faults i.e. "*Excessive lumbar flexion or extension."*
- Progression or regression strategies i.e. *"Reduce the depth of your squat or decrease your speed."*

✓   At the end of every season release there is written technical descriptions (hyperlinked to vimeo support) for each exercise. These are for our reference.

✓   The vimeo support video is designed to give us a step-by-step presentation of the exercise as we would deliver it to our team. We begin with the name - demo the exercise - break it down into the benefit, start position, motion, rep count, common faults and then a lesson in how to progress or regress the exercise. This will allow us to use those progressions or regressions to adjust the common fault in our team member.

WHY?

When coaching the individuals in our team, it is our responsibility to ensure that they can achieve results season after season. To do this, we must be able to understand, demonstrate and coach each exercise to perfection. When this happens, we can then identify where that person is at and how to coach them to achieve a better quality of movement. We have simplified the technique demonstrations and have come up with a system that will allow us to deliver each new exercise with consistency and clarity.

2. Identifying Common Faults

All our exercises stem from the TRIBE Ready Stance. When we know the exercises and how to introduce and demonstrate each exercise, we can then check the following three areas to help us identify common faults in an exercise.

a. Is the spine long?
b. Are their shoulders down and away from their ears?
c. Is neutral set? Ribs above the pelvis and moving from hips (if appropriate)?

✓   We always check in on these three areas to accurately identify the fault when it occurs.

✓   To adjust the faults, we use the third pillar of our TRIBE Coaching System to adjust each exercise.

WHY?

By identifying the common fault, it will allow us to then adjust the common fault variables (see 3rd pillar) to safely place team members back into their correct alignment.

3. Adjusting Common Faults

By using the strategies above we will easily be able to identify common faults. Our tactics to adjust the common faults are below. Simply go through each variable in the order listed to adjust the common fault.

> a. Speed
>
> Ask them to speed up the exercise or slow it down and see how that affects the fault. Give feedback based on what you see.
>
> b. Range
>
> Check the range of motion. If no common fault is occurring in that range, and positions are maintained, move to the next variable. If not, decrease the range and see if that adjusts the fault.
>
> c. Load
>
> Increase or decrease the load. For example, if we have checked the range of motion and the mobility level is good, integrity through the spine is maintained, and the rep speed is appropriate, then perhaps it is because the load is simply too high or too low of a challenge for their current strength or stability level. Decrease or increase the load.

WHY?

By adjusting the fault, it will place team members back into their correct alignment, therefore giving them a platform to create maximum quality of movement and results.

4. Regression/Progression Strategy

We always want our members to move forward with their results. Sometimes this may mean taking them back a step or two by regressing a movement. To do this we adjust the speed, range and load. Using these variables will allow our members to continue with the movement, however it will be a proper representation of their ability, which over time will allow them to progress.

To have a member progress, we would look at the same variables: speed, range and load to increase their ability based on our coaching focus.

WHY?

Through good practice and repetition, we are guaranteed growth and development that will allow our team members to get incredible results.

In summary, to increase mobility and strength in the human body, it is our belief that by using these four pillars we can achieve progressive results that keep our members safely moving towards their goals. These four pillars assist us in minimizing the risk of injury, therefore creating strong and mobile bodies – no matter which TRIBE program they choose. Therefore, there are no substitutions for the exercises. We believe that everyone in our team can complete any exercise by adjusting the variables above. Which is why with TRIBE Team Training™ - No one gets left behind!