

say it out loud

The Strength-Coach Sit-Down Script

The conversation that turns your weakest metric into a two-month plan.

BEFORE YOU BOOK IT This isn't for any generic strength coach. Use it on somebody you've identified who has either played at the level you want to reach, or has gotten athletes there.

01 THE OPEN

say this

Hey Coach **[name]**. I've recently done the research on where my metrics need to be in order to play at the **[level]** level for **[sport]**.

Here are the average metrics for that level:

[_____]
[_____]
[_____]

And here's where my metrics currently lie:

[_____]
[_____]
[_____]

Over the next two months, I'd like to bias **[weakest metric]** so we can get some real growth in it, so I can update the college coaches I'm talking to at the end of those two months. Can we put a two-month plan in place to make that happen?

03 YOUR CONSTRAINTS. SAY THESE OUT LOUD IN THE FIRST MEETING.

EQUIPMENT I HAVE ACCESS TO

[_____]

DAYS PER WEEK I CAN TRAIN

[_____]

WHAT A SUCCESSFUL TWO-MONTH BLOCK LOOKS LIKE TO ME
an increase in **[metric]**

02 IF THEY ASK WHY, OR WHAT'S MOST IMPORTANT TO YOU

say this

What's most important to me is being able to track this metric every single week, either with you or without you, and then being able to update you so that we can update my plan. At the end of each week, that's going to tell me whether or not my training is actually getting me closer to my goal or not really moving the needle. If that is the case, then I'm going to rely on your expertise to change a piece of my training to get me to my goal.

04 THE CLOSE

say this

I understand this is only one part of the equation. The nutrition and the sleep is the other part. I already understand what I need to be eating based on my BMR and my activity level, and I already have my systems in place to get at least 8 to 8.5 hours of sleep per night. This is the last thing I need to make sure I'm able to compete at the next level, because I understand I can't control my stats on the field, but I can control who I am as an athlete.

The nutrition and sleep numbers in this script come from my own experience as an athlete. They are not medical or nutritional advice. Talk to a doctor, a registered dietitian, or another qualified professional before you change how you eat, sleep, or train.