

Recovering & Centering

- After the execution of sports specific movement
- Direction of movement is known
- Landing on the outside foot, i.e. opposite side to direction of movement
- Impulse Force, Stretch-Shortening Cycle Force
- Run, Side Step, or Cross-Over decision time

Loading & Preparing to Hop

- Aborting the optimum centering position
- What is loading?
- Determining the time to begin loading
- How high does a player want to Hop
- How to determine when to Hop
- Balance when hopping
- Distance between feet for hopping

Reading the Ball Direction

- Stable, non-moving platform for observing
- Anticipation or opponent's previous direction of shot
- Confusing Reading with Anticipation
- Reacting to determining the direction

Landing on Offside Foot

- Training and optimizing the body parts for movement
- Soft vs explosive landings
- Training the feet for explosive landings
- Width of the feet upon landing
- Forces relative to the Center of Gravity
- Vertical vs horizontal movement

Moving & Executing

- First Step & direction
- Second Step cross-over in front or back
- Acceleration phase
- Deceleration phase
- Preparing for a sport specific movement
- Steady head & eye tracking
- Follow thru